

TIPS FOR YOUNG PEOPLE

TIPS FOR PARENTS



Spend less than
10 MINUTES A DAY
watching or listening to
news about the virus.

1



Avoid listening to
the news more than
1-2 TIMES A DAY
and reading out bad news
from the internet/social media.

Ask a parent, teacher or trusted person if you have
QUESTIONS ABOUT THE VIRUS
and tell them if you are feeling scared or worried.



2

Answer your child's questions about the virus
BUT STICK TO THE FACTS
and use trusted sources like the WHO.



STAY CONNECTED
to your friends but try to
talk about things other
than the virus.



3

Reassure your child and give
OPTIMISTIC AND CALM RESPONSES
Focus on what they can do right now.



MAKE A LIST OF ACTIVITIES
that you can do with your family and
friends – start a journal or blog, do a
puzzle, e-visit the Louvre, train the dog.



4



GET CREATIVE
Set-up some simple and
fun activities for at home
or in non-crowded places.



WRITE A LIST AND DRAW
10 good things in your
life and the world.



5

Help your child make a list of
10 GOOD THINGS
in their life and the world.



FIND A WAY TO RELAX
Spend 10 minutes breathing
slowly and calmly.
Imagine that you are in your
favourite place for 5 minutes.



6



Try to stick to your regular
FAMILY ROUTINES
and avoid places that
are high risk, or you
are directed to.



LISTEN TO MUSIC
Choose something that
makes you feel good.

7

CHECK IN WITH FAMILY MEMBERS
but try to talk about other
issues and not just bad news
and worries about the virus.



TELL YOURSELF POSITIVE THINGS

“ IF I GET SICK, IT WILL MOST LIKELY BE LIKE HAVING A COLD, I CAN COPE WITH THAT ”
THERE ARE GOOD THINGS IN THE WORLD

8



LEAD BY EXAMPLE
Stay calm yourself. Help your child by
sharing your own coping skills. Give
praise when they are coping and tell
them what a great job they are doing.