

The background features three large, abstract shapes: a red shape in the top-left corner, a yellow shape in the bottom-left corner, and a black shape in the bottom-right corner. The text is positioned in the white space between these shapes.

**Helping
children cope
with stress
during the
COVID-19
outbreak**

Children respond to stress in different ways. They can be more clingy, angry, agitated, or do things they normally don't.

- Respond to your child's reactions in a supportive way. Give them extra time and attention. Listen to their concerns, speak kindly, and reassure them. Screen reader support enabled.
- If possible, create opportunities for the child to play and relax.
- Keep children close to parents and family, and avoid separating them and their caregivers as much as possible. If separation occurs, ensure regular contact and reassurance.
- Keep to regular routines and schedules as much as possible. You can also create new ones in new environments. Include school/learning and time for safely playing and relaxing.

**SOURCE: WORLD
HEALTH ORGANIZATION**