

Vaughan Primary School
Advice for parents/carers (Courtsey of Wiltshire Council)

Looking after yourself, looking after your children

There is a lot of uncertainty around the current COVID-19 outbreak, particularly given that the situation is constantly developing and the information about the virus remains incomplete.

Understandably, this is causing a lot of worry and anxiety for people. Having children and young people at home, often when people are trying to work themselves, adds another layer of stress. It is therefore important to not only consider our physical health during such challenging times, but also to pay attention to our mental health. It is normal to feel worried, stressed and anxious when we are faced with uncertain situations, but the sooner we acknowledge and learn to take care of our mental health, the healthier and better equipped we'll be to cope with the situation we're having to face.

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Taking care of our mental health and checking in on others is something that we can all do, and we need to remember that by looking after our own mental health, we'll be best placed to look after our children.

Time is precious, especially when looking after children. However, try to plan your days or weeks to include something from each of the '5 ways to wellbeing' (developed by NEF)

BE ACTIVE

Try to make sure that you and your family get regular exercise every day. You Tube has lots of exercise videos for kids and adults.

Joe Wicks (The Body Coach) has daily live workouts for kids on You tube at 9:00am.

Get children involved in planning their own 'indoor PE'.

Depending on current government advice, try to get outside once a day either into your garden if you have one or go for a walk once a day (either by yourself or with the people you live with).

If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

TAKE NOTICE

Take a break from the news and social media and concentrate on what's happening in the here and now in your family. Notice and appreciate the small things.

Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing.

There's lots of good mindfulness apps to try, but if that's not for you, just getting into something you enjoy e.g. cooking, drawing etc and really focussing on it can be just as good.

CONNECT

Social connection is one of the most important ways that we can look after our mental wellbeing. Social distancing is going to make that trickier, but we're lucky enough to have technology to help us out. Think physical distancing, but social connections.

Social media is great, but if you can, try to have phone calls or even video calls. Arrange to Facetime/Skype a friend for coffee, phone relatives more often than usual.

Whilst it can be helpful to share worries, try to find other things to talk about too.

GIVE

Research tells us that giving back to our community helps people to feel valuable and makes us happier. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back.

Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas.

Many of us will not be in a position to offer practical support. We can still offer mutual support to friends and family by checking in with them regularly.

KEEP LEARNING

Learning a new skill or honing an existing one gives us a sense of purpose and achievement.

Whilst we're busy learning, we're less likely to experience anxious thoughts and worries.

Social-distancing will bring new challenges, but it will give many of us the time to start a new hobby or learn about an area that we've always been interested in.

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For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

Try and keep to a structure and routine that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring. Encouraging them to get up and dressed during the week will help maintain some difference between weekdays and weekends.

Keep boundaries firm and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.

Expect children to do some learning every day. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.

Find opportunities for them to interact with their friends remotely. For tweens and teens, contact with their peers is especially important. Technology provides lots of opportunities for older children to connect, chat and game together. But be wary of giving unsupervised access to platforms that you would not normally allow your child onto; the internet still poses the same risks as in normal times.

Balance screen time with other activities. Challenge children to learn new skills that don't involve screens e.g. tying shoe laces, juggling, baking. Older children might want to set their own goals.

Give children opportunities to have a say in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. Older children and teenagers will be more able to understand the risks in too much screen time, too little sleep, inactivity etc. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. Family meetings where children and adults problem-solve together can be helpful for this. (<https://bristolchildparentsupport.co.uk/ready-family-meetings/>)

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Talking to children about Coronavirus (COVID-19)

Although it's tempting to try and protect children from difficult topics, they are more likely to worry when they're kept in the dark. Children and teenagers will be aware of what is happening but may not have all the facts they need to understand it.

These tips will help you communicate about Coronavirus with your child:

- Take time to talk and listen. Be clear that you are happy to answer any questions that they have. Be led by your child as they may not be that interested or want to know everything all at once. Try to answer any questions honestly but keep things in context e.g. "Sadly, some people do die, but the vast majority of people will recover, and children seem to be only mildly affected". **Read through the social story that has been sent to parents from Vaughan.**
- Reassure them that their own risk is very low but that we all need to 'do our bit' to look after people who might be very unwell. Underline how helpful they are being by following the rules about hygiene and social-distancing. Knowing we're being altruistic helps us to bear the tough times.
- Give positive messages about everything you are doing as a family to keep yourselves safe. Talk about all the work people around the world are doing to find treatments and a vaccine.
- Keep explanations developmentally appropriate.
 - Young children up to about age seven will need very simple explanations that relate to their own experiences. Explain that, like other germs, Coronavirus can spread between people and make them ill. But because Coronavirus is a new germ that we don't know everything about, we need to take more care and so things might be a bit different for a while.
 - Older children and tweens will want to know more. They may have heard partial explanations and 'filled in the gaps' themselves with their own ideas, so check what they already think they know about it.
 - Teenagers will have a similar capacity to understand what's going on as adults. They will need calm, factual information and opportunities to talk through their worries and disappointments.
- Give them an opportunity to talk about their feelings. Our instinct might be to 'make it all better', but it is normal to feel scared, sad and angry in the face of what's happening. Tell them that what is happening is not normal but that their feelings are.

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Some positive insights from a teacher reflecting on lockdown in China

1. *Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.*

2. *Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!*

3. *The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on - who I wanted to call, message and connect with and found the quality of my relationships has improved.*

4. *Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.*

5. *Time goes fast. I still haven't picked up the ukulele I planned to learn, and there are box set TV shows I haven't watched yet.*

6. *As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving, that even we as adults are still learning.*

7. *You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee in a cafe.*

To those just beginning this journey, You will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel”.

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Sources of support

Vaughan Primary School – Mental Health First Aiders for adults

Ms Keohane, Mrs Fink and Ms Perschky are trained Mental Health First Aiders for adults.

The role of a **Mental Health First Aider** is the go-to person for anyone who is going through some form of **mental health** issue.

Our role is to not to provide solutions but to help guide the person in distress to the relevant help that they need.

If you would like advice or support, please contact us via the inclusion email address:

inclusion@vaughan.harrow.sch.uk

We can either phone you or email you back.

Emails are checked during the school week between 8.30am and 4:00pm Monday to Friday.

Please be assured that anything you discuss will be treated in confidence unless we have concerns about your safety.

Contacts

- Contact your **GP** or **111** if you are feeling really low/depressed or very anxious
- **Samaritans**
Call 116 123
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- **Mind UK**
<https://www.mind.org.uk/>
<https://www.mind.org.uk/information-support/support-community-elfriends/>
UK Mental Health Charity with information and an online mutual support community
- **Shout**
<https://www.giveusashout.org/>
Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. They take people from crisis to calm every single day.
- www.lltff.com
Online cognitive behavioural therapy site
- <https://www.headspace.com>
Meditation/ relaxation and sleep resources

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- <https://www.mind.org.uk/.../taking-ca.../five-ways-to-wellbeing/>
Wellbeing advice
- <https://www.cci.health.wa.gov.au/Res.../Looking-After-Yourself>
Self help resources for mental health issues

General – for young people

- www.kooth.com
- www.youngminds.org.uk
- www.keep-your-head.com

Parenting pressures

- **Family Action**
Telephone: 0808 802 6666
Text message: 07537 404 282
<https://www.family-action.org.uk/what-we-do/children-families/familyline/>
The Family Line service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.
- **Family Lives (previously Parentline)**
Call: 0808 800 2222
<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>
Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.
- **Gingerbread**
Single Parent Helpline: 0808 802 0925
gingerbread.org.uk
One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

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- **Grandparents Plus**
Call: 0300 123 7015
grandparentsplus.org.uk
Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.
- <https://www.thesilverline.org.uk/>
Telephone befriending service for the elderly

Helpful resources for talking to children about Coronavirus

Covibook

<https://www.mindheart.co/descargables>

A short book about Coronavirus for children under 7

Newsround video

<https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjipx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTrAs>

Drs Chris and Xand (from Operation Ouch) explain what's happening