

# How to Help Children Cope in 2020

## COVID-19:

- Check if they understand what a pandemic is and why we are social distancing and staying at home. Explain and clarify in the way they best learn, if not.
- Ask them how they are feeling at this time? Encourage them to be honest with you and most themselves
- Celebrate important moments as much as possible. Still allow them to play the part and be innovative in how you include others
- Help and support them in exploring their likes and talents to pass time and self-develop

## Social Injustice:

- See if they understand what is happening and how and why it is affecting society
- Encourage them to be patient with each other and not judge before they know while still being safe
- Speak positively about those different from you to lead by example
- Teach compassion and empathy. Encourage to practice golden rule; Treat others how you would like to be treated
- Validate their feelings to encourage them to respect how others are feeling; this starts with learning how to listen
- Teach self- confidence and respect. Show how that can help with understanding equality