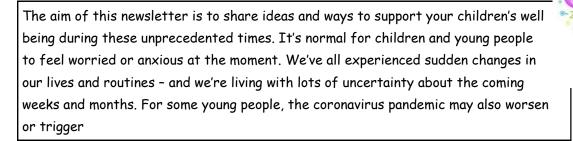
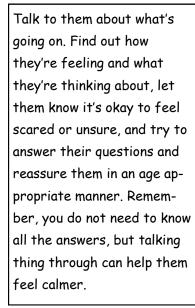
Children's Wellbeing





Keep as many regular routines as possible, so that your child feels safe and that things are stable.

Ref: https://

youngminds.org.uk/

Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried

Spend time doing a positive activity with your child (such as reading, playing, painting or 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'.

> Reassure them that this will pass, you're there for them, and you will get through this together.

> > Web Links:

The information above is taken from: https://youngminds.org.uk/find-help/for-parents/supporting-yourchild-during-the-coronavirus-pandemic/



BBC article.7 ways to stay happy and calm at home. https://www.bbc.co.uk/tiny-happy-people/7-ways-to-stay-happy-andcalm-at-home/zhqjjhv

Partnership for children. Well being activities for children. https://www.partnershipforchildren.org.uk/what-we-do/childrenswellbeing-activities-for-teaching-staff-and-families.html

Lucy's blue day https://www.lucysblueday.com/

Early Years Connections with direction. Resources for children. https://www.eymatters.co.uk/resources-for-children/

NSPCC. https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-

Children and Young People's Mental Health Coalition. https://cypmhc.org.uk/children-and-young-people/

Children's Commissioner. https://www.childrenscommissioner.gov.uk/