

State of Israel
Ministry of Education
The Pedagogical Director

Parent Guidelines - Dealing with children's concerns following the Corona incident

Dear parents,

We are currently in unknown reality in the context of the spread of the Corona virus. This event evokes a variety of emotions and feelings

Sometimes they include fears, fears, feelings of vulnerability, insecurity and worry about what follows. The children and adolescents also experience you The complexity of reality and influenced by the experience and the messages they hear in their environment and certainly by their parents. In addition, children

And teens are usually overwhelmed with great knowledge, most of which is not mediated and not age-matched, making it difficult to see

Things are balanced and allows for effective coping. In light of this, they may develop fears and fears that may be overcome

And create a helpless experience.

Here are some highlights for parents that may make it easier for children to cope.

What to pay attention to

1. Talk to the children openly and honestly about the situation, calmly, without unnecessary details and without "rage prophecies".

Direct discourse, tailored to the developmental stage of children and youth, information mediation should be done in a calm and balanced way. It is important that events are perceived through the eyes of significant adults.

2. Avoid conversations 'over the heads of children' Adults sometimes talk about a difficult topic with young children, thinking that the child does not understand. It is important to remember that partial understanding and exposure to the concerned tones of the conversation are harmful. A child absorbs the nonverbal messages, pieces of information, and may draw a picture that is often more frightening than reality itself. Adult conversations, should be conducted with adults. It is important for the children to explain the situation at the moment, highlight what can be done and avoid predictions.

3. Limit news watching on both TV and social networks. Even when exposed to reliable news, constant engagement with them can cause restlessness, stress and stress (even for adults). For those who have a tendency for anxiety anyway, the constant concern with the news may intensify the anxiety. It is useful to reduce and regulate the viewing of young children and talk to adolescents about the potential harms of increased exposure.

4. Maintain routine as much as possible. Even if you or your child are in isolation, it is important to create a day-to-day routine for everyone who is at home. A routine that will express a small day of activity and not a Saturday. It is recommended to make a routine schedule by days and hours and fill it with the child or adolescent, who will be intertwined with activities including sports

activities. Routine reinforces the confidence that, despite what has changed, there are many more parts of our lives that remain as they were and are anchor and grips.

5. Various activities and roles with meaning, especially if they are related to coping with the event, reinforce a sense of control of the situation and feelings of confidence and hope. Different roles, even if they are "small", have positive potential and contribute to a sense of ability and can help to manage the situations. Roles related to arranging the home, preparing food, creating, communicating with the family and social environment through technological means.

6. Strengthening social connections in a variety of ways and enhancing social cohesion have healing power and support. The spread of the corona virus is at risk of increased separation and alienation, due to fear of infection. But right now everything has to be done to establish social connections and prevent separation and alienation. It is important to remind children to think about how to help their friends in isolation (putting packet delivery at home, communicating via social networks or phone). New studies prove that those who are active, involved and active, are at a much lower risk of falling into anxiety.

7. Distractions in the directions of acting, creating, watching a movie, cooking, traveling ... can be very helpful. If the activity is done in the parent company it is much more joyful.

8. Humor, jokes, and a light attitude to the subject can certainly soothe, delight and allow for more coping.

9. Attention to a child who is more difficult is very important. If he is confined to himself, take no part in anticipated activities, reports lack of appetite, talks about

having a hard time sleeping, allowing him to share with you and do not dismiss his feelings. Ask him what can help him relax in the complex situation, teach him to take deep breaths and do so with him, offer him distractions that suit him, put together strong sentences and elevators and hang them in prominent places in the home.

10. In any case where you need counseling and help, you can contact the educational and assistance agencies in the educational institution (educator, counselor, psychologist).

In the new reality that brings us together with a threat to health and uncertainty, it is also important to trust

Our intuitions as parents and trust in our coping ability as adults and our child.

Wishing you good health for everyone.

'Tell me a little about the moments of fear, it's much easier to be afraid together'

(By Feigenbaum and Rami Kleinstein)