

## **How children with and without disabilities experienced the COVID-19 Quarantine time in China**

### **Abstract:**

**Objective:** To understand what **children** experienced from their perspective, and how they coped with COVID-19 quarantine period.

**Method:** questionnaire was distributed via web and regular web contacts – e.g. emails, During April 20<sup>th</sup> to April 30<sup>th</sup>, during 10 consecutive days data was collected. Overall, **516 Chinese children** (include children with disabilities 27% 139/516) responded (age range 7-10 years) from **25 provinces of China**. Triangulation of qualitative analysis method was employed to summarize the information.

**Results:** Our results showed: 1) All children gained knowledge about how to help stop the virus spreading and protect themselves; 2) more than half of the children (57% N= 292) expressed that new and different special interests developed during this challenging period. In addition, quality interactions with parents and or peers, and self-leisure abilities were main facilitating factors towards better well-being of the children during the COVID-19 lockdown.

**Conclusion:** Spending time in self-leisure activities and the quality of interactions with immediate members of the family have shown to be strong positive influences on the child's well-being, especially during the COVID-19 quarantine time. In China, a lesson learnt during the COVID-19 lockdown from the self-reported experiences of children with and without disabilities was that the presence of facilitating factors – including enjoying self-leisure time and quality time with families - made certain children more resilient than others.

**Keywords:** COVID-19, quarantine, family interaction, well-being of children, influence factors, China