

Take opportunities to manage worries together

- Get some fresh air - go for a walk (while maintaining the advised social distance and adhering to Government guidance)
- Have some fun – dancing to music/ cooking/baking/drawing
- Make time to play (play helps children process their feelings)
- Make time to chat – It can be easier to do this while you are doing an activity

Practice some relaxation:

<https://www.nhsinform.scot/healthy-living/preventing-falls/fear-and-anxiety-about-falling/relaxation-techniques>

Try to get a good night's sleep

- Get into a bedtime routine
- Relax before bedtime
- Limit screens at least thirty minutes before bedtime
- Set regular bedtimes
- Try not to let older children nap. If they do, keep it short.
- Make sure they feel safe at night-talk to your child about what would help e.g. a night light
- A quiet, dimly lit room which is not too hot or too cold is best to fall asleep in
- Go outside (keep in mind the Government guidelines). Exposure to natural light helps us to sleep

Try to stay in the present moment

- A free app to help you to practise this (there are exercises for children, young people and adults)
<https://www.smilingmind.com.au/smiling-mind-app>
- Eat healthily (it's ok to have an occasional treat as this can be taking care of yourself too!)
- Connect with loved ones via social media e.g. Facetime/Skype/Whatsapp/Zoom

There are lots of ideas about how children and young people can look after their well-being here:

<https://www.annafreud.org/on-my-mind/self-care/>

Managing conflict

Being together for longer periods means that it is likely that we will fight with each other (this is normal). Because you feel more worried at this time you are more likely to be:

- Stressed
- Hypervigilant (very aware)
- On edge

This means you may be more likely to react suddenly in situations. Your friends and family are likely to be feeling the same. Being aware of this can help. Before you respond to people asking you things, notice how you are feeling and take a moment to take a few deep breaths.

Your children are likely to be feeling the same way. Here are some tips on avoiding fights:

- Praise the behaviour that you want to see
- Avoid contentious issues
- Pick your battles



Here are some helpful tips on making up:

- Model empathy for each other e.g. 'I can see that's frustrating'
- Here is a video that illustrates empathy: <https://www.youtube.com/watch?v=1Ewvngu369Jw>
- Model problem solving

Check if the solution to the conflict is:

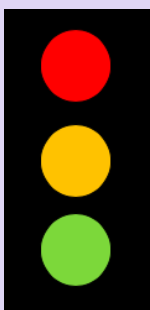
- Is it Fair?
- Is it Safe?
- Is it Possible? (Can we do it?)



Managing conflict

How to support children to have the skills to manage conflict

Tip: Do this when everyone is feeling calm and not when they are fighting or too soon after a fight



When your child is calm teach them to do this. Then they can use it when they are feeling annoyed. We learn best when we are calm.

- Close your eyes.
- Picture a traffic light that is red.
- Take three deep slow belly breaths.
- Then the light turns orange: Think- Do I need an adult's help with this problem?
- If the answer is yes get an adult's help.
- If the answer is no, try to solve the problem yourself. If it doesn't work, walk away

- * In order to help children develop problem solving skills, you can **create a jar of common ways to solve problems** with post-its with them (when everyone is feeling calm).
- * You could also help them to develop problem solving skills by **creating a wheel of solutions for solving fights.**

Prize Wheel

Your children could make a wheel - Here is a video on Youtube:

<https://www.youtube.com/watch?v=6XVbVivnif0>

(This is not a video for a wheel of solutions, but it will show you one example of how to make a wheel. We do not endorse the maker of the video in any way.)

When children fight, they could take three deep, slow belly breaths and then spin the wheel to find a solution to their problem



Here are some solutions that they could put on the wheel of solutions:

- Play with someone else or by yourself
- Walk away and cool off
- Talk to a grown up
- Count to ten
- Take a deep breath – Use kind words and a friendly voice
- Talk about it together to work it out
- Write down what you think would help
- Draw what you think would help
- Take turns
- Share