

Lockdown: Taking care of our children and teens

Tips – Advice – Support Resources

This will be a different start to the year. This situation can bring up many emotions for both children and parents (sadness, disappointment, relief, anger, etc.) This is normal, but can become challenging for some. Here are a few tips to support you as parents, and to remind you of the various resources available to you, if needed.

5 Tips for Supporting Our Children and Teens

1. Be present

Being near or hugging your child may encourage him or her to confide in you. Be attentive (many children express what they are experiencing through their games, drawings, and questions). Acknowledge his or her emotions (e.g., “I can see that you’re sad right now…”).

2. Use this time to relax and do activities as a family

Try to slow down. Make the most of this time by playing with your child and doing things that he or she enjoys (crafts, board games, a home movie theater, reading, an obstacle course, cooking together, etc.). This will be a great source of comfort for you all.

3. Encourage your child to stay in touch with other family members or friends (while respecting the current health measures)

There are several ways to do this (phone, chat, video calls, social networks, e-mail, outdoor excursions, etc.) Why not plan a dinner or an evening of virtual games? You could even dress up or wear themed accessories!

4. Monitor for signs of psychological distress

There are certain signs that may indicate that something is not quite right, (e.g., headaches, sleep disturbance, decreased appetite, insecurity, irritability, aggression, isolation, withdrawal, etc.). Keep an eye out.

5. Limit their exposure to the media and adult conversations

Avoid letting your child watch news stories about the pandemic over and over again. If you are feeling concerned about the situation, discuss it with another adult. Try not to have worrying discussions (increase in the amount of cases or deaths, financial problems, etc.) in the presence of your child. .



Resources that can help!

NEW: A toolbox for parents

Good news. We've put together several useful links to help you:

- explain COVID-19 to children;
- help manage stress and anxiety;
- cope better with confinement;
- keep children/teens occupied;
- facilitate the telework-family balance;
- and much more!

You only have one address to remember:

santemonteregie.qc.ca/en/west/taking-care-our-children-and-teens

Other Available Support Resources

Despite your best efforts, are you still unable to comfort or reassure your child?

Do you notice that some of their negative reactions persist or intensify?

Do not hesitate to ask for help!

CLSC Social Services

CLSC de Huntingdon	450 264-6108	CLSC Kateri	450 659-7661
CLSC de Saint-Chrysostome	450 829-2321	CLSC de Châteauguay	450 699-3333
CLSC de Salaberry-de-Valleyfield	450 371-0143	CLSC de Napierville	450 245-3336
CLSC de Beauharnois	450 429-6455	CLSC de Saint-Rémi	450 454-4671
CLSC de Rigaud	450 451-6609	CLSC et centre de services	
CLSC de Saint-Polycarpe	450 265-3771	ambulatoires de Vaudreuil-Dorion	450 455-6171

Other Resources

(available in French and English)

Info-Social	811
Centre de prévention du suicide	1 866 277-3553
Ligne Parents :	1 800 361-5085
Tel-Aide :	1 855 377-0600
Tel-Jeunes :	1 800 263-2266
MSSS publications:	Québec.ca/coronavirus

Notre mission

Maintenir, améliorer et restaurer la santé et le bien-être de la population québécoise en rendant accessible un ensemble de services de santé et de services sociaux intégrés et de qualité, contribuant ainsi au développement social et économique du Québec.

Notre vision

Des soins de santé et des services accessibles et efficaces qui s'adaptent aux besoins des Québécois.

Nos ambitions


Le CISSS de la Montérégie-Ouest réalise ses ambitions en osant innover dans ses façons de faire et ainsi il se démarque et rayonne par:

- L'excellence de son offre de soins et services intégrés de proximité axée sur l'interdisciplinarité, l'accessibilité et l'adaptation aux besoins de sa population;
- Son courage à questionner et à améliorer ses pratiques professionnelles, cliniques et de gestion;
- La reconnaissance de la contribution de son personnel et la mise en place de pratiques de gestion humaines;
- La force de ses liens avec ses partenaires.

Nos valeurs

Nos actions sont guidées par cinq valeurs, interdépendantes et en équilibre: bienveillance, collaboration, engagement, audace et cohérence.

Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest

Québec 



santemonteregie.qc.ca/ouest