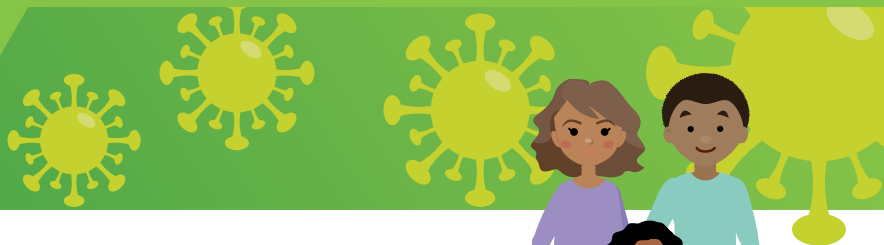


COVID-19 UNMASKED



Supporting young children during the pandemic



The COVID-19 pandemic has created disruption and many challenges in the lives of young children and their parents. Anything that creates stress for the family can make babies and young children feel unsafe and unsettled as well.

Positive relationships can buffer young children from the impact and stress of the COVID-19 pandemic.

Remember, babies and young children communicate through their behaviour.

Signs your child may need more support:



Sadness



Sleeping problems



Increased clinginess or separation anxiety



Emotional outbursts or temper tantrums



Going backwards in previously developed skills



New or increased fears and worries

Young children **THRIVE** with a caregiving relationship that is warm, responsive and supportive

It's important to:

NOTICE

the signs and respond with warmth and affection

TALK

honestly with your child but keep it brief and focused on facts

MAINTAIN

routines and clear boundaries to help your child feel safe

PLAY

and do activities outside the home regularly

TAKE CARE

of your own wellbeing and seek help when needed

MINIMISE

media exposure and adult discussion around worries

Contact your GP, mental health professional or children's health service for more information and support.



Queensland
Government