

Mental health and psychosocial considerations during the COVID-19 outbreak

WHO messages
for carers
of children



Be patient and enable interactions

During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Where possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.

Help to find positive ways to express feelings

Help children find positive ways to express feelings such as fear and sadness. Sometimes engaging in a creative activity, such as playing or drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.

Provide age-appropriate information and be a role model

Discuss COVID-19 with your children in an honest and age-appropriate way. If your children have concerns, addressing them together may ease their anxiety. Children will observe adults' behaviours and emotions for cues on how to manage their own emotions during difficult times.

Stick to routines and provide engaging activities

Maintain familiar routines in daily life as much as possible, or create new routines, especially if children must stay at home. Provide engaging age-appropriate activities for children, including activities for their learning.

Keep children close to their primary carers

Keep children close to their parents and family, if considered safe, and avoid separating children and their carers as much as possible. If a child needs to be separated from his or her primary carer, ensure that appropriate alternative care is provided. Further, ensure that during periods of separation, regular contact and age-appropriate communication with parents and carers is maintained.

Notice:



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