

# Supporting Young Children Isolated Due to Coronavirus (COVID- 19)

Young children are highly affected by the quarantine and the anxiety of their parents and other adults. Adults may think that children will not notice all the changes and the stress, but they are very sensitive to what is going on. Here are some of the ways children react to the stress and some of the things you can do to help them.

## Common Reactions in Children Frequent:

- \* Crying
- \* difficulty staying still
- \* problems falling/staying asleep
- \* Nightmares
- \* clinging to their caregivers
- \* fears of being alone
- \* aggressive and angry
- \* withdraw from contact
- \* act like younger children
- \* lose their toilet training
- \* want a bottle rather than drinking from a glass
- \* refuse to eat
- \* talk like a much younger child

Young children are very sensitive to the stress experienced by their caretakers. It affects their ability to act in their usual ways and affects their emotions. Most often, they cannot talk about their fears and distress. Caretakers can protect them from some of the stress the adults feel, but caretakers must be aware that the children are upset.

## Things You Can Do to Help Your Children:

1. Routines are very important for young children. Creating new routines or re-establishing usual routines can help children feel safe. Keeping regular mealtimes and bedtimes, setting a daily time to play games together, read to them, or sing songs together all help.
2. It is important to make time to reassure young children and spend time with them. Make time to play a game, read a book, or watch TV together.
3. Explain why things are different. Young children may not understand why things have changed. Keep explanations simple.
4. Take care of yourself. Children can recognize stress and worry in older children and adults in the house.
5. Stayed connected with others. Using electronic means as often as possible during the day call, video chat with family members/ friends. Try to arrange for them to see other children using a cell phone or computer.