

## Helping your Child to Cope with Self-Isolation

Thank you for taking the step to self-isolate with your child.

Not only are you helping your child and family by self-isolating, but you will also be helping your community and your healthcare workers.

### Talk to your child about self-isolating so they don't feel confused

During self-isolation, parents are the closest and best source of help and comfort for their child.

Use child-friendly information that will suit their age. The following links will help these conversations with your child:

**For children aged 5+**

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

**For children aged 8+** <https://www.instagram.com/p/B9HQoF3BVN/?hl=en>

**For children aged 10+** <http://cdn.mos.cms.futurecdn.net/zQjC5uQqBYwwai0qGTX7n/live-science-ultimate-kids-guide-to-coronavirus-covid-19.pdf>

**Helping Children cope with stress during COVID-19:** [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

### Healthy Hygiene Behaviours

You are the most important role model for your child when it comes to **healthy hygiene** behaviours during self-isolation.

- Your child will need you to help and remind them to handwash, not share glasses/utensils/toys with others in the house, keep the correct distance from other family members, and sneeze/cough into their arm.
- Using a reward chart can help a younger child to get into the swing of these healthy habits more easily.
- Having a good routine for sleeping, eating, hydrating, playing and resting will also help them to cope with self-isolation.
- As a parent, it is very difficult to maintain a 'social distance' from your child especially if they need to be comforted so it will be important for you to maintain your handwashing, their handwashing and to avoid touching your face while caring for your child.

### Help your child to manage their emotions during self-isolation

You are also the most important role model for your child when it comes to helping them to manage their emotions.

- *Try to remain calm during self-isolation to avoid passing on anxiety to your child.*
- *Offer your child reassurance and hope. There is every chance that your child's COVID-19 test may be negative or if they test positive, there is every chance that they will recover well.*
- *Let them know they are safe.*

### Help your child to manage their behaviours during self-isolation

They may be more demanding due to the change in their routine or if they are feeling unwell, and they will need your extra attention.

- *Try to have many times during the day where you are in the moment with your child. For them, this self-isolation is a positive and special time with you so they will thoroughly enjoy and benefit from any activities that you do together (e.g. read, chat, play, learning).*
- *With an older child, you could brainstorm about what activities you could do together. Distraction and social interaction through phone/video calls with family and friends will also help.*

### Looking after yourself

Because of the extra thought and care you are giving to your child to help them to self-isolate, it will be extra-important for you to take care of yourself also. You may find some useful tips and ideas in these links that will help you cope well.

[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>