

Advice for Parents: Helping a Worried Child Cope

- **Give kids space to share their fears.** It's natural for kids to worry. Let them know they can always come to you for answers or to talk about what scares them. It can help to have a 'worry time', a set part of the day to get all the worries out, sometimes kids find it helpful to write worries down and throw them away.

- **Know what they're looking at.** Be aware of how your kids get news and information, especially older kids who go online independently. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information. If you are talking with the other adults around you or on the phone, just be aware of what kids can hear. They might not always look like they are listening, but it is amazing what they hear!



- **Help your child feel in control.** Give them specific things they can do to feel in control and focus on what they are doing to feel safe. Teach kids that getting lots of sleep and washing their hands well, eating healthily and exercise can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. You can do these things together too.

- **Talk about all the things that are happening to keep people safe and healthy.** Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine.



- **Let your kids know that it's normal to feel stressed out at times.** Everyone does. Recognizing these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

Resources for younger children talking about anxiety and ways to calm down:

[Cbeebies: ways to help kids keep calm](#)

[Comic explaining anxious thoughts](#)

[YouTube Channel: Cosmic Kids Yoga and Mindfulness for Kids](#)

[NHS Sleep Tips for Children](#)

[List of mindful games, exercises and activities for kids](#)

[How to make your own calming mood jar/bottle](#)

Resources for older children:

[Video: ways to support young people through anxious times](#)

[Mood Cafe is a site that has relaxation resources, information about understanding anxiety and tools to manage unhelpful thoughts.](#)

[How to look after your mental wellbeing](#)

[List of NHS approved apps for mental health support, relaxation and sleep](#)

[List of relaxation exercises to try](#)

[MindMate is for young people and their families to help you explore emotional wellbeing and mental health issues](#)

Helplines:

Childline - Telephone 0800 1111

The Mix - Aimed at people under 25. Telephone 0808 808 4994 from 4pm and 11pm everyday of the year. They also run a crisis text service, text THEMIX to 85258.

Crisis Text Line - Text SHOUT to 85258