“My child is anxious about the riots.”

We know that as parents you want to protect your child from the current riots and unrest in the community, this isn’t always easy due to the prevalence of these on social media platforms and in the news.

It can be difficult to know how to support your child following them seeing or experiencing damage and unpredictable scenes in their hometowns. Your child may be expressing or showing that they feel less safe and are anxious about the events.

Here are some ideas that may help your support your child or young person following the events:

1. <u>Create a sense of safety</u>

They may need some extra reassurance that they are safe and that you (and others in their lives) will always try and keep them safe.

It’s best for children to learn about the event from a safe, trusted adult. Don’t worry about not knowing exactly the right thing to say. Listen to what your child wants to say about the event and acknowledge how they are feeling and allow them to ask questions.

It may help them if together you look at and research the positives of the many clean up operations that took place and show how things are looking now. There has been such an encouraging response from communities that can support the reassurance of safety.

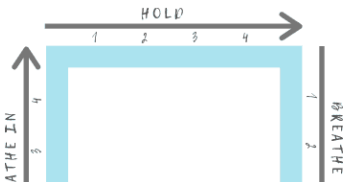
2. <u>Create a sense of calm</u>

If you are calm as a parent, your child will pick up on this, and in turn, can support them.

Doing things together that you know helps your child to feel calm can help. This might be having a bath, playing a favourite game, favourite sensory activities such as blowing bubbles, slime/playdough or water play.

Even watching a favourite movie with their favourite snacks.

Practice calming breathing techniques together such as square breathing



3. Stick to normal routines

Maintain normal routines as much as possible. This ‘sameness’ can reassure children that parts of their life remain the same such as mealtimes and bedtimes.

Using visuals to support this can be beneficial to reassure them that things are staying the same and it lets them know what to expect.

4. Stay connected to the community

Make sure that you and your children stay connected to loved ones, friends, wider family, and any other groups such as Daisy Chain.

5. Look after yourself

While you are encouraging your child to play and have fun during these times – allow this for yourself too.

Remember to take care of yourself as this will help you to take care of your child. Do something that you enjoy or just take 5 minutes to yourself and have a warm drink.

Things may seem so overwhelming right now – but they won’t always be like this. Reach out for help if you feel you or your child are struggling.

Details of the support available in your area can be seen on our website:

Scan the QR code to be signposted.