

MENTAL WELLBEING

EMOTIONAL SUPPORT FOR CHILDREN
DURING CRISIS

CHILDREN AND CRISIS?

- Like adults, children experience stress during crisis like COVID-2019, but it may manifest itself in different ways.



Some of the signs of stress may include:

- Excessive crying or irritation
- Returning to behaviors they have outgrown (e.g. bedwetting)
- Changes in eating or sleeping patterns
- Fear of dying or losing a loved one (for a little bit older children)
- Avoidance of activities enjoyed in the past
- Poor concentration
- Becoming Clingy or overly dependent



Kind of Support that can be extended to children...

- Being deliberate about spending time together as a family
- Assurance that you are available for them
- Doing Fun Activities together
- Keeping a regular routine so that there is level of stability



Conti..

- Limit family's exposure to news coverage (including social media) because children are likely to misinterpret information and become fearful
- Take time to listen and talk about their concerns depending on the age
- Where possible, talk about the COVID-19 outbreak in a way they can understand; remember peers or other people may misinform children, so take time to share accurate information



Conti...

- Depending on the age, share things they need to do to protect themselves from COVID-19 e.g. washing hands
- Social distancing might be disturbing for older children who are used to spending time playing with their friends
 - So let them know you understand their frustration; and you can say something like “I understand it is disappointing that you cannot spend time with your friends.” After acknowledging their feelings, go ahead and give them information.
- Remember there is nothing wrong with feeling angry, disappointed, sad and anxious; the important thing is to talk about it and to become a support system for them



Remember...

- Be a role model on how to protect oneself from COVID-19.
 - Plus, how to maintain mental wellbeing during a crisis through having a routine, taking time to rest, exercise, eating healthy and appropriate connection with others, amongst other healthy coping strategies
- But remember, as you take care of children, your self care is important.



Remember to put your mask so that you can effectively take care of others



SELF - CARE

For more support, you can reach us at:

- Staff counsellor: Ext.24703
- Other online services are available by arrangement:
 - Staff counselor: Cell: +254 728961939
 - JMS Emergency line: +254 724255378

