



What (NOT!) to say to your worrier about COVID-19

Try not to...	If you say....	They will think..	Instead you could try...
Ignore it!	<i>Don't be silly! Everything is fine!</i>	<i>No one else feels like this! What is wrong with me?</i>	<i>'Lots of things have changed and people are worried, but this will not be forever. The grownups are all working together to make everyone better. Let's think about the things we can do at home and still have fun.'</i>
Join in!	<i>It's not just you...we are all upset!</i>	<i>This must be REALLY bad if mum is upset too!</i>	<i>It is an upsetting time for everyone but try to take a break from media coverage during the day. Information is coming in very quickly and people have lots of opinions – not all of them helpful! Instead distract yourselves by being outside when you can, noticing the signs of Spring, playing a game or completing a project. It will help you both.</i>
Predict the worst!	<i>If you don't wash your hands properly Grandad might catch it.</i>	<i>If my Grandad gets sick then it is my fault!</i>	<i>'You are being really careful about washing your hands and that will help Grandad stay healthy!'</i>

