



ERAN
Emotional First Aid by
Telephone & Internet

**Emotional First Aid for Coping with the Coronavirus
Recommendations for Parents**

by

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1. Calm parents = less anxious children.

In times of uncertainty, children see their parents as an emotional anchor that gives them a sense of security. To be a reassuring figure you too need support.

2. Focus on the positive rather than the downside.

Do what can be done, rather than what can't.

Focus on the Glass half full, which will enhance optimism and improve the family mood.

3. Knowledge reduces anxiety.

Explain to your children, age-appropriate, the situation in a manner that is not dramatic or heightens anxiety and based on factual knowledge.

Emphasize that the purpose of isolation is to safeguard your family's health, and to provide appropriate medical care when needed.

After the isolation period, they will return to normal activities and studies.

Illustrate the length of the isolation period by using a calendar.

4. Give space and legitimacy to emotional expression.

Listen and pay close attention to your children, enabling them to feel secure and close.

Encourage them to share their feelings.

Emphasize that each one responds differently and any emotion is legitimate.

5. Humans are social beings.

Children, especially adolescents, need and thrive on communication with their friends.

Encourage them to stay connected via phone and social networking.

6. Maintain routine as much as possible.

Essential during isolation at home, is to keep to the usual schedule and maintain a routine. Paying attention to the daily habits of mealtimes, bedtimes, hours of sleep, alleviates the feeling of not being in control.



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7. Enable physical activity and movement.

Adjust the home space for games, providing a couple of recreation corners so as to avoid a feeling of restriction. Family games can be organized as a means to release stress and expend energy.

8. Encourage expressive and creative activities.

Make a collage, build, sculpt or paint together.

Listen to favorite music or arrange a performance for the whole family.

Watch optimistic content together and try to maintain a sense of humor.

9. Implement anxiety reduction strategies and practice deep breathing.

In stressful situations, breathing becomes shallow and rapid.

Deep breathing has a beneficial effect.

Exhaling can be extended through fun playing, like blowing soap bubbles.

10. Limit children's exposure to anxiety-provoking content in the media.

Talk to them about the need to show responsibility on social networks, and not to open or transfer videos and photos thoughtlessly.

11. Give the children roles - encourage them to support and help.

Performing tasks and roles at home reinforce a sense of ability and self-worth.

Allow the children to be more active and feel more in control.

Help the children identify for themselves their inner forces and let them know that you believe in their capability.

Emphasize that you are there for them, and together you will get through the isolation period successfully.

12. Be sensitive to signs that may indicate distress and do not hesitate to seek help.

ERAN volunteers are here for you, 24 hours a day, all year-round.

Don't be left alone with your fears and anxiety;

Talk to us:

Chat on en.eran.org.il or dial 1201 extension 6



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To refer to the Relief and Anxiety line click on the image

**You may be on your way
to isolation ...
But there is no reason for you
to be stressed.**

**The anxiety helpline
following the Coronavirus**
**Talk to us: 1201 ext. 6
by Chat at [eran.org.il](https://www.eran.org.il)**