



# Overmonnow Wellbeing Support

Support for Parents/Carers - supporting your child during COVID

## Websites:

A fantastic resource from **Young Minds**, full of information, about supporting your child through lockdown

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#how-can-i-support-my-child-during-lockdown?>

Useful clear series of articles about coping as a family through COVID

Anxiety: <https://www.bbc.co.uk/bitesize/articles/z6ksy9q>

Juggling your roles as a parent: <https://www.bbc.co.uk/bitesize/articles/zgfpqfr>

A great resource with lots of helpful articles all about supporting your child through COVID

<https://parents.actionforchildren.org.uk/covid-19/>

## Telephone support:

Childline <https://www.childline.org.uk/> 0180011111

**Barnados** have a telephone number you can call if you are a child or parent of a child who is struggling during COVID. <https://www.barnados.org.uk/see-hear-respond-net>

**MCC Building Strong Families** are a brilliant local organisation who can provide support and advice. You can find them on Facebook (where they post lots of really helpful resources). They run a family advice line Mon - Fri 10am - 3pm. Call 01633 644152/ 07970166975 You can Text/ What's App and someone will get back to you.

## Books to support an understanding of COVID for children:

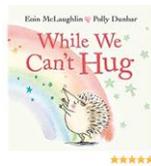
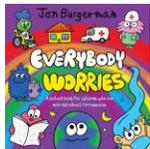
Coronavirus: A book for children

While we can't hug

Everybody worries

Coronavirus story

<https://www.drefwen.com/english/books/free-download-axel-scheffler-julia-donaldson-coronavirus-title/>





# THE STRESS RELIEF GIRAFFE



OUT OF CONTROL
SCARED OF LOSING CONTROL
NERVOUS
UNSURE
CALM

- WHAT YOUR CHILD CAN DO:**
- Calm breathing exercises
  - Use visualisation meditation techniques
  - Body tightening exercises (progressive muscle relaxation)
  - Sigh to become fully present in the moment
  - Practice music therapy
  - Change location / surroundings
  - Use a stress ball / fidget toy
  - Give themselves a 10-second hug to boost their mood
  - Colour, draw, write, craft, etc.
  - Practice positive self-talk / words of affirmation
  - Exercise
  - Go outside
  - Play
  - Hydrate with water



## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

**1 Know how to spot the signs**

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

**2 Talk to your child**

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.

**3 Create structure and routine**

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

**4 Give children a sense of control through information**

Look online with your children to find useful information and resources that help children feel they have control.

## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

**5 Keep children learning**

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.

**6 Limit screen time and mix up activities**

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.

**7 Help your child manage stress**

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.

**8 Expressing feelings doesn't have to be face-to-face**

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

