



## Parent Support Adviser

### Well-being Email

24<sup>th</sup> March 2020

Dear Parents and Pupils,

#### How to look after ourselves

Good morning everyone, while we are at home there are lots of things we can do to take care of ourselves and each other. Following the announcement yesterday, we all need to be aware of our physical and mental wellbeing both in the short and long term.

Each week I will send a list of ideas and websites which you may like. The activities do not have to be completed they are purely optional and hopefully informative.

Today I have attached a grid of **25 Things to Do**. Please remember this is not compulsory but hopefully it could be used if you run out of things to do and find you are in a bit of a rut.

I thought over the following weeks I might also share websites that pupils or parents may find useful, I would also be grateful if you could let me know of anything that you feel would be useful to others.

I found the following on the Young Minds website-<https://youngminds.org.uk/> It has certainly given me some ideas, I found the link of 'How to start a conversation' really useful, I have copied an extract below.

*Your child may understandably be concerned or worried by what they see, read or hear in the news, online or at school regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed, and will take a lead on how to view things from you. Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own.*

*You may need to gauge their level of understanding or interest to decide what level of detail you need to go into when explaining what is going on. It's important to respond to their questions and concerns, so that anxieties don't build up. You could start by asking them what they think is going on, if their friends are talking about it and what they are saying, and if they have any questions.*

*Older children may have already read or seen a lot of information about coronavirus on social media or online. If they are feeling overwhelmed by what they are reading, encourage them to acknowledge what they are finding difficult. You could help them limit the amount of times they check the news, and encourage them to get information from reputable websites. The Government website is the most up-to-date and reliable source of information, and the NHS common questions has useful information if they are worried about symptoms or family members.*

*Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts. Above all, it's important to remember that as a parent, you do not need to know all the answers but you can help to contain their fears and anxieties by being there for them.*

## Ten tips from Young Minds Parents Helpline

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.

I am here to help and offer any support that I can, so please do not hesitate to contact me. My school contact number is 07881361305.

Kindest regards

Michelle Draisey

## 25 activities to entertain you whilst school is shut

Bake something new	Make a journal of your experience	Rearrange your bedroom	Try a YouTube tutorial for drawing	Write a song
Teach a family member to do something you love	Learn to juggle	Write a letter to your future self	Write a letter to a family member	YouTube Yoga
Write a bucket list of 10 things you want to achieve in life	Invent a new game	Read a book or two	Sort out your clothes, what don't you wear ready for the Charity shop	Make a treasure hunt for your family
Build a bug hotel	Organise your bedroom	Learn how to origami from youtube	Have a cinema afternoon	Sort out old toys and games for the Charity shop
Wash the car or your bike	Learn to knit	Create a Vlog - video day by day what you are doing	Make an obstacle course	Rediscover your favourite boardgame