



Information for parents and carers to support wellbeing

Take care of yourself!

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

Connect with others – maintain relationships with people you care about through phone and video calls.

Exercise – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good.

Eat healthy meals – try to keep a well-balanced diet and drink enough water.

Get some sleep – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly.

Turn off the news – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is.

Do things you enjoy – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit! These are also great activities we can share with our children.

Set goals – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book.

Connect with the outdoors – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book.

Talk to someone – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list below.

How to talk to your child about what's happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

For younger children

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing.

Deal with the news head-on and talk about it openly and calmly, giving them the facts

- Give them age-appropriate information – take a look at:
 - § [BBC Newsround hub](#) – regularly updated with information and advice
 - § [#covibook](#) – for under 7s
 - § [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful

Encourage questions

- This will give them the confidence to reach out, if they have anything to ask.
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers.
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance.

Be a role model

- Recognise and manage your own worries first.
- Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm.

Explain how our body's immune system protects us

- It's constantly working against germs without us knowing. We can't and don't need to control this process.
- Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before.
- Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs.
- If it helps, reassure them that the effects of this virus on healthy young people are very mild.

Keep doing your bit to help children reduce the spread of germs

- Remind them to maintain good hygiene like bathing daily and wearing fresh clothes.
- Encourage them to sing 'happy birthday' twice when they're washing their hands.

If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

Get them to do activities such as counting, ordering and sorting tasks which can help them calm down

Encourage them to use relaxation techniques such as controlled breathing.

Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions.

If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
Shout Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	Call 0808 808 4994 for free (11am to 11pm daily) Access the online community Email The Mix
ChildLine Confidential telephone counselling service for any child with a problem	Call 0800 1111 any time for free Have an online chat with a counsellor (9am to midnight daily) Check out the message boards

How to make home learning work for your family

We are realistic about what pupils will be able to do during this period, and we want you to be too.

You are not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible.
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household.

- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day.
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too.
- **Distinguish between weekdays and weekends**, to separate school life and home life.
- **Give them chores** to do so they feel more responsible about the daily routine at home
- **Ask them to help you cook** and bake.
- **Accept that they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits.

Please don't worry about your children getting behind with learning. Everyone's in the same boat, and when things get back to normal we'll make sure we get everyone back on track.

Where to find learning resources online

In addition to our Google Classrooms, there is plenty of support for parents and carers online for everything from tools for home learning to PE:

ORGANISATION	CONTACT INFORMATION
BBC Bitesize Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning	Website: https://www.bbc.co.uk/bitesize
GoNoodle Movement and mindfulness videos for primary children	Website: https://www.gonoodle.com/
STEM.org.uk Free home learning resources for all ages in science, technology, engineering and maths	Website: https://www.stem.org.uk/home-learning
Twinkl This popular site for teachers is now offering free daily activities for home learning	Website: https://www.twinkl.co.uk/home-learning-hub
English National Ballet Free ballet classes streamed daily	Website: https://www.youtube.com/user/enballet

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

Mental health

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk

Domestic violence

ORGANISATION	CONTACT INFORMATION
NSPCC Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: www.nspcc.org.uk
Refuge	Phone: 0808 2000 247 (24-hour helpline)

ORGANISATION	CONTACT INFORMATION
Advice on dealing with domestic violence	Website: www.refuge.org.uk

Talking about death and grieving

When you talk to bereaved children

- **Listen and validate** – children often don't recognise their feelings as grief. Let them know that whatever they're feeling is normal and okay.
- **Acknowledge their fears** – children's fears, no matter how irrational, are real and we can't take them away. Just knowing that someone they trust is listening to them is helpful.
- **Reassure, but only as much as you can do so honestly** – for example, a child whose family member has died from COVID-19 will quite rationally be afraid of other family members dying. It's unhelpful to try to calm a child's fears by saying that won't happen when it already has, and it can diminish the child's trust in you. Rather, acknowledge the possibility but counter with facts about how rare this is.
- **Check their understanding** – children can be very literal, and what might seem obvious to us may not be so clear to them. As you talk to them, regularly check that they understand what you've said
- **Share your own feelings** – it's okay to let children know that you're also sad and upset. It can be reassuring that what they're feeling is normal.

If the bereaved child is struggling to express themselves

Grief is overwhelming at any age, and children may struggle to express what they're going through. You can get the conversation started by:

- Sharing [Lost for words](#) – a free e-book of advice by grieving children for grieving children
- Sharing ['Thanks on death'](#) (about halfway down the page) – a set of cards designed to open discussion about death and grief
- Completing [memory books](#) (see under the heading 'Resources for children and young people')

Resources for parents and carers

The NHS

[Children and bereavement](#) – includes lots of resources for parents and children, including helplines and tips for creating a memory box

Child Bereavement UK

- [Telling a child that someone has died](#)
- [Parenting bereaved children - a video](#)

Cruse Bereavement Care

- [Children and young people's physical responses to grief](#)
- [Children and young people's emotional responses to grief](#)

Anna Freud National Centre for Children and Families

- [On My Mind](#) is a resource for children to learn how to support their own mental health and wellbeing. It stresses the important of [self-care](#)