

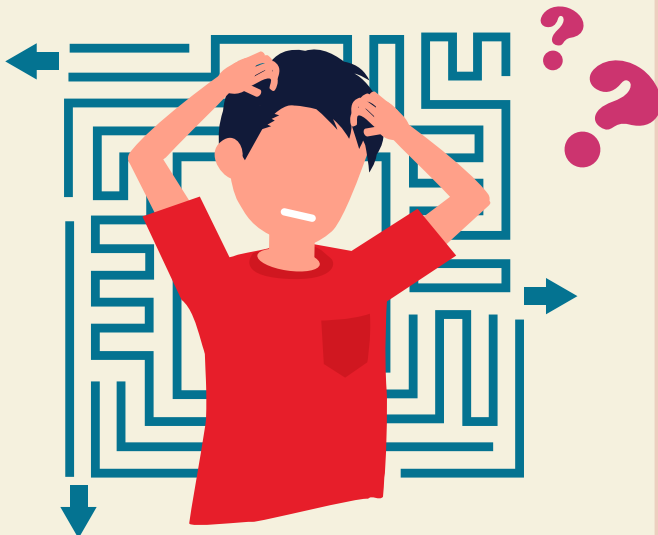
# Helping Your Child Cope with Uncertainty



- Life is filled with uncertainties and unpredictable events, such as weather, epidemics, loss of family and friends



- When struggling with the unknown, your child may experience distress and worries



- We inevitably have to live with "uncertainties" every day



- Support and assistance giving by parents can improve children's coping skills and reduce their emotional distress



# How to Help Your Child Cope with Uncertainty

## Create a Reassuring Environment

- Be there for your child
- A quiet and safe environment can help your child feel at ease



## Help Your Child to Express Their Perplexity

- Encourage your child to express their feelings in a variety of ways (e.g., talking, writing, drawing, singing, crafting)
- Use feeling cards to enrich your child's emotional literacy so that they can accurately describe their feelings and regulate their emotions



## Enhance Problem Solving Skills

- Utilise scenario-based questions and role-play to improve your child's problem-solving skills and increase their confidence in adapting to changes



## Listen and Accept Your Child's Feelings

- Listen attentively without criticising or denying your child's feelings



## Explain the Situation and Answer Questions

- Explain to your child what is happening and answer their questions, using language that they understand



## Establish Daily Routines

- Maintain daily routines of your children and give them opportunities to make choices, which can give them a greater sense of control over their lives

