

Dear Parents and Carers

20 March 2020

Please see below guidance prepared through consultation with Janine Holmes, Play and Creative Arts Therapist/Therapeutic Social Worker.

With so much change occurring so quickly it is really important to be mindful of your own emotional wellbeing as much as your children's emotional wellbeing. Here is some ways to support your children in these uncertain times.

- Keep to routine and schedule similar to what is occurring at present
 - o on weekdays still get dressed at a similar time and have mealtimes at the same time, go to bed at the same time
 - o differentiate between weekdays and weekends; stay in PJ's later, have different food, stay up later.
- Answer questions your children have
 - o If your child is asking questions answer them concisely and age appropriate; there is a reason they are asking questions, they need an answer.
 - o If you can't answer the question acknowledge that you are unable to answer it and if you can look into a possible answer then do so (google is a wonderful invention!).
- Acknowledge children's emotions
 - o Children are most likely to have mixed emotions at present; excited about being off school, worried, frightened and concerned about what is going to happen.
 - o These emotions will be different for every child; there is no right or wrong emotions. These emotions will probably change as time and events unfold.
- Be mindful what your child is hearing and seeing
 - o Be aware of your child overhearing conversation or inadvertently listening/accessing to news
 - o Limit technology/screen time; if children are usually in school they would have limited time on these devices and it would be predominantly educational.
 - o Be mindful of social media and what is being shared on these sites as well as what children are sharing with one another.
- Look after yourselves as parents and carers
 - o The airlines always say in an emergency put your own face mask on before your dependents. Looking after your emotional wellbeing will have a direct and indirect impact on to the children in your care.

Yours sincerely

J Wilkinson
Headteacher