



COVID-19

3 QUESTIONS TO ASK YOUR CHILDREN NOW

The COVID-19 lockdown is a stressful time for everyone. To check-in on the emotional needs of your children, Dr Stuart Lustig, National Medical Executive, Cigna Behavioural Health suggests you ask them three questions...

‘What do you miss most about not being in school?’

Just about all kids have spent an unprecedented amount of time away from school, and this allows them to start a grieving process for what they’ve lost. For many kids that’s about [losing] time with friends and valuable time with teachers. It’s also about [losing] time when they can feel good about themselves by accomplishing things at school.

‘What’s the best and worst thing that’s happened to you today?’

By doing this you accomplish a couple of things. Firstly, you demonstrate your attunement, your interest, in them on an ongoing basis and, secondly, over a period of time, you help them to become more mindful about their day. This is because, as they come to anticipate you asking them that question, they themselves will be on the lookout for identifying what are the good and bad things about their day. They’ll start to think, ‘oh this is the best thing that happened to me today – this is a really good day’ or ‘gosh, I wish that had gone differently, this is not a good thing, this is the worst thing’. Either way, you’re increasing their mindfulness.

‘What are you most worried about?’

Frankly, we’re all worried about different things right now, whether it’s our own health, the health of those around us, financial difficulties or the economy in general. And kids are really good at picking up on our anxiety and our worries, and they also have concerns of their own. By asking this question you demonstrate to them that, as the adults in their lives, you can tolerate and manage their anxiety as well as your own.

[Watch the video here](#)

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