

The background features a light cream color with several large, overlapping, organic shapes in shades of orange, yellow, and dark blue. The text is centered in the middle of the page.

**Helping children cope
with stress during the
COVID-19 outbreak**

Children respond to stress in different ways. They can be more clingy, angry, agitated, or do things they normally don't. Respond to your child's reactions in a supportive way. Give them extra time and attention. Listen to their concerns, speak kindly, and reassure them. Screen reader support enabled.

- If possible, create opportunities for the child to play and relax.
- Keep children close to parents and family, and avoid separating them and their caregivers as much as possible. If separation occurs, ensure regular contact and reassurance.
- Keep to regular routines and schedules as much as possible. You can also create new ones in new environments. Include school/learning and time for safely playing and relaxing.