**Mental health and wellbeing**

Staying at home and the change of routine may make this a difficult time for some children and they may be feeling a range of emotions about it.

They might get upset more often, or return to some behaviours they had grown out of. It’s understandable and other families will be experiencing this.

Way to help children understand their feelings:

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| **Talk to your child about coronavirus**    *There are stories like this one and online resources that can help you with this*. |

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| **Talk to your child about things that interest them** |

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| **Read lots of books and stories together** |

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| **Play together** |

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| **Learn a new rhyme or song** |