

## SUPERVISING CHILDREN AT HOME

# Don't forget about mental health!

Are you feeling stressed, anxious, or depressed? This fact sheet contains advice that can help you take a healthy approach to events stemming from the coronavirus COVID-19 epidemic in Québec.



### MAINTAIN A ROUTINE.

Maintaining a stable routine at home, helps preserve a sense of security for both you and your child. Establish a schedule for getting up, going to bed, mealtimes, free playtime, structured activities, and relaxing time.



### LISTEN.

Let your child express themselves through their words or through play. Be attentive to their concerns and their need for reassurance. Respond to their reactions with kindness and give them even more love and care



### BE HONEST: EXPLAIN THE SITUATION.

Use simple, age-appropriate words. Tell them that there are very simply hygiene measures to protect them: washing hands often, coughing into the crease of their elbow, etc. Answer their questions and do not hesitate to tell them when you do not have the answer.



### MAINTAIN HEALTHY HABITS.

It is also important to ensure that you and your family adopt a healthy lifestyle by eating a healthy diet, drinking plenty of water, staying active, and trying to get enough rest and sleep



### TAKE CARE OF YOURSELF.

Your child lives events through your eyes. Be aware of your feelings, emotions, and reactions. If needed, find a place for a few minutes of alone time, the bathroom for example, to regain your composure.



### ALLOW YOUR CHILD TO CONNECT VIRTUALLY WITH FRIENDS AND OTHER FAMILY MEMBERS.

### LET THEM

### PLAY AND RELAX.

It is important that your child be able to find some comfort in activities that they enjoy. Make a schedule with your child and post it.

**Physical Activities:** dancing, obstacle courses, skipping rope, games of skill, bicycling, yoga, Pilates, playing out in the yard, aerobics and strengthening exercises, etc.

**Creative hobbies:** drawing, crafts, colouring, painting, writing, singing, origami, modelling clay, knitting, photography, etc.

**Games:** board games, building blocks, role-playing, memory games, hide-and-seek, card games, dress-up, jigsaw puzzles, crosswords, sudokus, etc.

**Entertainment:** Listen to music and podcasts, watch films and other programs

**Relaxing:** reading a book, a fairy tale, a comic book, a magazine, taking a hot bath, meditation and relaxation exercises, etc.

**Educational Activities:** do schoolwork, browse educational platforms such as [ecoleouverte.ca](http://ecoleouverte.ca), learn a new language, virtual museum visits, etc.

**Other:** cooking, helping with housekeeping, sewing, tidying, sorting photos, etc.

## How to adapt to the situation

During preventive isolation, take care of yourself.

Maintain contact with your loved ones by telephone or over the web. Speak with a person you trust or ask for help when you feel overwhelmed: it is not a sign of weakness but rather a sign that you are strong enough to do what is needed to get through it.

Physical activities can also help you to reduce tension. To reduce stress, give yourself moments of pleasure. Focusing on your personal strengths will help you through these difficult times.

**Remember that by staying home, you are helping to save lives. It is important gesture.**

## Look for Signs of Distress

### 1 PHYSICAL SIGNS

- Headache, neck tension
- Digestive problems
- Sleep problems
- Decrease in appetite

### 2 PSYCHOLOGICAL AND EMOTIONAL SIGNS

- Anxiety and insecurity
- Feeling overwhelmed by events
- A negative view of things and/or daily events
- Feeling discouraged, sad or angry

### 3 PHYSICAL SIGNS

- Difficulty concentrating
- Irritability, aggressiveness
- Withdrawal, detachment
- Increased consumption of alcohol, drugs, and medications

## Resources

If you are feeling stressed, anxious, or depressed because of the current state of the pandemic in Québec, you can contact Info-Social by dialling **811 (Option 2)**.

## Telephone services for those who need support or someone to talk with:

- **Tel-Aide**  
Listening centre providing service 24/7 for anyone who is feeling lonely, stressed, distressed, or who simply needs to talk: [www.acetdq.org](http://www.acetdq.org) (to find the listing centre near you)
- **Écoute Entraide**  
Community organization that supports those struggling with emotional difficulties (FR only): 514-278-2130 or 1 855 EN LIGNE (365-4463)
- **Tel-Jeunes**  
24/7 Listening centre for youth who need support (FR only): 1-800-263-2266
- **LigneParents**  
24/7 Listening centre for parents who need support (FR only): 1-800-263-5085

[Québec.ca/en/coronavirus](https://quebec.ca/en/coronavirus)

1-877-644-4545