

Coronavirus: Supporting your families wellbeing



During home learning, social distancing or self-isolation, pay attention to your own wellbeing and that of those around you.

Healthy and Happy?

Structure your day

Try to keep familiar routines. Well-known routines in everyday life provide security and stability

- * Do nice things together, and keep active. Make a plan and suggest some regular family times where you can play games, do some exercise together, or do other things that you know most of you like. Try to find a good balance between time together, and screen time.



The Basics



- Get some fresh air*
- Go outside, preferably in the mornings/ during daylight*
- Exercise at regular points throughout the day. Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet



* If it is safe to do so and bearing in mind any medical/government advice.

Keep Moving!



- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Take care not to injure yourself – work within your usual fitness levels and take it steady

Making the most of your time...



- Make a list of all those things you never seem to have time for!
- Do nice things together, and keep active.
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts , cooking etc.
- Make time to help others
- Play a game with your family eg cards, board games, scavenger hunts, quizzes

Stay Connected



Maintaining ‘virtual’ contact with family and friends will help children connect with others and know that others are thinking about them. It will also reassure them that others are well.

- Make time to connect with family and friends online or virtually
- Schedule regular catch ups – use Whatsapp, Facetime or Messenger Video calls
- Make plans to “meet” – video calls for meals, cake, takeaways, etc
- Use appropriate technology wisely (eg Netflix watch parties, gaming apps with chat function) but safely and only with your own existing social circle
- Be kind – remember others may also be finding this situation challenging
- Stay safe – if you see something concerning on line consider whether it needs reporting <https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/>

Feeling Anxious?



Remember to keep things positive and give children hope. For example, tell children that now many people are working to make this better and that even though it is serious, everyone is doing their best to help people.

How do I know if my child feels anxious about coronavirus?



Signs to look out for:

- Change in sleep patterns
- Becoming withdrawn
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration

Managing Anxiety



- ❖ Remember that people react differently to significant events.
- ❖ Some people – adults and children – may feel worried, some excited, some nothing much at all. Be reassured that different reactions are normal and ok.
- ❖ If your child seems worried, it may be good to distract them with something that takes their mind off their worries.
- ❖ You might also want to set aside 10-15 minutes each day for them to talk about any worries, and to reassure them.

Where To Turn For Good Advice

Advice for young people who are feeling anxious about Coronavirus (Young Minds):

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

Helping children cope with stress (WHO):

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Advice for older pupils and adults about looking after their emotional well-being:

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjjLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8>



Look after your own wellbeing

As a parent/carer you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others if you need.



- * How to protect your mental health (BBC): <https://www.bbc.co.uk/news/health-51873799>
- * Coronavirus and your wellbeing (Mind UK): <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- * 5 ways to wellbeing (Mindkit): <https://www.mindkit.org.uk/5-ways-to-wellbeing/>

Helping Children Understand

Talking to your child about coronavirus

There is currently a lot of uncertainty and worry around the coronavirus outbreak and children and young people will be affected by the huge changes that are going on around them, regardless of their age or any additional needs. It is really important that adults explain what is happening to children and young people in an age appropriate way so they understand the current events.





Talk to your children, and answer their questions. Ask about what they have heard about the virus and the situation so that you can correct possible misconceptions and reassure them.

Where can I find support for talking to my child about coronavirus?

Talking to children about Coronavirus (British Psychological Society):
<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

Talking to children (National Association of School Psychologists)
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Talking to Children (Childmind):
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Tips and guidance on supporting preschool children (Zero to Three);
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

How to talk to your child about coronavirus (Unicef):
<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Reliable Sources.

Children will be accessing information from a large range of sources. It can be positive that they are searching for information and researching the news.

However, these sources such as social media are not always reliable and often contain misinformation and fake news.

The BBC news website is a good way of keeping up to date with the facts.

<https://www.bbc.co.uk/news>



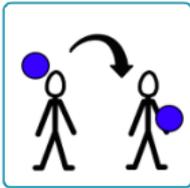
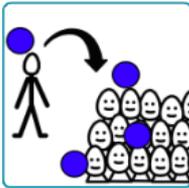
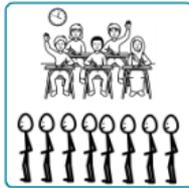
Coronavirus Fact Checks

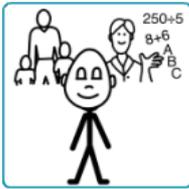
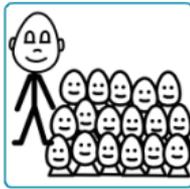
- * Information video on Coronavirus for Primary age children (KS2) (Brainpop):
- * <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronaviruses/>

- * Information video on Coronavirus for older children/adults (WHO):
- * <https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

Visual stories are a useful way of helping children to understand the Coronavirus.

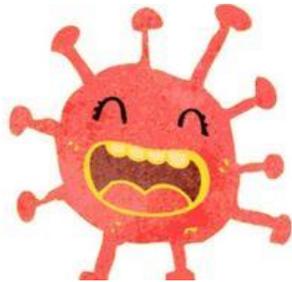
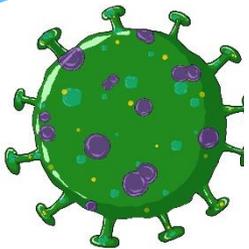
School is closed

				
School is closed because of the Coronavirus.	Coronavirus can pass from one person to another.	Coronavirus can pass more in big groups.	It is best to NOT be in a big group.	We have big groups at school.

				
So school is closed.	I will stay home for many days.	My family and my teachers want me to be safe.	When it is safe, I can be in big groups again.	When it is safe, school will be open again.

For more parent-focused ideas about how to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties visit: <https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>

Stories about Coronavirus for children



Here are some links to some good examples:

- * ELSA: Coronavirus Story for Children: <https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- * Hello! Story about Coronavirus for young children: https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
- * A social story about pandemics (Carol Gray): <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlBEumpw4oKIM7Xy3VlKnA25b8Gi53N6YiFlEKB9VxoLQypSPYzzg>
- * A Social Story about the coronavirus: <https://www.ppm.org/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- * A comic exploring coronavirus to help young people understand: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>



If you need any health advice regarding Coronavirus please visit the NHS website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Acknowledgement to West Sussex Educational Psychology Service and Harrow Educational Psychology Service

Note: as the situation and sources of information are developing, the above tips and links may be updated.