



## Short and to the point - Giving children guidance



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified. On our website [www.aetas-kinderstiftung.de](http://www.aetas-kinderstiftung.de) you can find further and more detailed information on the topic “What helps children” in the document called [“Giving children guidance”](#).

### Talking about it

- Make sure you explain to your child what it needs to know but not frighten it unnecessarily. A good discussion will lead to a calmer head and the heart feeling more secure.
- Show your child that you know the rules and know what to do even if you are worried.
- If your child is worried then have understanding and correct what isn't certain or isn't true at all.
- Answer your child's questions and get yourself advice if you don't know the answer.

### Emphasise security

- If you need consolation yourself or are really frightened then please talk about it with other adults. Adult fears and concerns can quickly become too much for children. Maybe someone from your circle of friends or family can help. But you can also try out an advice hotline.
- Don't let all the news reach your family without any protection. Small children especially are not yet able to assess how dangerous something is and can get frightened quickly. Set up times without difficult topics and don't have “adult discussions” in the presence of your children.
- Children need pleasant thoughts when things are difficult. So tell your children about all the good things which are happening at the moment, such as many people recovering or working towards taking care of people who are ill and that the whole world is sticking together and helping.

## Doing something

- Being able to do something themselves gives children a feeling of importance. Illustrate your new daily structure by means of a written or drawn schedule, and let your child tick off the completed tasks. Discuss which small tasks it wants to take on and which things it can help with. On the schedule, stick a big smiley on the days on which you were a good team.
- Ensure distance and hygiene and praise your child if it plays by the rules.
- Suggest ways in which your child can stay in contact with relatives and acquaintances.
- Together, have a thought for all those who are currently helping or are themselves ill, by, for example, lighting a little candle at a certain time or putting up a sign in the window that says: "You are in our thoughts!"

Sources: AETAS Kinderstiftung (2020): *Short and to the point: Giving children guidance*. AETAS Kinderstiftung, Munich. Available online at [www.aetas-kinderstiftung.de](http://www.aetas-kinderstiftung.de), Version: 13/05/2020.

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