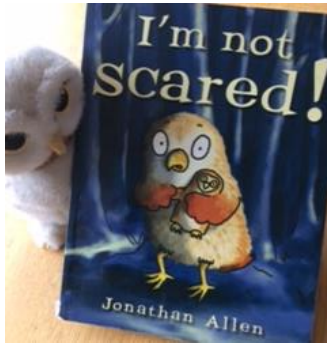


## *Fear and Anxiety*

*So, speak encouraging words to one another. Build up hope...  
(1 Thessalonians 5:11)*



Baby Owl takes Owlly for a stroll, he keeps saying that he isn't scared, but I wonder if he was scared really? Look at some of the pictures what do you think?

At the end of the story, Baby Owl's dad tucks him into bed and says "it's ok to be scared" and it is ok to be a bit scared. I think even Mums and Dads get scared too.

Jesus said to his disciples "Set your troubled hearts at rest and banish your fears" (John 14:27). That's easier read or said than done, isn't it? Let us help our children to understand the facts to help them to realise why they aren't going to Nursery, school or visiting grandparents.

Things you could do:

- Let your children lead the conversations and answer them as honestly as you can.
- Talk about what they have heard – this is a useful link on how to talk to your children <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR3s4zp7VcQ9J1y4DVdd3v3O2pOgobn9r-C9o8PUs3HW5ryPrV8-66S6DNg>
- Some helpful things to say to calm an anxious child can be found here <https://lemonlimeadventures.com/what-to-say-to-calm-an-anxious-child/>
- If people need to isolate themselves and your children are missing them - create a chart of all the hugs, kisses etc. that the children have missed, so they can catch up later.
- Learn a hand washing song, like this one: <https://www.facebook.com/littlecrowns.storyhouse/videos/343156209944204/UzpfSTI2Njc5NDg5MTc4MzoxMDE1Njc3MDc3ODk3MTc4NA/>
- To keep your children active, make an obstacle course through the house: over the settee, behind the chair, under the table, through the duvet, toss teddy into a bin etc.
- Keep in touch with family and friends both electronically and by cards or letters, you could

We believe in the power of prayer.

A prayer for you to pray for your children: Loving God, we know that you love all children, we ask that you keep our children safe and happy in these uncertain times. Amen

A prayer we commit to pray for you as parents: Gracious God, as the world seems to be changing, and we find ourselves in uncharted waters, help us to realise that you are still the same loving God as you were yesterday, today and for all our tomorrows. Amen

We realise you may not have this story at home so here is a YouTube link:

[https://www.youtube.com/watch?v=oH\\_6x31zY30](https://www.youtube.com/watch?v=oH_6x31zY30)