

How to support your child through the corona virus pandemic

Ten tips from Young Minds - <https://youngminds.org.uk>

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
2. Talk to your child about what is going on. You could start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our [starting a conversation with your child guide](#).
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

Young Minds also offer a parent helpline

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

Helpful ways to explain the pandemic to children

- Social Story <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf> This a clear way to explain the situation
- <https://www.bbc.co.uk/news/uk-51734855> includes a video for children
- The BBC have committed to maintaining Newsround on CBBC

Support for older teenagers and adults

- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation->
- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsefa481>
- For parents <https://beaconhouse.org.uk/wp-content/uploads/2020/03/FACE-COVID.pdf>
- A visual aid for older children and parents <https://beaconhouse.org.uk/wp-content/uploads/2020/03/Circle-of-control.jpg>

It is important that children have the opportunity to relax

- Popular children author is running online drawing classes while schools are closed - search YouTube: Drawing with an author (search Bob Biddulph) – nice calming, fun, regulating activity YouTube:
- Joe Wicks daily PE lesson – You tube