

# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

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## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



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## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



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## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



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## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

