PSYCHOLOGICAL FIRST AID: PART 1

It is important to recognize the symptoms of psychological discomfort in children during COVID-19. Psychological First Aid (PFA) is an acute intervention for the alleviation of stress for children. The Model - Listen, Protect, Connect, Model, and Teach - is one example of PFA most commonly used by teachers, but applicable for all.

LISTEN CLOSELY

- Listen deeply to the concerns of children and youth.
- Ensure they feel heard, and believed.
- Legitimize what they are saying.

PROTECT

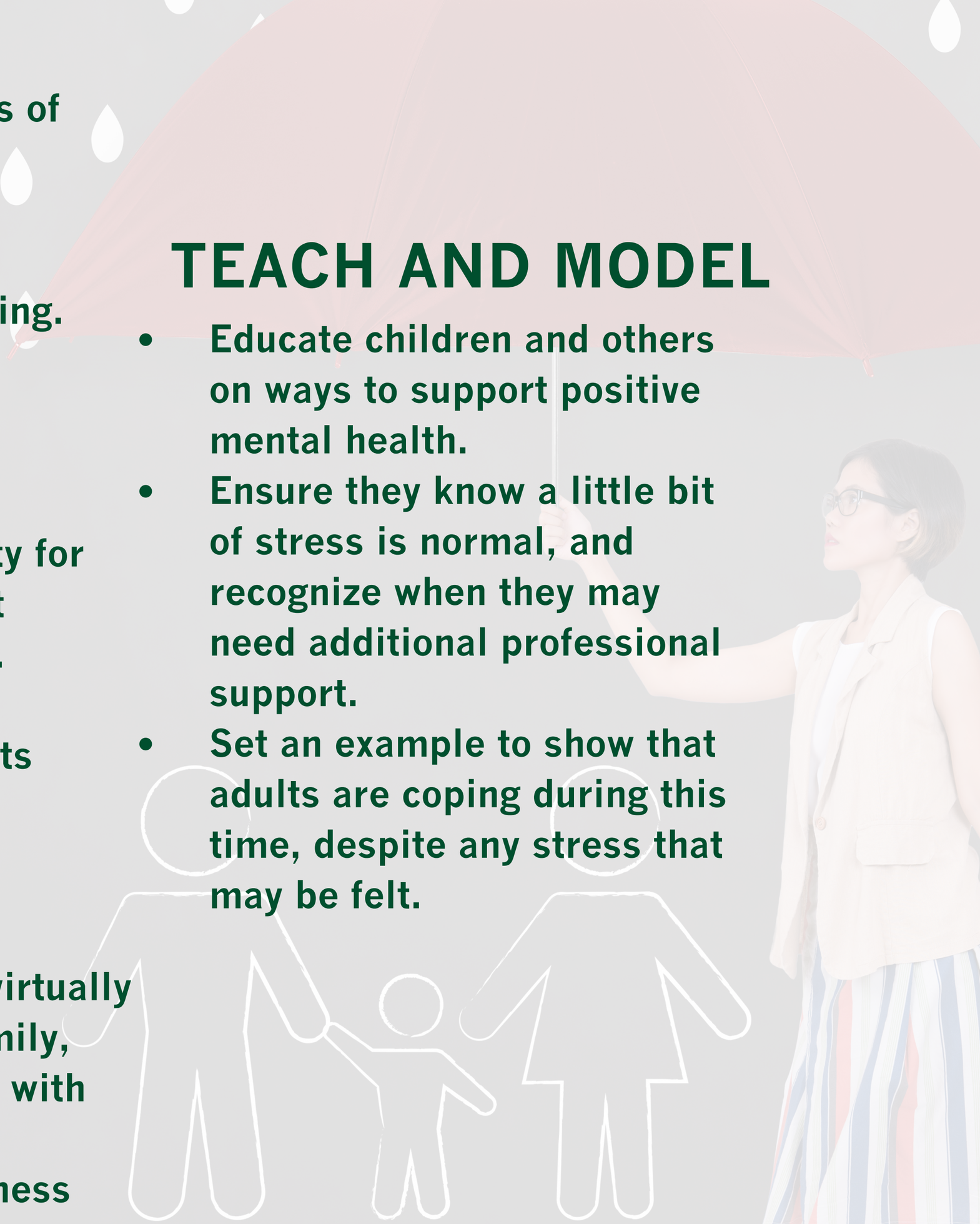
- Re-establish a sense of safety for the child and provide correct
- information about COVID-19. Regularly converse. Avoid unknown situations and adults

CONNECT

- Support children in staying virtually connected to their peers, family, and support workers to cope with isolation.
- Create moments of togetherness

TEACH AND MODEL

- Educate children and others on ways to support positive mental health.
- Ensure they know a little bit of stress is normal, and recognize when they may need additional professional support.
- Set an example to show that adults are coping during this time, despite any stress that may be felt.



Child Trauma Research Centre UNIVERSITY OF REGINA
Faculty of SOCIAL WORK
SHRF SASKATCHEWAN HEALTH RESEARCH FOUNDATION
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