

City of Edinburgh Psychological Service

Applying Psychology, Making a Difference

1. Talk to each other

- Support children with their worries
- Limit the amount of news they see



2. Create routines

- Meals, bedtimes and being active
- Plan activities together
- Make weekends different
- Technology free times



3. Keep learning

- Link with your school
- Be creative – see the learning in everything
- Have a routine for learning times



4. Keep active

- Find ways to be active indoors like online classes or games
- Get outside together and make it fun



5. Stay Connected

- Letters, calls, video calls
- Messages in your window



6. Take care of yourself

- Be kind to yourself and others
- Listen to positive messages and share them
- Take a break from the news



Supporting Each Other at Home