



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/> 018001111

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.

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If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.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

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- 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.

