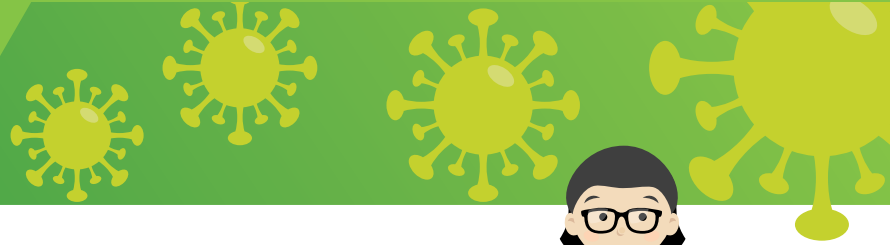


COVID-19

UNMASKED



How educators can support young children

The COVID-19 pandemic has been a difficult period for young children, especially those who have had their routines disrupted by the closure of early childhood centres.



Early childhood educators have strong relationships with children in their care and can play an important role in helping children feel safe and accepting of changes in routines following disruptive events. Educators are also in a good position to monitor how well children are coping over time.

How you can best support young children through stressful times



Skills training

Undertake training programs on how to help support the needs of young children during and after disruptive events such as natural disasters and pandemics.



Monitor for signs

Look out for changes in a child's behaviour over time and for any signs they might be struggling. Speak to the team and parents about any concerns you may have.



Encourage reflection and expression

Talk about, read books and do activities related to COVID-19 and how children can manage their big feelings.



Practise relaxation and regulation

Incorporate yoga and mindfulness activities into the daily routine to encourage relaxation and self-regulation skills.



Self-care

Practise regular self-care to look after your own emotion wellbeing and mental health during this stressful time.

