



## Support for Families During the Covid-19 Pandemic

We are currently caught up in a very worrying time. The Coronavirus has caused us all to stop and think about how we can do things in a new way. Please remember, whether your children are currently able to attend school, or are at home, we are still here to provide support to your family.

We hope the tips in this guide will help you with some worries that you may have.

### Talking to children about Coronavirus

It is important that your children can talk about their worries and fears with you. It is best that we discuss what is happening in the world right now and not pretend that nothing is going on. Below are some useful links that might help you, you might want to watch them first and decide what one is best to share with your child.

EYFS / KS1 – [Dr Ranj talks about Coronavirus](#) – video

EYFS / KS1 – [Dave the Dog is Worried About Coronavirus](#) – digital book

KS1 / KS2 – [My Hero Is You](#) – Storybook for Children on Covid-19 (available in many different languages)

KS1 / KS2 – [Coronavirus: A Book for Children](#) – digital book

KS2 – [What is Being Done to Tackle Coronavirus?](#) – Article

Parents / Carers – [Tips to Talk to Your Children About Scary News](#) - article

### Things to do as a family to start talking about Coronavirus

There is a template [here](#) to make your own Coronavirus Time Capsule. Doing this together as a family, may help to start the discussion off! Work together to fill out the pages and answer any questions your children have, along the way. You could use the template as is, or gain some ideas from it to make your own!

### Tips to help with anxiety and worries

The WHO (World Health Organisation) have produced a poster with tips to help your children cope with stress during the outbreak. You can find it [here](#).

If you find your child is feeling worried or anxious, visit Young Minds [here](#) – they have a whole page dedicated to Coronavirus, with different resources and guides to help support you.

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### Finding ways to cope with our new found 'normal'



BBC Bitesize have put together an article with 6 ways to cope with lockdown loss, you can find it [here](#).

### Maintaining healthy relationships

It is important that we continue to promote and maintain healthy relationships during this time. We have never been in a situation like this before and we are spending more time together, as well as more time online!

EYFS / KS1 – The NSPCC created 'The Pants Rule'. You can find more information [here](#). Your children should already know this rule, ask them what they can tell you about Pantosauras! Click the link and watch the video at home.



KS2 – In partnership with Vodafone, Jeanne Willis and Tony Ross created a book about the importance of staying safe and maintaining a healthy relationship. You can read the story [here](#), and also download some activity sheets.

### Online Safety

Whilst at home your child may be spending an increased amount of time online. Make sure to have a look at the National Online Safety Wake Up Wednesday Guides that we send out each week.

It is really important that you talk to your children about staying safe whilst online. The NSPCC is another great source of information that you can access. Click [here](#) to find a wide range of resources on different topics to do with online safety.

You can also complete the Parent/Carer online safety course, which looks into the topic in more detail. You can register for the course [here](#).

Also keep an eye on both of our school's social media accounts on Twitter and Instagram, where we share tips regularly!

