**Children’s mental health and wellbeing**

Adapted from NHS website <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Lots of children and adults are finding the current situation difficult.

Here are some top tips for looking after your child's mental health and well-being:

* Listen to what your child says and how they are feeling- Children can feel less anxious if they are able to express themselves in a safe and supportive environment. Listen to and acknowledge their concerns, speak to them kindly and answer any questions they have honestly. Give them extra love and attention if they need it.
* Be clear about what is happening- Children want to feel that those who care for them can keep them safe. Explain what will help keep them and those they love safe, such as washing their hands regularly. You could explain the coronavirus using a social story. (See the link on the SEN Home Learning page on the school website)
* Limit news and conversation about coronavirus- Children can become more worried by too much news on the coronavirus outbreak in the media and online. Try to stick to getting an update twice a day-enough to keep your family informed but not overwhelmed.
* Keep close and regular contact- if a parent or carer must go away for work or to hospital keep regular contact by phone or video calls. Children could also keep in touch with other family members or close friends through phone or video calls.
* Create new routines - Routines make children feel safe. Make a plan for the day or week that includes time for learning, playing and relaxing. New home learning activities are posted on the school website every Monday.
* Get Active - Use your daily exercise time to go for a walk or cycle ride. There are lots of ways that children can stay active at home. There are lots of indoor games and activities to play on the Change4Life website-<https://www.nhs.uk/change4life>.  Your child might enjoy trying some yoga. Find out more at  <https://www.cosmickids.com/>. Go Noodle has lots of physical activities linked to your child's learning-<https://www.gonoodle.com/>
* Eat heathily
* Ensure that your child is getting enough sleep - keep to existing bedtime routines.
* Look after your own mental health and well-being. Find out more about looking after yourself at <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>