

Children's responses to COVID-19

Emma Hodges
Doctoral Candidate, MCooun, BA (Psych)

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What can we expect?

- Fear
- Anxiety – increased clinginess, regression, worries, phobias
- Lots of questions
- Distress and distress intolerance
- Mood change
- Behaviour change
- Experiencing or spreading stigma

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How can adults support children (and parents/caregivers)?

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Working online with children

- Consider their age
- Be creative and adaptable!
- Do not expect younger children to sit still for 50 minutes. Go outside, take a tour of their house
- Work from a fun and playful environment
- Send 'therapy' packs
- Involve parents

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Find out what children *already* know. Listen. Then, open space for curiosity, questions, and more facts delivered in a developmentally appropriate way. Invite questions



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A quirk of anxiety is seeking out things that are similar. Focus on finding exceptions, or, what is different. For example, learning new information each day



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Normalise how they feel



Be their brave

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Extend their range of emotions by 'adding' in.
Anxiety + courage
Sadness about what is wrong + gratitude about what is good
Uncertainty + confidence this will pass
Worry + reassurance

Meet children where they are at.
Co-regulate. This means together.
Give space for emotions just to be without
needing to change



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Redirect anxiety.
Think about what they *can* do, not what they
cannot
Look for the helpers

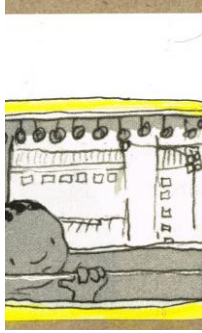
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Help them to understand everything passes,
this will too.
We are going through this *together*.

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It's like seatbelts!
Precautionary measures for protection



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Have fun!



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