

## Talking honestly

Right now, things that would have normally happened, are not and that can lead to frustration and anger. This can be made worse when there appears to be no information available on a certain issue.

However, being honest and asking questions is really important so that you get the right information you need.

During the pandemic, not all the people you ask will know exact answers – they are not brushing you off if they don't give you something specific. Remember that the future is uncertain for a lot of people.



### What can I do?

It is important that you:

- Ask positive questions about things you are going through. The more questions you ask, the more you will know and the more doors will be open to you.
- Don't get frustrated if you don't get an exact answer the first time. This might be because the person you asked doesn't know yet with all the changes that are taking place.
- Keeping asking though – give some time (2-3 weeks) and ask again. Be polite and respectful, but getting an answer is ok.

Here are some links you or other people at home might find useful:

- [Five ways to manage your wellbeing as a parent during lockdown](#)
- [Free online support for Parents](#)
- [How to keep a healthy mind](#)
- [How to recognise depression](#)

