

### Top Tips to supporting your primary age child with anxiety in the current situation

#### Keep to a routine

- Make sure the children get up at about the same time every day and encourage them to dress and also to choose what to wear. Continue to develop their independence skills

#### Plan your day

- Have predictable meal times, play/down times, work sessions and bed times. Setting alarms on your phone can help
- Eat meals at about the same time each day, limit snacking and treats to specific times. Prompt healthy eating, discourage grazing. Could they help with food preparation?
- Make sure there is enough play time/down time so that learning does not become too time consuming. Limit screen time so that it does not take over the day. Compromise by agreeing on the timing and duration of the screen access. Perhaps provide a little more screen time as a reward for helping around the house. Arrange virtual friends and family meet ups. Be aware that children may be researching the situation
- Have definite times for learning activities and space these with creative activities, exercise breaks and keep fit sessions. Have 'Chill out sessions' each day
- Encourage them to tidy up after learning sessions; giving them the responsibility for keeping their things clean and tidy. Tidying up makes a definite end to school work

#### Try something new

- Look at trying a new hobby or physical/sporting skill. Perhaps do a virtual project with school friends or family. Try a new creative skill; painting, modelling, weaving or bead work. Try making birthday cards and banners, paper chains, bird feeders, bug houses, desk tidies, trinket and money boxes, bookmarks, puppets, pom-poms, key rings, etc. using recyclable materials/boxes. Do not use toilet roll tubes as these carry germs

#### Look into relaxation strategies

- Try listening to nature sounds, classical music for children, Tai Chi or yoga. Ask them to research new relaxation strategies, activities and hobbies that they might like to try. Provide reassurance and encourage them to follow the hygiene rules. Try to avoid discussing the full situation in front of children. Answer their questions truthfully, modifying your answers to their levels of development, understanding, emotional maturity and resilience

## SENISS

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