All children, including those with disabilities, need love, respect, nurturing, and time, especially during difficult and uncertain times.

**Keep your child safe.**

- **It is strongly recommended that you follow local guidelines for COVID-19 while helping your child stay as active as possible both indoors and outdoors.**
- **Ask your local support team or intervention centres about special arrangements for the COVID-19.**
- **Keep emergency contact numbers where you can easily see it, such as on the refrigerator.**

**Be supportive, empathetic, and loving.**

- Your child may not have the same support they usually have, and this can lead to additional challenges such as increased stress, anxiety, and frustration.
- Use physical and verbal support to make your child feel accepted and loved.
- Positive body language, gestures, and words make a big difference!

**Communicating with your child.**

- Get down to your child’s level when communicating with your child.
- Maintain eye contact, a positive attitude.
- Take your time to allow your child the space to communicate.
- Observe, listen to, and confirm that you understand your child.

**Reinforce the positive!**

- Reinforce strengths with praise and stimulate their abilities rather than highlight the things they cannot do.
- Only help children when they need it. Too much support denies them the chance to become independent and can feel patronising.

**Ask for help if you can.**

- Share the load with other adult family members.
- You are not alone! Keep connected with people who understand your situation. Share your challenges AND your successes.
- It is normal to feel stressed, frustrated, and afraid at this time.
- Be kind to yourself and take a break when you need to!
- Tip sheets “When We Get Angry” and “Keep Calm and Manage Stress” have some helpful advice.

**Strengthen routines.**

- Create a daily routine with activities that are familiar to your child and include some of their favourite activities.
- Help your child connect to friends and family members via phone chats, writing cards, or drawing pictures.
- Provide your child with choices so that they have a sense of control. This also increases self-esteem.
- Use simple language and clear instructions and nonverbal communication for children who need it (for example: gestures, pictures, and visual aids).

For more information click below links:

- TIPS FROM UNICEF
- OTHER LANGUAGES
- EVIDENCE-BASE