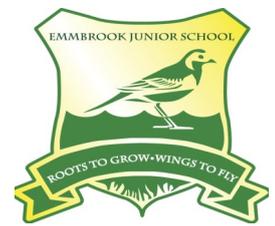


# SUPPORTING YOUR CHILD DURING COVID-19



Dear Parent's and Carers,

This information sheet is intended to provide you with some ways in which you can help support your child's mental health during the Covid-19 pandemic.

Please also remember to find the time to take care of your own well being as we understand the strain that 24/7 child care, home educating, holding down a job, or worrying about the consequences of this pandemic is putting on everyone.

## Supporting your children's mental health through the school closure:

Here are a few ways in which you can support your children's well being during this time:

- Limit access to the news.
- Answer their questions honestly; in an age appropriate manner.
- Listen to them—give them time to speak without interrupting or finishing their sentences.
- Do not dismiss their worries.
- Create space in their day for lots of play and creativity.
- Be patient—their emotions are likely to be heightened.
- Be flexible with their school work. Don't make it a battleground.
- Prioritise family time—board games, going for walks or bike rides, reading to them, or movies nights.
- Try and create ways for them to stay connected with their friends and family—video calls, emails or writing letters are great ways to stay in touch
- Create interest projects for them to get absorbed into—what is it they LOVE learning about...?
- Get them writing a diary, getting their thoughts out of their head and on to paper is a good way to help them process what is going on.
- Get outside with them—getting active will lift their mood, and yours!

## Tips to help support yourselves:

- Set the ground rules—when is it work time for you (and for the children), when is it time for snack... etc. Having routine and structure will benefit all of your family.
- Don't beat yourself up if the routine goes pear-shaped now and then!
- Find ways to relax every day—reading, puzzles, breathing exercises, hobbies.
- Stay hydrated.
- Find a way to get some time on your own.
- Do something uplifting—laugh, dance, zoom call your friends for a virtual catch up.
- Limit your exposure to the news and social media—there is such a thing as too much.
- Enjoy the fresh air and being in nature on your daily walk/run/bike ride.
- Remember, it is impossible to do everything for everyone all at once—be kind to yourself!

## How Emmbrook Junior School can help...

- Don't hesitate to email your class teacher for help explaining the school work. Remember your child has access to the learning drop in once a week where they can ask their teacher directly for help with anything they feel stuck on.
- If you are concerned about the well being of your child, please contact your class teacher who can refer your child to the nurture team—Miss Barnes and Mrs Edwards— who can help with further ideas to support your child.
- Where possible, enable your child to attend the Zoom assemblies.
- Keep communicating with us!

## WELLBEING ACTIVITIES



Each week, on a Wednesday, you will be sent a Well Being Wednesday email from the Nurture Team. Please make sure you open it up and have a read as it will contain new hints and tips of how to maintain good mental health throughout the school closure.

In every edition of the well being newsletter, we will send out instructions for an activity that you can do with your child. Details of wellbeing activities are also included on the school website, so feel free to take a look!

Activities so far have included:

- Jars of sunshine
- Calm down glitter jars
- Gratitude paper chains
- Writing diaries



You can also find lots of inspiration of activities and crafts to try on the internet (pinterest is particularly good—search wellbeing activities for kids).



### Useful websites:

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.mindheart.co/descargables>

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>

