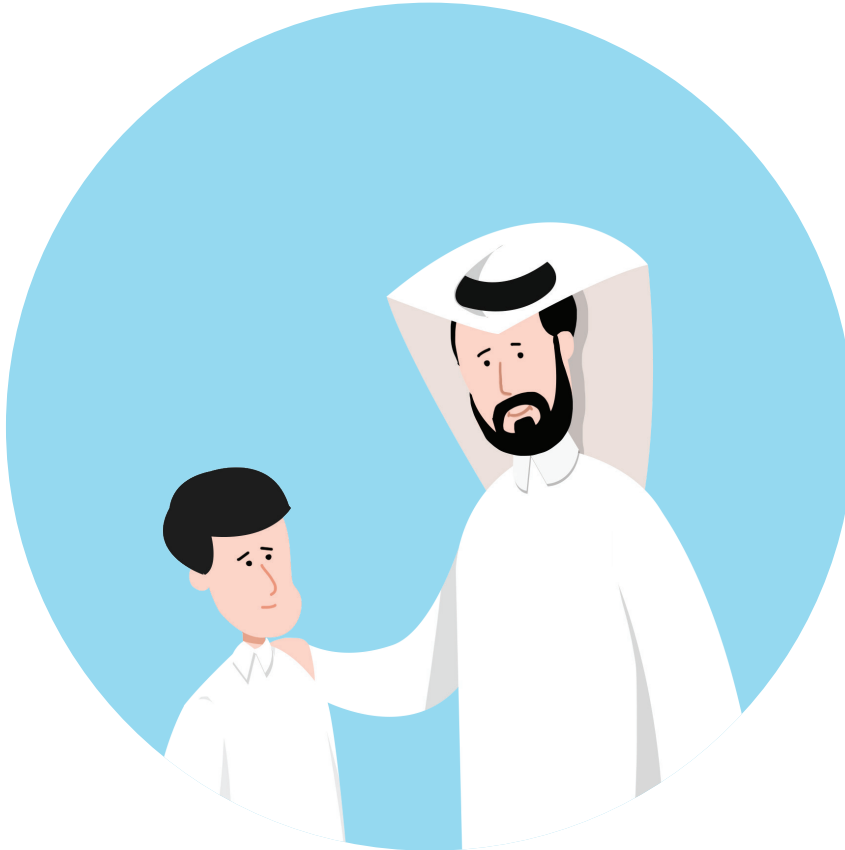


The third stage of Campaign "Heroes against corona"

Guidance advices for parents about aspects
of mental health and psychosocial support



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1

Support your child through corona

Guidance advices for parents about psychological)
support for children and dealing with their children
(under corona situation

Be close to your children...

Teach them how to protect themselves and avoid negative feelings due to pandemic circumstances.



Keep calm...

Children notice how parents deal with different circumstances, make sure that they learn from you calmness and balance in dealing with the pandemic.



Be transparent...

The child must know that he is at risk of infection with the coronavirus.



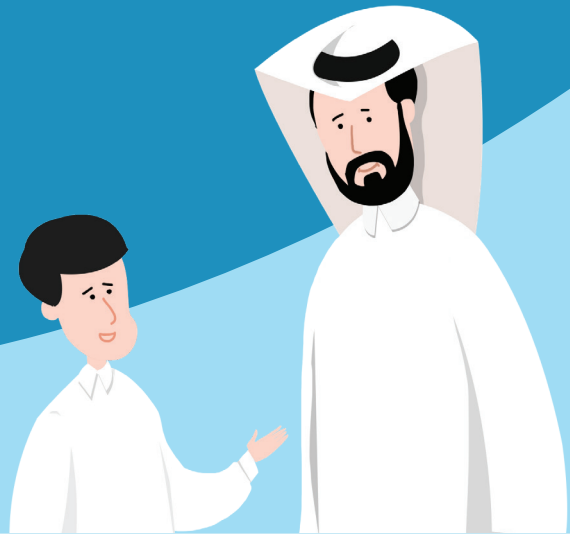
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Allow your child to speak freely...

- Learn what is going on your child's mind about the COVID 19 virus, and allow them to express their feelings, pay attention while they are speaking, make them feel your interest and invest the moment they ask questions to talk to them effectively
- Choose your dialogue with your child in an attractive way, in which he feels your interaction, and remind him/her that he/she can talk to you at any time he/she wants and about anything, even about his/her fears and dreams.



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Find answers with them...

Help your children answer the questions that revolve in their minds about the coronavirus; in case you do not know, take advantage of the opportunity to search with them for correct answers from trusted sites because there is a lot of misleading or inaccurate information circulating and use an appropriate language for their ages.

(Websites of international organizations such as UNICEF and the World Health Organization are excellent sources of information)



Play and relax with them...

Disturbing images of corona dangers on TV and mobile may be a source of concern for your children, make sure to ask them what they see every day, and how to deal with these matters, find alternatives for them to relieve tension, give them a chance to play and relax, share team games and sports with them.



Focus on the positive role and initiative...

Ask your child to participate in protecting themselves and their community from the danger of the pandemic by adhering to preventive measures against the COVID 19 infection

(Social distancing - not shaking hands - using a tissue, coughing and sneezing into the elbow, washing hands with soap and water regularly.)



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Suggest alternatives to relieve stress ...

When your children complain or growl from the stress of adhering to preventive measures against infection, explain the importance of these measures to maintain their health and explain to them how they can cope with such situation.

(Instead of: Direct meeting with friends, you can talk to them online,

Instead of: Shaking hands, you can wave from distance,

Instead of: Boredom, you can spend fun times practicing hobbies)



Offer a solution to the loss...

Support your child by:

- suggest solutions, such as writing a letter to his/her friend and placing it on his doorstep.
- communicating with them by phone.



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Explain ... Support ... Ask for attention ...

- Explain to your child that infection with COVID 19 virus should not represent the infected person as a source of shame or fear of community members.
- Explain to him that being infected has nothing to do with the appearance of the person or the place he came from or the language he speaks.
- Warn him to inform you and the adults around him (such as teachers) about any annoying name-calling or bullying he exposed to it, and not to contribute to that with those around him.



2

Better family life in home quarantine

(Guidance advices for parents to create a family life free from stress and boredom in home quarantine and due to precautionary measures imposed by corona situation)

corona may impose full or partial restrictions on our lives during the coming months, so parents should introduce the term "new normal situation" to their children in an attempt to adapt to reality with greater comfort and flexibility.

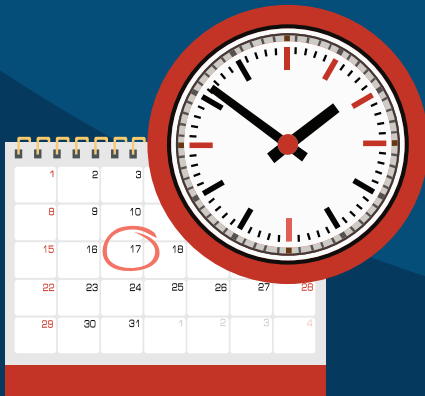
It takes creativity to come up with a lifestyle that provides children with a kind of anticipation of events and allocating time for fun, giving priority to excellent self-care practices, and taking opportunities to learn and develop skills as much as possible so that the forced coexistence of prolonged stay at home becomes more enjoyable for all.



Determine your work time and your break...

Arrange your daily schedule, whether it is your work time or you are at home so that children can adapt with their parents return to work.

(When parents are working from home, they can take turns to spend more time with their children, and working in the early morning is an excellent opportunity for them when children are in deep sleep)



Organize activities for your children...

Organize programs for your young children when you are busy (or when parents are busy) such as drawing or listening to audio stories, drawing, and rediscovering the importance of reading.

Bring out the physical energy of your children...

Set aside times that allow your young children to release their accumulated physical energy and maintain their vitality.

(Such as: Doing home exercises and gymnastics, jumping rope, walking if there is a home garden)



Give your little ones the freedom to starting...

- Allow young children to go around the house more freely; nothing will happen if you allow them to turn the bedroom upside down to build a shelter using sheets and chairs.
- Keep calm and do not get disturbed by the movement of young children and the noise that accompanies them at home, and stay away from overly restricting their movements.



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Share your children the design of their programs...

Help your young children create programs that fill their spare time with useful and enjoyable things, mental and movement activities, instead of leaving them alone for long with electronic devices.

(Learn or develop new manual skills such as making food, sweets and arranging flowers, or technical skills such as computer programs, or mental skills such as reading and writing, and the commitment to exercises that release their physical energy at home, and enjoy their activities)

Enhance family communication and warmth...

Take the opportunity to enhance family communication and increase family warmth, by allocating times for group dialogue, playing games with your family members, preparing food together, watching a movie and commenting on it, or other entertainment activities and sharing the pleasure of spending beautiful times.





The safety of your children on the internet

(Advices for parents to protect their children and support them in facing malpractices on the internet during pandemic situation)

Children face a greater level of exposure to abuse, bullying and exploitation because their daily activities increasingly being transferred to the internet during the corona pandemic (Online learning, play and entertainment), given that some of them do not possess the knowledge, skills and resources necessary to maintain their safety on the internet.



Check electronic devices...

Check that your children's electronic devices are equipped with the latest software updates and electronic antivirus softwares, and that privacy settings activated, and keep the device lens covered when not in use.



Cooperate with your child in establishing a user guide...

Cooperate with your child in establishing rules about how, when and where to use communication devices.

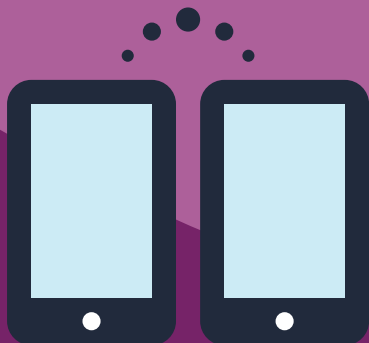


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Start an honest conversation about appropriate communication...

Start an honest conversation with your children about who and how they are communicating with their friends, and make sure that they understand that inappropriate or discriminatory communication is never acceptable.



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Watch for your child's discomfort...

"Observe your child and be alert if he/she looks upset or secretly surfing.

This may be associated with the unsafe use of the internet."



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Encourage your child to inform you...

Encourage your children who suffer bullying or inappropriate communication from others via internet to inform you immediately.



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