

# CHILDLINE NEWSLETTER



30<sup>th</sup> April 2020

## Managing the Mental Well-being of Children during Lockdown



In the wake of the rapidly spreading COVID-19 pandemic, the lockdown period is also increasing and becoming further restrictive. There is no denying of its impact on mental health. As adults, we are more conscious of the given situation and are trying to manage and exude it in the best possible manner. However, in the case of children, the response to such situations is very different.

Like adults, children too are experiencing drastic changes in their daily schedules. Going out, indulging in outdoor activities, playing with friends is vital for a child's psychosocial development. However, due to the lockdown, children are now confined at home for longer durations. Therefore, being stressful, cranky or irritable is extremely normal in these situations. Following are few ways to lift the spirits of children during the lockdown.

### Lending a patient ear

When children feel stressed, they want someone to LISTEN to them. As parents, you should be patient and allow them to express themselves freely. Listen to their queries and answer them honestly. If they are curious about the Coronavirus and the lockdown, focus on the preventive measures and the positives of the lockdown. A good conversation is a great way to elevate stress among children.

### Encourage Scribbling

Motivate your children to write and draw what they think and feel about the current situation. Let them sit by the well in your house or in the drawing room of your apartment and allow them to put their feelings and emotions on the paper. While writing and drawing, children tend to understand themselves better as well as help the parent in understanding and supporting the children during a difficult time.

### Set Routine

Whether you live in a small village or a big city, setting a daily time-table for your children will help them stay focused. You can add plenty of breaks, meal-time, nap-time, TV time and internet time in the timetable. Parents can also prepare a time-table for themselves so that they can schedule their breaks with the children. In this way, parents can also spend quality time with children.

### Seek professional help

If you feel that your child needs counselling, there is no harm in going for professional help. Many mental health experts are providing their services online. You can also call on CHILDLINE 1098 for psychosocial support from any part of India. With professional help, you can create a positive environment at home where children can be safe, healthy and develop their full potential.

For more resources and tips to manage the mental and emotional well-being of children during the lockdown, you can click on the links given below.



Resources and information on Covid-19

<https://www.childlineindia.org/a/covid19>

Donate to CHILDLINE and support their COVID-19 relief efforts

[https://www.childlineindia.org/a/fundraiser\\_campaign/168477](https://www.childlineindia.org/a/fundraiser_campaign/168477)

