Supporting your child through lockdown.

Motivating your child

Give structure to your child’s day by creating a visual timetable together. Keep the tasks short and give choices. For example; would you like to do your maths or English first? Make sure to include plenty of free time and reward your child with an activity of their choice inbetween. Older children may prefer to draw up an agreement. Remember a thirty minute structured session will be more productive than a long battle!

Supporting your child’s emotions

Changes to routine can affect children and young people in different ways. Some will cope well and others may struggle to manage their emotions. Paying attention to your child’s feeling and worries at this time is key to helping them cope. A great resource to support you in managing your child’s emotional health and wellbeing can be found here:

[SupportingYoungPeople (hscni.net)](https://www.publichealth.hscni.net/sites/default/files/2020-04/Supporting%20parents%20of%20Children%20and%20YoungPeople%20during%20lockdown.whsct_.pdf)