

› WHEN SHOULD YOU BE CONCERNED ?

Important and lasting changes in your child's behavior and communication to watch out for :

- › Extended periods of withdrawal and muteness as well as loss of confidence in adults
- › Significant and lasting regression in his/her behavior (e.g. loss of interest, separation anxiety, bed-wetting)
- › Expression of multiple pains without a physical cause, recurring complaints involving fears for himself and his/her parents
- › Emotional hyper-reactivity along with feelings of worthlessness or behavioral instability
- › Enduring disinterest, loss of pleasure with sleep difficulties
- › Games with repetitive disaster scenarios and excessive aggression towards oneself or others

If your child is undergoing psychiatric or psychotherapeutic treatment, contact your psychotherapist or your psychiatrist, concerning the possibility of renewal of medication. Also do not hesitate to speak to your family doctor or pediatrician if you are in doubt about his/her health.

If your child has never consulted a psychiatrist, psychologist or psychotherapist, you can call and speak to a member of our team by phone.



Dear parents, remember your health and well-being have a direct influence on the well-being of your loved ones and your children!

- › Identify official websites that you can consult to stay informed in moderation; try to avoid social media as your source of information
- › Stay physically active, make sure you are well rested, keep a healthy diet and avoid excessive consumption of alcoholic beverages
- › Stay connected with your loved ones by telephone or video calls
- › Practice relaxing activities (yoga, meditation, gardening, cooking, etc.)

SERVICE NATIONAL DE PÉDOPSYCHIATRIE

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OFFICIAL INFORMATION CHANNELS FOR COVID-19

<https://msan.gouvernement.lu/fr/dossiers/2020/corona-virus.html>

<https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019>

ADVICE AND TIPS

<https://www.mindheart.co/descargables>
(explaining the virus to children)

<https://www.pedopsydebre.org/post/autismeetcovid19>
(what to do during the confinement et home)

<http://www.triggersolutions.eu/kitdeconfinement.html>
(confinement kit)

<https://www.kannerdoheem.lu/> (activities for children)

SOURCES

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

This brochure can be downloaded from the CHL website : <https://kannerklinik.chl.lu/fr/service/pedopsychiatrie>



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Guidelines for parents
concerning the
COVID-19
pandemic

SERVICE NATIONAL DE
PÉDOPSYCHIATRIE



KANNERKLINIK
Centre Hospitalier de Luxembourg

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Dear parents,

The current epidemic and containment situation can lead to signs of stress or anxiety not only in adults but also in children. In view of our current limitations, we offer you these guidelines in order to:

- › Inform you about your child's possible normal reactions
- › Advise you on how to help your child
- › If necessary help identify which professional to consult for specialized care



› WHAT NORMAL REACTIONS COULD YOUR CHILD BE EXHIBITING ?

Your child has a lot of resources and developmental potential. Like everyone around him/her your child is feeling concern for his/her own health as well as yours. Children try to understand and communicate with their own means. Your child has lost his/her reference points, the daily rhythm has been upset as have usual social relations. He/she can present the following variety of transitory signs :

Children 0-5- years old

- › Temporary difficulties sleeping (e.g. nightmares, difficulties falling asleep and sleeping through the night)
- › Separation anxiety (e.g. fear of being alone, clinginess)
- › Changes in appetite
- › Increased temper tantrums, whining, crying
- › Bed-wetting, constipation
- › Withdrawal from peers, isolation and difficulty communicating

Children 6-12 years old

- › Difficulties to concentrate while learning
- › Sleeping difficulties (i.e. nightmares, difficulties falling asleep and sleeping through the night) and loss of appetite
- › Complaints about varying physical pains (e.g. headache, stomach ache)
- › Fear of dying or sickness
- › Irritability, increased temper tantrums, whining, agitation, aggressiveness
- › Separation anxiety (e.g. fear of being alone, clinginess) and attention seeking behaviour
- › Withdrawal from peers, refusing to talk and loss of interest

› WHAT CAN YOU DO TO HELP YOUR CHILD ?

You are currently experiencing a trying and uncertain time which disrupts your life projects, making your family's and the planet's future insecure. You are probably questioning your parental capacities while being confined and facing an external threat of indeterminate duration. However, trust in your own capabilities and creativity by :

- › Keeping up regular routines while alternating between collective and individual activities

- › Organising your week (e.g. who will take care of him/her and when) and keeping your child informed
- › Visualising the weekly planning (who does what, where, when and with whom) and alternating between learning for school, physical activities, household tasks and outdoor activities (in accordance with the current rules)
- › Accompanying your child in his/her school work and keeping close contact with the teachers
- › Inventing games and stories with your child and engaging in DIY and other activities together
- › Setting firm limits empathetically, protecting communal spaces and trying to respect everyone's privacy
- › Limiting your child's media access and screen time and helping him/her in making sense of the information he gets on social and normal media
- › Engaging in calming activities like meditation, breathing exercises or relaxation (e.g. « Petit Bambou » app)
- › Being creative while integrating hygienic measures into your family's routines
- › Staying in contact with your family and peers by telephone or videocalls

› WHAT CAN YOU SAY TO HELP YOUR CHILD ?

It is important to validate your own and your child's feelings: it is normal to feel scared and stressed in the current circumstances. Fear is a natural and normal reaction to the extreme circumstances of this pandemic, which we all have in common. You can share this with your child :

- › Asking what your child has already understood, correcting misinformation and discussing all his/her questions in simple words
- › Reassuring your child of his safety in his home and explaining that the adults are doing everything to fight the virus and heal those who have been taken ill by it
- › Accepting that we cannot know everything and cannot answer every question and not making false promises
- › Looking at illustrations explaining the pandemic for children (e.g. video by the city of Vienna, comic by the American radio station NPR, comic by de Marguerite Delivron)
- › Encouraging every expression of your child's positive and negative emotions through play, talks and drawings etc.