

What are the
psychological effects
of COVID-19 on
children?



Children are likely to be experiencing worry, anxiety and fear, and this can include the types of fears that are very similar to those experienced by adults, such as a fear of dying, a fear of their relatives dying, or a fear of what it means to receive medical treatment.

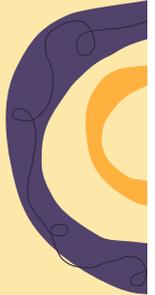




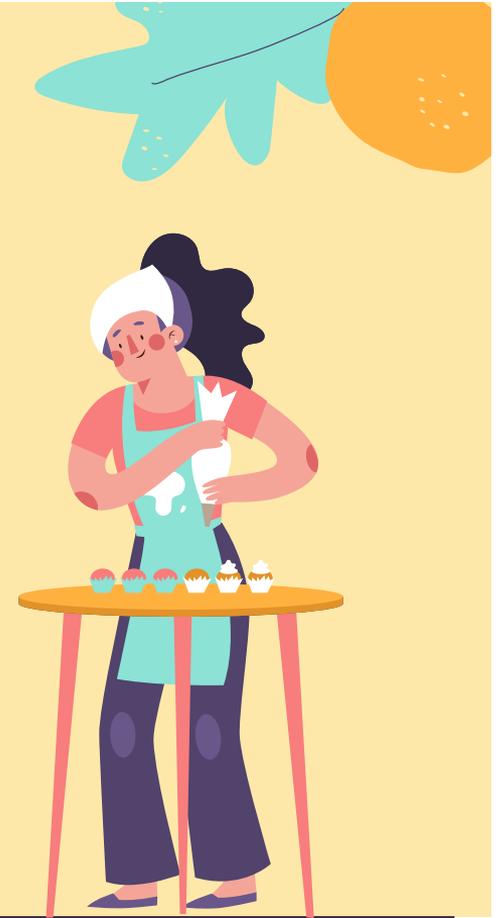
If schools have closed as part of necessary measures, then children may no longer have that sense of structure and stimulation that is provided by that environment, and now they have less opportunity to be with their friends and get that social support that is essential for good mental well-being.



From their academic success to their social skills and mental health, the pandemic is a crisis for today's children - and the fallout may follow them for the rest of their lives.



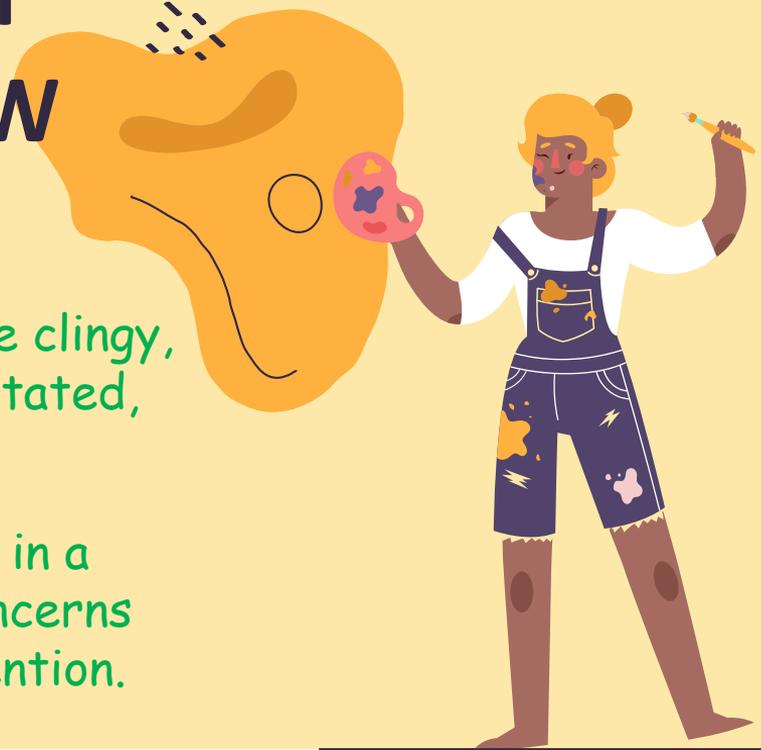
The school closures are one of the most visible - and controversial - mean by which Covid-19 is affecting young people. According to Unesco, the education of nearly 1.6 billion pupils in 190 countries has so far been affected - that's 90% of the world's school-age children.



RESPONSES WHICH A CHILD MAY SHOW

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.



COVID-19 and its impact

Infants and toddlers less than 3 years

They are unlikely to understand the implications of COVID-19.

But they can understand when a caregiver is worried, sad, or upset.

Children of this age may not have words to describe their feelings but they may be more fussy than usual or show changes in their sleep or feeding patterns.

Maintaining routines, and consistency in caregivers and environments is important because it provides a sense of security and safety.

may need more physical comforting and soothing than usual from their caregivers.

Preschoolers (3 - 5 years)

may understand basic ideas about germs and being sick.

Maintaining routines and minimizing exposure to adult sources of information (television, online information) is important.

Encouraging normal play and reading with children this age can be helpful because preschoolers' often use play to understand and organize their feelings.

Preschoolers (3 - 5 years)

Offering brief explanations while focusing on prevention and practicing hygiene behaviors (e.g., counting or singing while hand washing) can help children feel a sense of control.

Letting them know that you are there to keep them safe can help reduce fears or anxiety.

Children this age may also need more physical comforting and reassurance.

School age children (> 6 years)

may have more questions.

Keep your explanations simple and factual.

Give them opportunities to explore their feelings and concerns, and provide appropriate assurances about your efforts (and the school's efforts) to keep them safe.

Supervise television/internet use and be available to answer questions that arise from media exposure.



Adolescence is a critical period in the life of an individual when one acquires knowledge and develops cognitive skills which are critical to the transition to adulthood. Societal interactions, particularly those at school, are at the fulcrum of an individual's development.



Adolescents (> 13 years)

can cognitively process information much like adults, and may get information through school, peers, social media/ online sources, or television.

They may be more likely to seek alternate sources of information or support (e.g., peers) than parents, some of which may not be accurate.

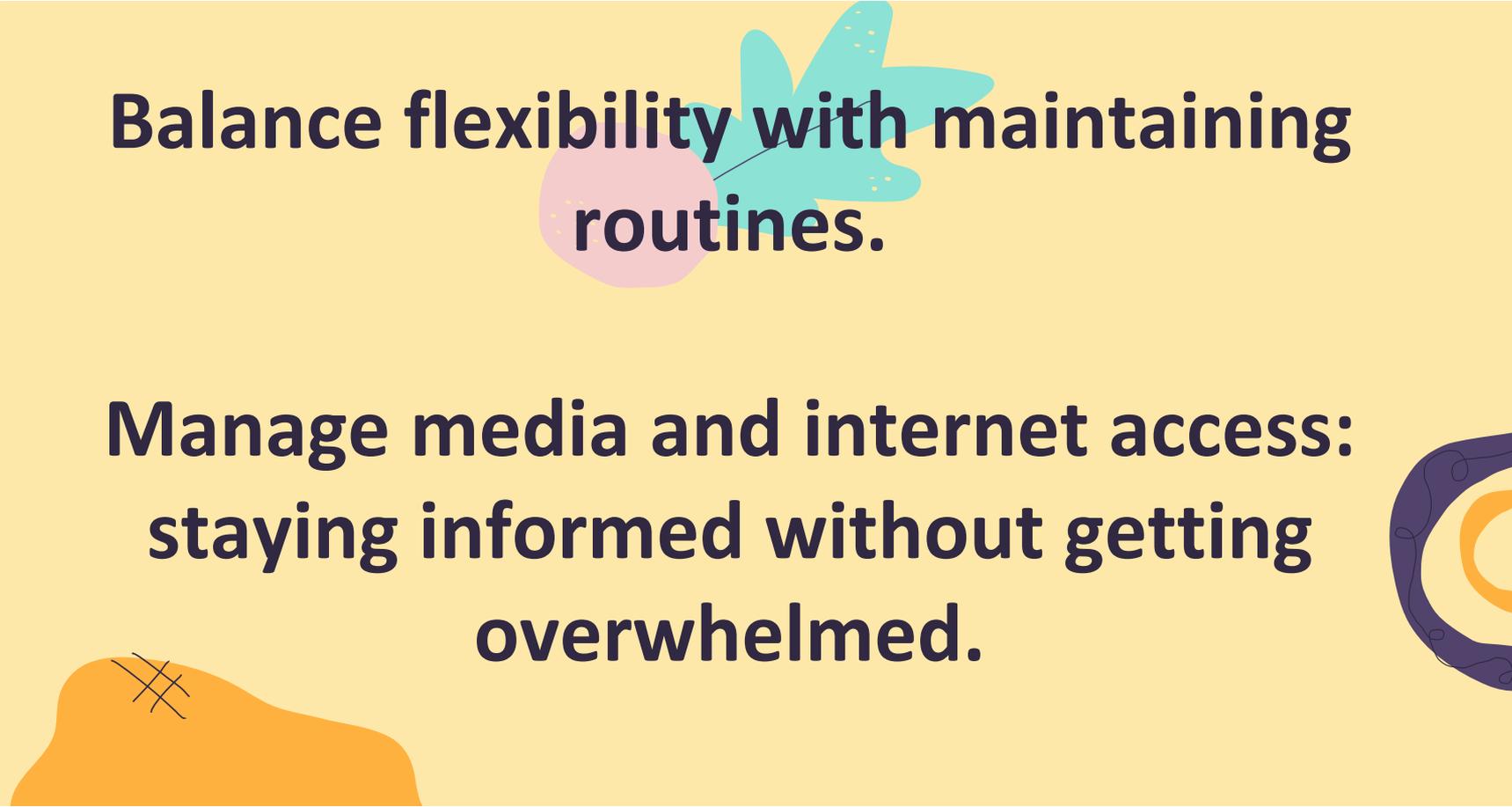
They will benefit from your emotional support, discussing the facts, and help with setting appropriate limits related to media and internet use.

Focus on listening, and invite your adolescent children to join you in watching and discussing COVID related news, or in exploring online information together.

What Can I Do As A Parent?

Explore your child's specific questions and use age appropriate language to help them understand information

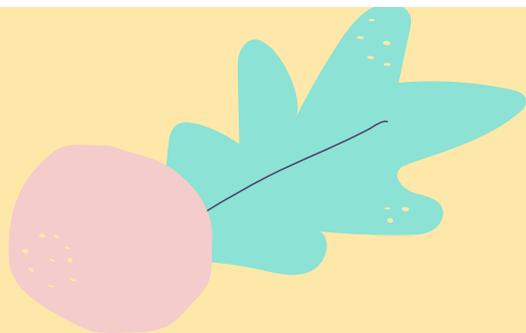
Provide realistic assurance and help children engage in positive coping.



Balance flexibility with maintaining routines.

**Manage media and internet access:
staying informed without getting
overwhelmed.**





Explore how your child is responding to information and changes within your own community.

Help your children avoid blame and stereotyping.

Parental self-care is central to supporting children.



SUGGESTIONS TO PARENTS



Children need adults' love and attention during difficult times.

Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

Role Of Teachers In The Context Of COVID-19

The role of teachers is highly significant in the present context of COVID-19 because it is the teacher who acts as a Learning Facilitator of the young minds and guides them through online education.

Teachers have been considered the cream of society, the reason being that they help children to become good citizens. Known to be the architects of the nation, they provide the mould in which the nation's character is cast through online education.



Teachers are expected to be competent in their subjects and pace-setters of standards by developing meaningful human relationship through online education portal.

They are expected to have an aptitude for teaching and must be capable of understanding several faces of a child.

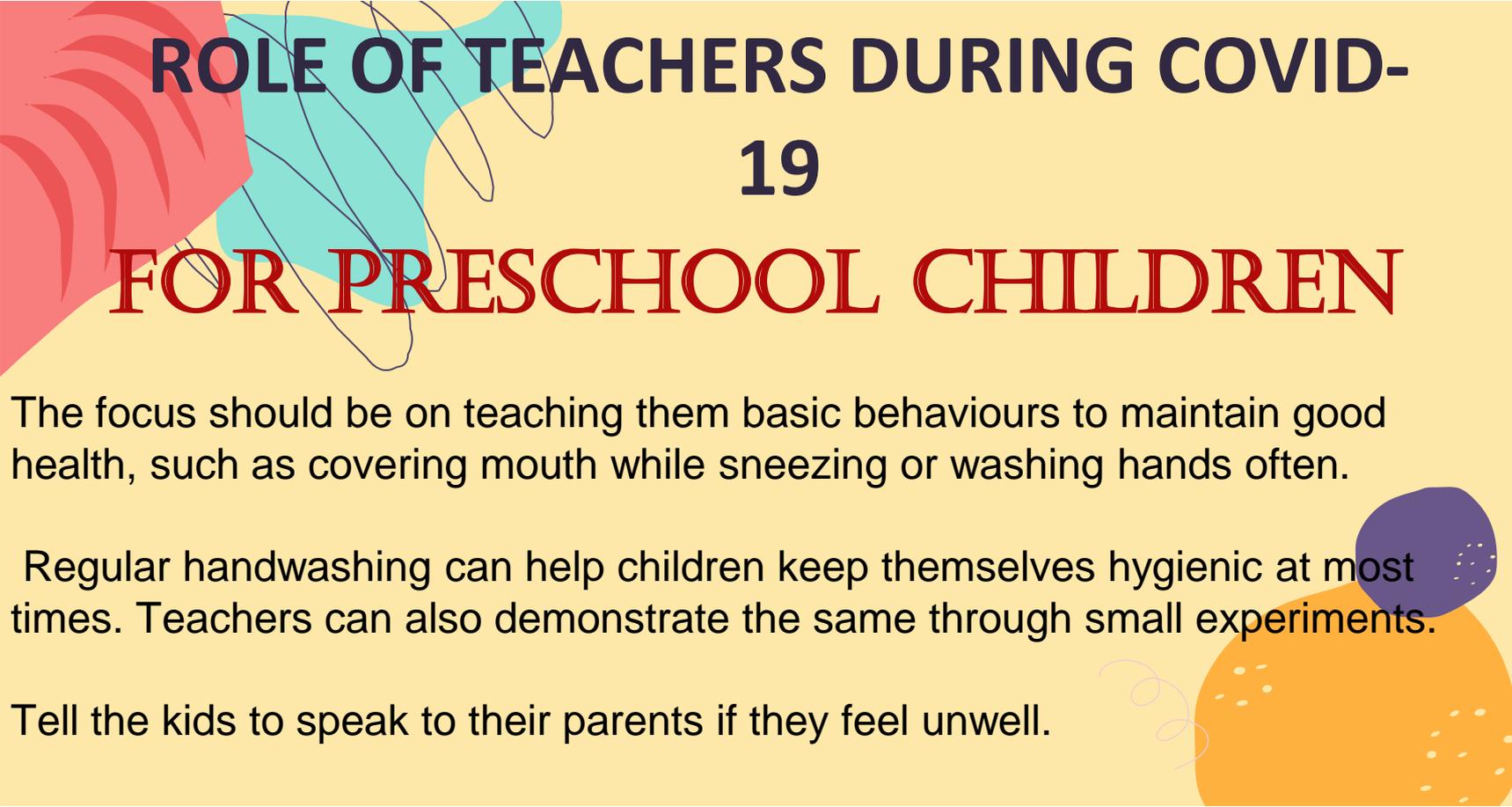




Teachers can never truly teach unless they continuously learn. In the context of COVID-19, today, a great responsibility rests with teachers with regard to motivating the children and youth of India.

Ethical and moral values, awareness of the significance of our heritage of thought and culture, our spirit of pluralism and oneness, the inculcation of scientific temper, patriotism and a sense of mission in the task of taking our great country forward — all these need to be nurtured in young minds by our teachers through online education.





ROLE OF TEACHERS DURING COVID-19

FOR PRESCHOOL CHILDREN

The focus should be on teaching them basic behaviours to maintain good health, such as covering mouth while sneezing or washing hands often.

Regular handwashing can help children keep themselves hygienic at most times. Teachers can also demonstrate the same through small experiments.

Tell the kids to speak to their parents if they feel unwell.

Primary school children



- ❖ While primary school children are a bit aware of the basics, they have a lot of queries and questions at their age. Engage with them through simple conversations on basic hygiene and health manners.
 - ❖ Make sure you don't overburden them with complicated information, as it can go beyond their understanding capacity.
 - ❖ Create interesting videos or cartoons to help them learn. Interactive medium of learning helps best at this stage. Ask them to keep away from strangers and avoid crowds.
 - ❖ Washing hands should be taught at every age as it takes time to develop into a habit. Tell about the basic concepts of disease prevention and control.
 - ❖ Explain how once they have sneezed on their clothes, they need to be disinfected. Also, how to convey the proper information to parents about their health.
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Lower secondary school children:

As you are dealing with a large spectrum of people under this category, it is necessary to understand that each group might need proper attention. First of all, answer to queries and questions raised by kids. Don't brush these off, even if they sound stupid to you.

Tell them about the symptoms, the difference between dry cough and cold. Make them understand about normal body temperature and when the body feels hot due to fever.

Lower secondary school children:

Teach them about social distancing, the ideal distance and why it should be followed. Enlighten them about the virus, the transmission of virus, the history of pandemics and other advice.

However, don't get into complicated information.

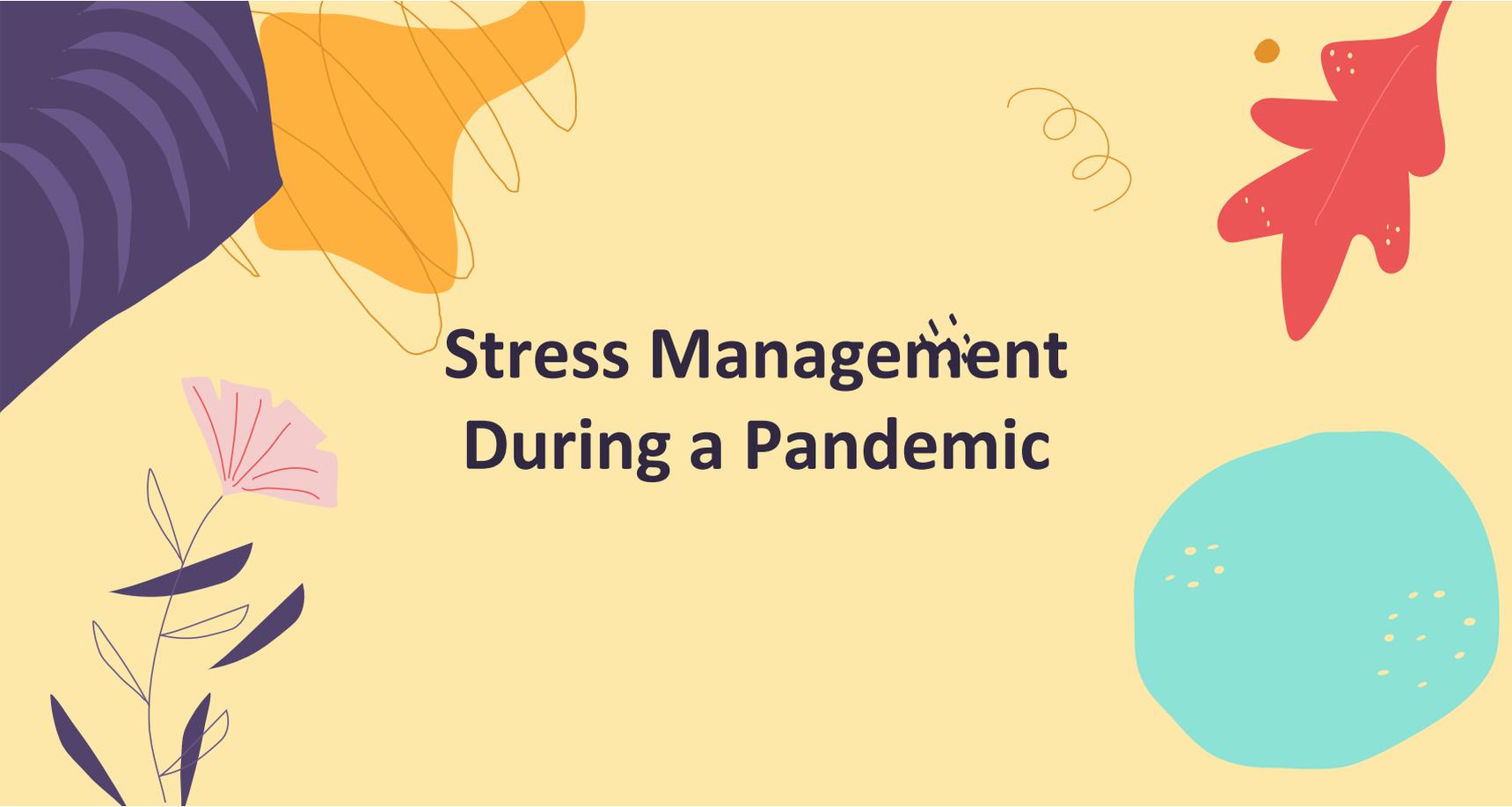
- Encourage the kids to confront and prevent stigma by discussing the issues with the elders. Fear and stigma at this stage might make them uncomfortable as they try to find answers themselves.

Maintain proper communication to avoid such a situation.

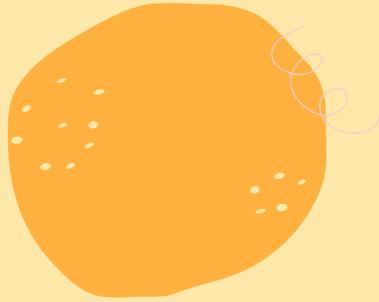


For upper secondary children

- They are quite grown up and able to understand a little complicated information. Share with them how a virus begins its transmission, how it can be avoided and what one should do if they have doubts about being infected.
 - You can also ask them to talk to their younger siblings and help them understand the importance of washing hands by doing it together.
 - Assigning easy projects on different kinds of viruses and their fatalities can make them understand the impact of the coronavirus pandemic.
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Stress Management During a Pandemic



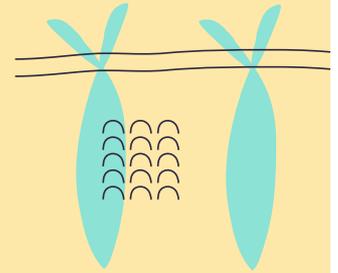
STRESS MANAGEMENT TIPS FOR TEENAGERS

- Talking to people you trust can help. Contact your friends and family.
- If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Take a Break

**Focus on Your
Health**



Stay Connected

**Practice
Mindfulness**

HOW TO HANDLE ANXIETY

1. At times of anxiety, practice breathing slowly for a few minutes. Try and distance the thoughts that are making you anxious. Think of something calm and serene, and slow down your mind.
2. When feeling angry and irritated, calming your mind, counting back from 10 to 1, distracting yourself helps.
3. Even when feeling afraid, deal with it by asking yourself:
 - a. What is under my control?
 - b. Am I unnecessarily worrying about the worst thing that can happen?
 - c. When I have been stressed in the past, how have I managed?
 - d. What are the things I can do to help myself and be positive?

Four Simple Exercises to Do Every Day

Squats

Three series of 15 squats each to exercise your legs and gluteal muscles

Strides

Three series of 15 strides each to balance your legs' strength and muscles

Push-ups

Three series of 15 push-ups to exercise your shoulders, triceps and chest

Isometric Ab Exercises

3 series—try to keep your torso straight and your legs separated



"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."



- Socrates