



Help for primary school children during the



Covid-19 pandemic

During this difficult time, it is expected that children's behaviour and mental health may be more difficult. Their world and routine has changed dramatically and they may be feeling more anxious about themselves and their family's safety. Reassure your children that this will pass and that you will get through this together.

Tips

- 1) Don't forget the basics: keep routine, regular meals and drinking plenty of water.
- 2) Try to get enough sleep and limit screen time before bedtime.
- 3) Talk to them about the current situation in an open and honest manner. Find out how they are feeling and let them know its okay to feel scared. Talking about things is reassuring, even if you don't have the answers.
- 4) Try to encourage exercise – going for a bike ride, a walk or doing You tube videos
- 5) Think about what is achievable – parents are likely to have their own work to do and kids are less likely to be productive in their home environment. In these stressful times it is better for children to have a calm and less stressful home as opposed to trying to complete all of the homework set.
- 6) Try to spend time doing a positive activity with your child e.g. Reading, playing, painting. This can provide space for them to be able to talk about concerns without it being a big “chat”
- 7) Even young kids can participate in mindfulness and relaxation exercises.
<http://www.handsonscotland.co.uk/relaxation/> for some useful links. Check out the Cosmic Kids Zen Den on YouTube
www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK
- 8) For some kids – keeping a diary/drawing book can be helpful or even making a worry box where you can write each worry down and post it into the box out of sight.
- 9) Try to keep it positive – talk about the good things going on and try to focus on positives.
- 10) Think about making a self-soothe box - <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/> to help them when feeling panicked or anxious

School Nurse - Tel: 07507 333351 www.ghc.nhs.uk/our-teams-and-services/school-nursing/. For 5 to 19 year olds

TIC+ (Teens in Crisis) Tel: 01594 372777 Text: 07520 634063 www.ticplus.org.uk/ from aged 9

Counselling by phone, online text chat or video chat

ChildLine - 0800 1111 – www.childline.org.uk. Great resources for parents and kids including games.

Family Information Service – free advice line providing guidance and emotional support on any aspect of parenting or family life. M-F 9am -8pm or Sat 10-6pm – 08005420202
familyinfo@gloucestershire.gov.uk www.glosfamiliesdirectory.org.uk

Young Minds – Parents Helpline - 08088025544 – good area about supporting your child during the coronavirus pandemic. <https://youngminds.org.uk/find-help/for-parents/>. Has a good blog for young people

Anna Freud Website – Good ideas of activities to help young people. Useful booklet called good days in unusual times to download to read with your child.
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>