

COVID-19

How seafarers can help their children handle stress during COVID-19

Children respond to stress differently, e.g. being more clingy, anxious, withdrawing, angry or agitated, bedwetting, etc. Supportively respond to your child's reactions while on board, listen to their concerns and give extra love and attention.



Children need love and attention in difficult times. Remember to listen to your children, speak kindly and reassure them. Encourage the child to play and relax.



During separation while on board, keep in regular contact (e.g. via phone or email) for re-assurance.



Keep to regular routines and schedules if possible to help reassure your family that you care very much for them.



Provide facts, explain what is going on and give clear information on reducing their risk of being infected in ways they can understand at their age. Reassure them about what could happen if anyone feels unwell and needs to go to hospital.



Contact **SeafarerHelp**, the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary.

Dial **+44 20 7323 2737** or email **help@seafarerhelp.org**



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