



2022

LIDDLE KIDZ



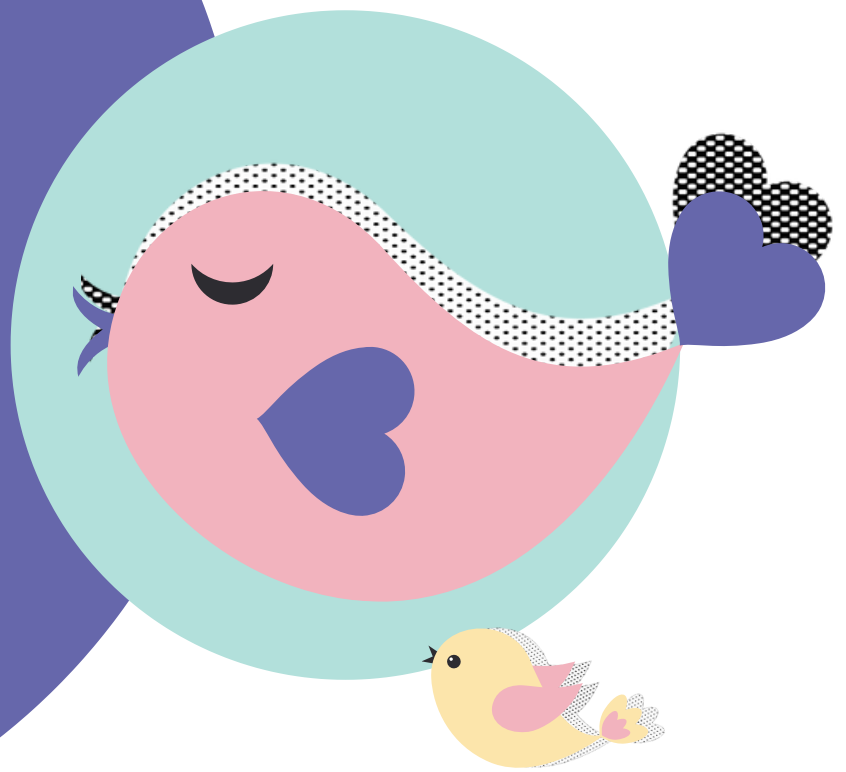


What You Should Do Right Now to Support Children Through the Pandemic

The coronavirus disease and pandemic have increased anxiety, stress, and uncertainty. These feelings are felt especially strongly by children who often struggle with

significant adjustments to their routines. Everyday life has changed and will continue to change for many people, often with little notice.

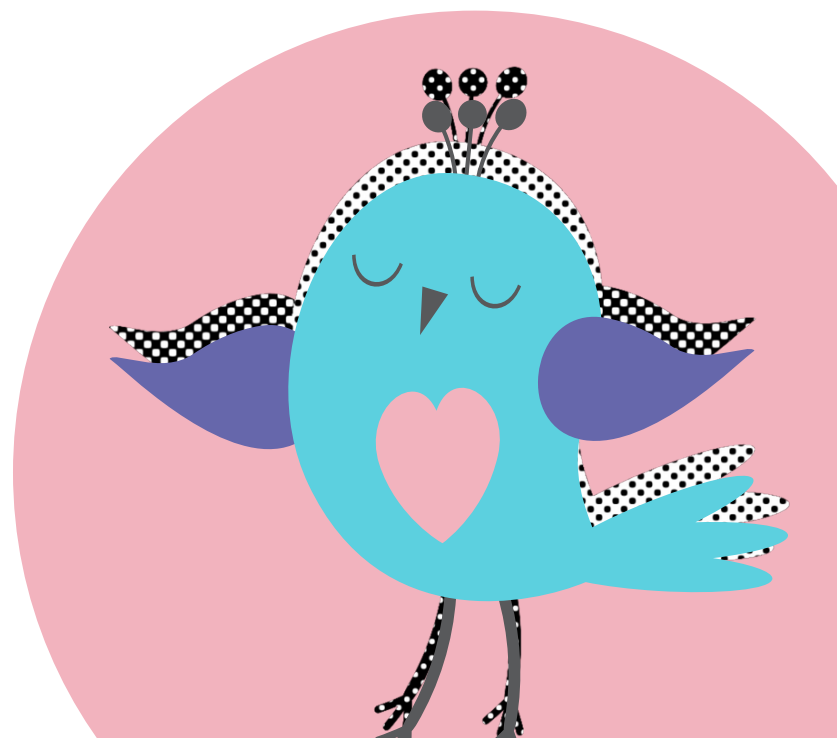
"In addition to keeping children physically safe during the pandemic, it is also important to provide care for their emotional health."

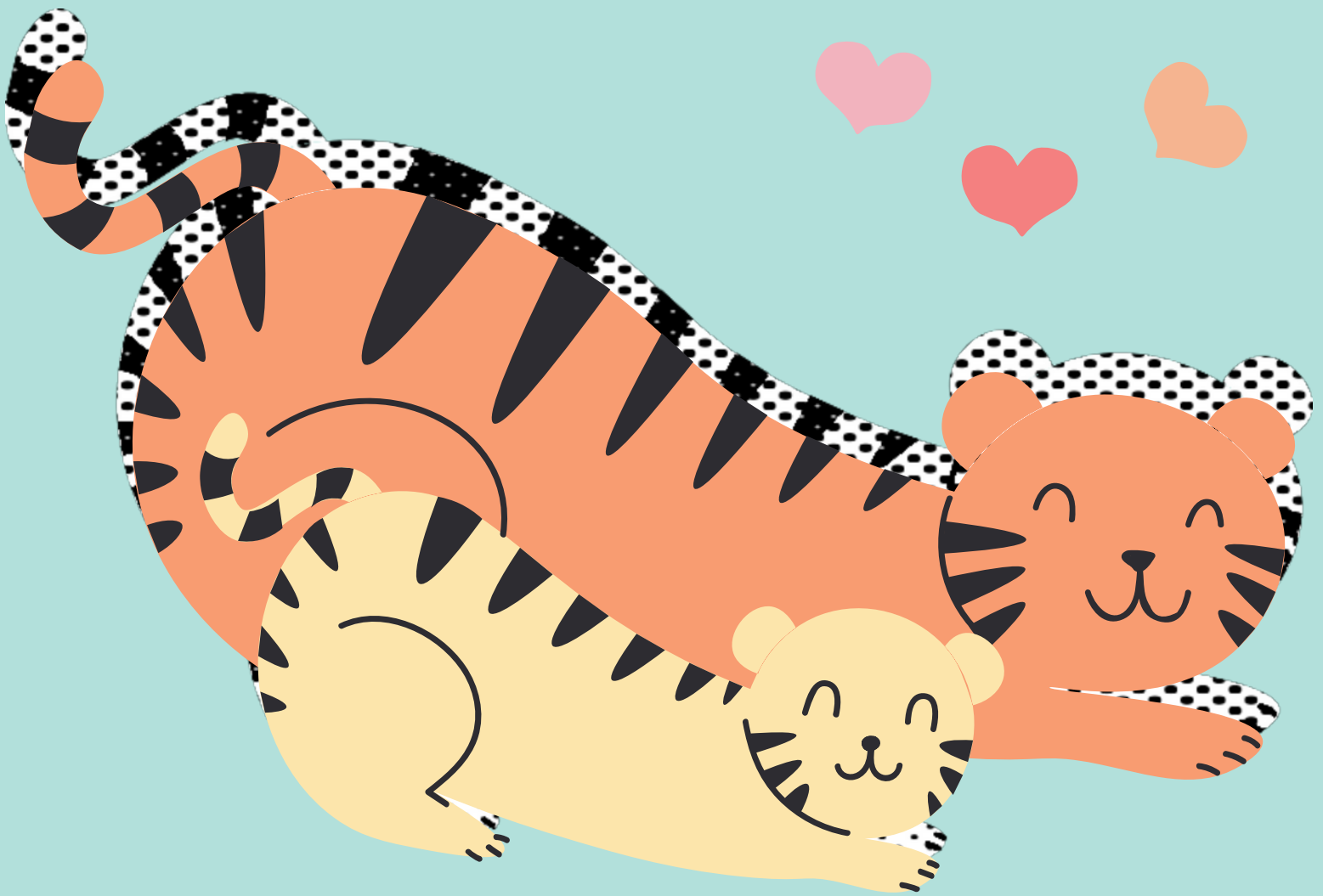


Though all children deal with emotions in different ways, when children have faced school closures or separation from friends, now more than ever, they need to feel loved and supported.

Children's responses to stressful events are unique and varied. Some children may be irritable or clingy, and some may regress, demand extra attention, or have difficulty with self-care, sleeping, and eating.

New and challenging behaviors are natural responses, and adults can help by showing empathy and patience.





When children are stressed, their bodies respond by activating their stress response systems. To help manage these stress reactions, it is important to both validate their feelings and encourage them to engage in activities that help them self-regulate.

We understand that this may be a very stressful time for families and want to offer some suggestions of things you can do right now to help them support their children.

A simple practice of touch therapy can be helpful and calming to the family. This activity does not need to be very complicated to be effective. Suggest using a favorite story, and while reciting the words, ask the child if the parent can draw pictures from the story on their hands or back. Using this developmentally appropriate interaction is easy to incorporate and helps to increase feelings of calm connection.



Touch Therapy

You may also suggest trying this simple touch therapy routine.



Before beginning any touch therapy routine - always ask the child's permission, start only when they permit to do so, and stop as soon as they indicate they would like a break.



Five more great suggestions:

1

Try to keep routines in place.

As much as this may be difficult, anything we can keep "normal" can be beneficial.

2

Ensure the presence of a sensitive and responsive caregiver.

The primary factor in recovery from a traumatic event is the presence of a supportive, caring adult in a child's life.

3

Be creative and try new activities.

While spending more time at home, try new meaningful activities – touch therapy and massage stories, reading together, or playing games.

4

Social distancing should not mean social isolation.

Children need quality time with their caregivers. Try to find time every day to do something together. Even five minutes of quality time makes an amazing difference.

5

Provide Reassurance

Many children worry about how they're going to get through this. Remind them of other situations when they felt afraid and how everything turned out "okay."

ONE OF THE MOST
IMPORTANT
RECOMMENDATIONS

“

PLEASE OFFER
YOUR CHILDREN
EXTRA HUGS AND
SAY "I LOVE YOU"
MORE OFTEN.

”

THIS WILL HAVE A
GREAT IMPACT ON
THEIR FUTURE
HEALTH.

