Communicate any concerns with educational establishments

Look after yourself

Ask open questions and listen

Offer reassurance

Be honest - give child friendly information

Provide opportunities for physical exercise

Helping Children and Young People Managein unsettling Times

Provide opportunities for children and young people to be honest about their feelings

Share positive stories of people helping each other with Acts of Kindness and generosity

> Maintain a normal routine

Help your child to cope with stress by making opportunities for them to play and relax

Place an emphasis on resilience and strengths

> Other useful information can be found @RenfrewshireEPS Produced by Renfrewshire Educational Psychology Service drawing on information from UNICEF and Chinese International School in Hong Kong.