

“I SEE YOU”: BEING CONNECTED

DURING THE CORONAVIRUS CRISIS



Make Time for Play

- Show that you can enter their world and share their joy
- Make each other laugh with chase games, hide and seek, peek-a-boo, Ready/Steady/Go games and funny dances in the mirror.
- Go on a treasure hunt around the house.
- Listen to the sights and sounds of nature in the garden.
- Follow the child's lead with a toy and suggest new actions and ideas.

Reframe to Reassure



- Show that there are positive outlooks on the situation.
- *"Schools are closing so that we can keep children safe. You're safe at home with me and you can come and talk to me any time of the day".*
- *"By keeping our distance from Granny and Grandpa, they will stay healthy. This is the best way we can help them right now".*
- *"Isn't it great that you can still talk to your friends over FaceTime and video games? Maybe we should arrange a regular time to chat and play with them online, so you can keep in touch more often".*



Create Memories

- Show that you can reflect back on the good times together.
- Make a photo album or try drawing a family portrait.
- Create a home movie with silly stories/songs or have daily video diaries.
- Make special decorations for the house and garden.
- Plant a new flower and watch it grow.

Accept and Empathise with Feelings



- Show that you understand how they are feeling.
- *"You are so frustrated that you can't go to your friend's house. I know how much you were looking forward to it and it's so unfair that we have to cancel our plans".*
- *"You seem pretty quiet today. I wonder if you're feeling a little scared about school being closed? It must have been a big shock and it's ok to feel worried about what happened".*



Celebrate Strengths

- Show that you recognise and value their skills.
- Give positive and enthusiastic feedback about their drawings and paintings.
- Be curious about how they made something out of playdoh or Lego and ask them to show you how to make it.
- Give them responsibilities around the house and show gratitude for how well they did their job.
- Involve them in decision-making, such as making a food shopping list.

“YOU’VE MADE THIS DAY A SPECIAL DAY BY JUST YOUR BEING YOU. THERE’S NO PERSON IN THE WHOLE WORLD LIKE YOU. AND I LIKE YOU JUST THE WAY YOU ARE”

— FRED ROGERS

