

Structure Up

Establishing routines can help construct predictability, which can be calming during times of uncertainty and stress

Establish routines

- Plan with your children a regular and consistent daily routine
 - Maintain a consistent wake-up and bedtime
 - Eat healthy meals at regular times
 - Keep up with personal hygiene
 - Exercise regularly
 - Make time for fun and entertaining activities
- Keep screen time in moderation, ensure adequate breaks



Make handwashing fun

- Make a 20-second song for washing hands
- Test if the child can correctly perform the "seven steps" of handwashing
- Give children points and praise for regular handwashing



Be a model for your child

- Keep social distancing
- Good hygiene practices
- Caring for family
- Be kind to others in need



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Student Health Service



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