

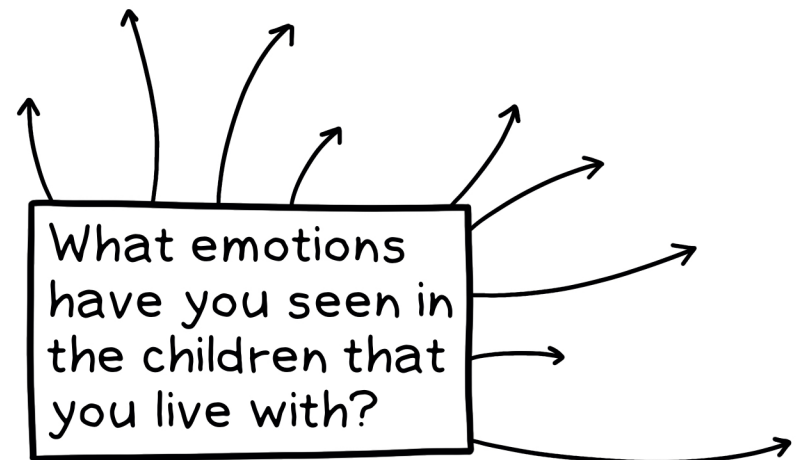
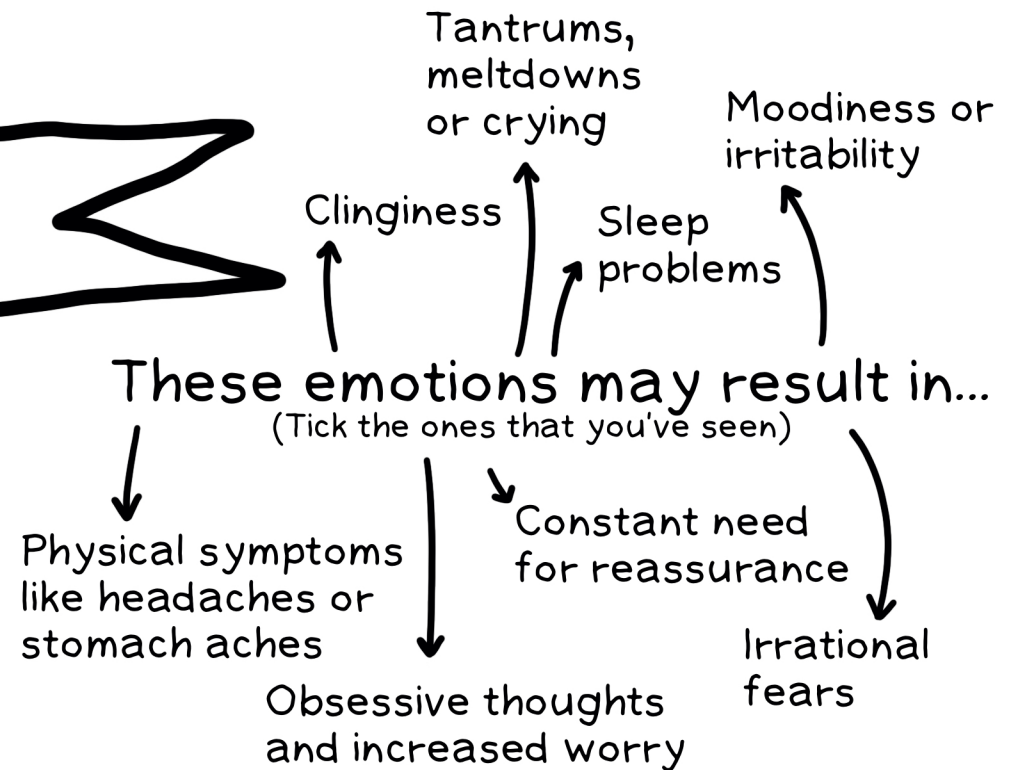
How to help your kids through lockdown

What's going on in their head?

AS HARD AS IT IS TO REMEMBER: BEHAVIOUR ALWAYS HAS A BACK STORY...

There are a lot of emotions going on for everyone. The tricky thing we must do is interpret behaviour into the emotion behind it and help those that we look after to process why they feel the way they do.

There will be a rollercoaster of emotions with feelings of loss, sadness, frustration, loneliness, FOMO, anger, fear and so much more.



Dealing with this level of emotion and challenging behaviour is always tricky, but even more so when it's constant and when we're not always at our best too because of lockdown.

So... A few TOP TIPS for helping children AND young people...

ENCOURAGE JOURNALING OR keeping A DIARY



This is such a powerful tool for processing emotions, but also as something to look back on. These are times that will be written in history books and it'd be great for our children to have some record of what it was like for them.

Acknowledge their feelings



The natural response for us as we see people we love struggling can so easily be to try to fix everything, to tell young people that it's all going to be ok, or to say 'at least you can...' We need to remember that there is a great power in acknowledging and even entering into the emotions with them.

Help yourself first

If you have ever been on an aeroplane you'll be familiar with the safety briefing that everyone pays so much attention to, well, every time they talk about the oxygen masks if you are with children they instruct you to put yours on first before helping the kids.

I think the same rules apply as we navigate this crisis in our nation. To help our children make it through we need to look after ourselves. Find something that helps you cope, whether it's baking, running, listening to music, or whatever it is. Find it and make sure you do it! Managing your own anxiety levels will help you to help them.

Get outside



Outside time is so good for the soul. Being outside can lend itself to real conversation too - Talking while walking is beneficial and can feel less awkward. Talk honestly and openly about how you're feeling to promote a culture of vulnerability.

Routine



Having a routine or regular rhythms in life can be settling and help create safety due to the familiarity of what's going to happen on a given day.

PLAN FUTURE FUN



This lockdown is not going to last forever, eventually life will begin to return to 'normal'. Maybe you could give the children or young people in your house some responsibility to plan a part of a future holiday or they could choose where you go for your first day out once you're allowed to. This gives something exciting to look forward to and hope of future fun!