

Children's Wellbeing



The aim of this newsletter is to share ideas and ways to support your children's wellbeing during these unprecedented times. It's normal for children and young people to feel worried or anxious at the moment. We've all experienced sudden changes in our lives and routines - and we're living with lots of uncertainty about the coming weeks and months. For some young people, the coronavirus pandemic may also worsen or trigger

Talk to them about what's going on. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and 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 thing through can help them feel calmer.

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-your-child-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-and-calm-at-home/zhqjjhv>

Partnership for children. Well being activities for children.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-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-support-children-families-parents/>

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

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