

Adapting After Lockdown. Coronavirus (COVID-19) and Beyond

Evidence-based tips and tools to support children.

When we entered lockdown many things rapidly changed: school, work, play. As we begin to ease the restrictions, it is clear that life will not go back to 'normal' just yet. 'After lockdown' will be different again, with more new changes to adapt to.

Every family will be navigating different changes but the strategies to best support children are largely the same. The evidence shows, time and again, that there are a few key ways to support children's resilience and wellbeing when they experience difficult events, whether they've lost a loved one or are navigating new changes at home and school.

How can we best support our children to adapt to change?

- **Consistent, loving support**
- **Open, but age-appropriate, communication** (which sometimes involves listening to what children are not saying)
- **Modelling positive coping** which can be simply playing or doing enjoyable activities together
- **Supporting children to be problem solvers**
- **Involving children in decisions that affect them**
- **Helping children identify their feelings** and find ways to manage overwhelming ones
- **Helping children stay connected to a network of supportive friends and family.**



It takes a lot of effort to cope with the uncertainty, manage our own grief, anxiety or fatigue and to support our children through the changes. For children to do well we need to look after ourselves as a parent or carer, too. Look for moments when you can find space to relax or do something you enjoy. If you are concerned about your own mental health do seek support from others or professional advice. Your children rely on you, but you're not alone. There are increasing services available to support you and your family during this difficult time.

Coping with Change.

Coronavirus (COVID-19) and Beyond

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“The only thing in life that is permanent is change.
Change is the one constant in life”

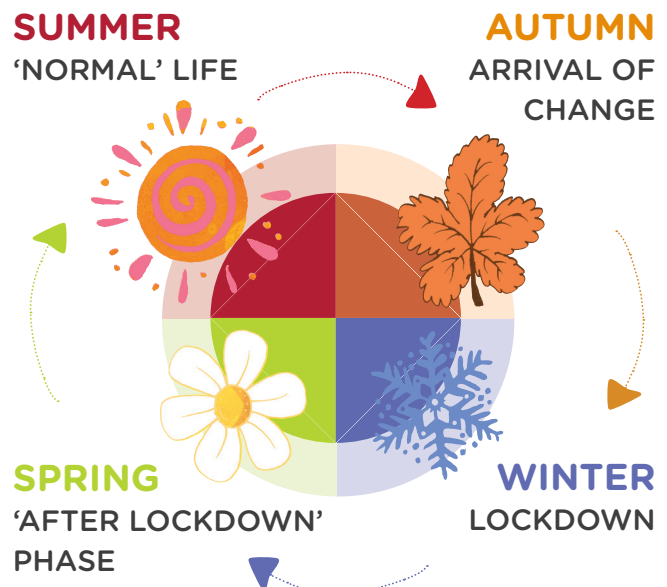
(K. J. Fallin, 2013)

Autumn, Winter, Spring, Summer:



The seasons can help children, as well as us, understand, accept and cope with the ongoing change and uncertainty related to the pandemic. Making links to the seasons can be helpful in explaining that life won't go back to 'normal' for some time to come.

The seasons are also useful for making sense of our individual experiences of change, loss and grief. It can be reassuring to know that each season is unique and important to our growth. Remember, too, that each season has its own story; there are easy days and difficult days.



There are a treasure trove of activities about the four seasons. These can offer a gentle way to begin a conversation about change with your child.

Get creative: Make a seasonal collage or art piece, or a 3-D seasons cycle with items from around the house.



Make the links: Talk together about what you like in the different seasons. Point out that we like to do different things in different seasons and that while we might enjoy some more than others, no season lasts forever. Also point out that just as the seasons of the year change, things in our lives change, too. You might reflect further on the cycle of seasons and how you are adjusting to losses, changes and the different stages of the pandemic.

Go outdoors: Explore around your local area. If you didn't know what season it was, how might you tell? What clues can you see?