Talking to young people about Covid-19

In these times of global uncertainty where we are being asked to isolate from friends and family, it's easy to feel overwhelmed.

For young people this can be difficult to process and can create anxiety and confusion. It can also raise a lot of questions that are difficult to answer, putting pressure on parents and caregivers on what they should do next.

It's important that we talk to young people about what is happening and give them space to discuss their worries and fears.

Believe in children
Barnardo's

TALK

Talk to young people about what is happening in the world. Make sure that you take their lead on this and offer responses that are suitable and appropriate for their emotional age. Don't overwhelm them but answer their questions truthfully. Let them know that you will keep the lines of communication open and answer any questions that they have honestly and openly.

OFFER REASURRANCE

When children are feeling anxious and overwhelmed, they will look to trusted adults for reassurance. Be honest and truthful and only promise them what you can. Focus on what you are doing to stay safe and what you are doing to keep them safe. Limit the amount of news that they watch and check what social media sources they are accessing

BE CREATIVE

Children are being asked to socially isolate from their friends and often family members. Their routines have been disrupted and schools have closed. Try and keep some routine for them, this will help them feel safe and secure. Find creative ways to make them feel connected. Watch TV together, video call friends and family and go outside where possible and safe to do so. Learn a new skill together and remember to take time to laugh and be together.

SELF CARE

It's important that you look after yourself during this time. These are times of uncertainty so if you are feeling anxious or overwhelmed talk to someone about your worries and fears. Children will pick up on your anxiety so it's essential that you take time for you where possible.