

# 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.