

# Mental Health and Psychosocial Support During COVID-19 Outbreak

from the Philippine Council for Mental Health

## PROMOTE PSYCHOSOCIAL WELL-BEING IN CHILDREN

1



### **In times of crises, it is common for children to seek more attention and be demanding on parents.**

They also often observe their parent's behaviors and emotions and derive from these their behaviors and ways of managing their own emotional reactions. Keep them close and share facts about what is going on, especially about COVID-19, using simple and honest language, to ease up their fear and anxiety.

2



### **Maintain familiar daily routines at home.**

Since they must now stay at home away from school. Encourage them to continue to have physical activities like playing even if only with family members.

3



### **Create new routines by providing regular time for learning activities.**

Provide avenues for continued learning like doing school work they would have had if they were in school. Encourage them to be in contact with friends and classmates.

4



### **At all times, parents should respond to their child's reactions in a supportive gentle way, listening to them, showing them affection, not being judgemental, and being aware that children respond to stress in various ways.**

They cling to parents, are anxious, fearful or show changes in behavior like bedwetting, restlessness, etc. Be open to seek help from a mental health professional if the child's behavior is not his usual way.

*"Our connectedness with each other,  
not our differences is what matters  
now more than ever."*

Produced by **HUMAN** - the NGO Coalition for Mental Health in support of the  
**PHILIPPINE COUNCIL FOR MENTAL HEALTH**