

EASE at Home (Grades K-3)

Strategies to help young children cope with anxiety during the COVID-19 pandemic and beyond

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

Creating Rhythms and Routines

What is it?

When the world feels upside down, following a schedule that includes some calming routines can help create a sense of order. Routines don't have to be elaborate and can include small acts that create moments of connection and comfort for your child.

How?

Involve your child in creating a [daily schedule](#) that works for your family. Make sure to include time for fun, creativity, and quiet time. With younger children, map out the day using pictures or drawings. Establish some new routines or revisit old favourites. Examples include:



Have a five-minute morning snuggle to discuss dreams from the night before

Before eating dinner, ask everyone to share one thing they're grateful for or one thing they learned that day



Have a certain meal on a certain night, like Taco Tuesdays or Spaghetti Sundays



Light a candle and play some soothing music during bath time

Sing the same song every night at bedtime



Hint: Having regular reminders of what's coming next will help minimize upsets when it's time to transition from one thing to the next.