

# Emotional Support for Children During Difficult Times

In collaboration with Malvern College Pre-School Hong Kong



**Y**oung children may be unwillingly influenced and affected by the current events in Hong Kong. It is especially important that the whole family comes together for mutual support. UNICEF offers practical guidance for families and their children at this difficult time.

- **Encourage children to express their feelings.** For those unable to articulate, colouring, drawing, or painting are excellent ways to help express themselves. Parents are advised not to punish or scold their child for regressive behaviour such as thumb-sucking, night-awakenings or bed-wetting, but instead to

offer love and reassurance.

- **Aim to have family members follow their normal routines at home.** This helps to provide a sense of security.
- **Children younger than six should not be exposed to television or internet coverage of the news or anything violent, and viewing time for older children should be limited.**
- **Take care of yourself and have fun as a family.** Finding activities you enjoy, such as exercising, listening to music or spending time with family and friends, helps to recharge batteries and reduce stress. Make extra time for playing, prioritise sleep, eat

healthy foods, and give extra hugs!

- **Encourage hope and keep a positive mindset.** It's important to maintain an optimistic, forward-looking attitude and to use positive language. Research shows that people who engage in positive thinking develop resilience and enhance their chances of coping with adversity while maintaining their wellbeing.

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