



Parent resources to support your child at home

Anxiety in children will increase during times of uncertainty and it is important that we encourage the children to express their feelings and be open with their worries.

Below are some fantastic resources to help parents and carers to support their child through these unprecedented times.

Unicef's 6 ways parents can support their kids through coronavirus:

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

Youngminds.org.uk has an abundance of mental health information and resources. Below is a link to support around coronavirus:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

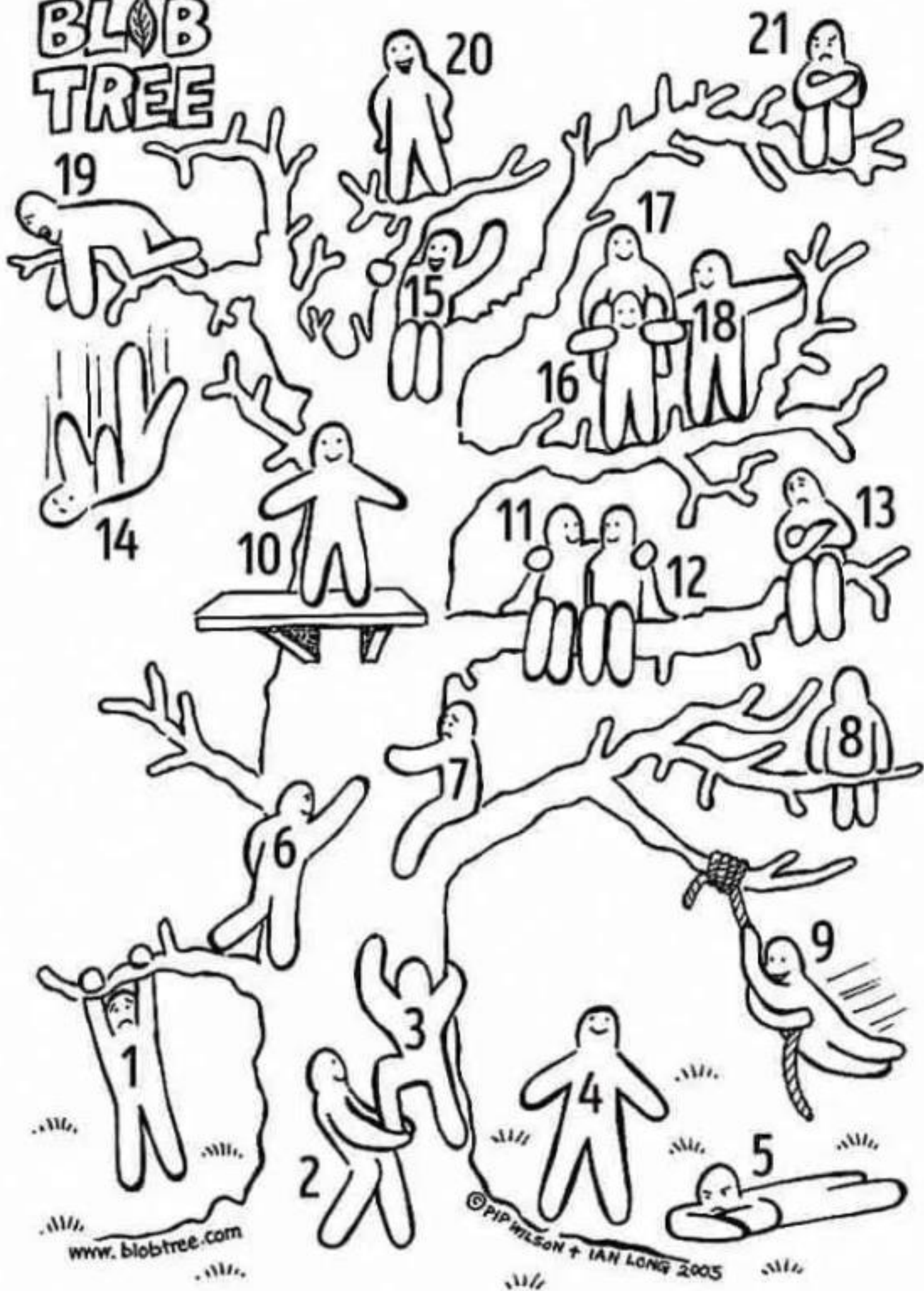
Annafreud.org is another fantastic charity supporting mental health and understanding strengths. Below is a useful link for support:

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Other suggestions for ways to support your child could include:

- Writing a journal - this period of time will go down in history and how your children cope and feel will be an important learning experience in future.
- Create a feelings chart or a 'blob tree' so children can visually identify how they are feeling each day. A copy of the blob tree is shown below - children can colour this in or have a go at naming a feeling that each blob might be experiencing.
- Children might manage their anxiety better if they feel a sense of purpose - encourage your child to complete one act of kindness or one helpful task a day for someone in your household.
- Design and create a board game that the whole family can play together.
- Keep an open line of communication between the parents or carers and the children at all times. Role model that it is okay to feel anxious but that you can find ways to reduce this feeling together.
- Create a worry monster or worry jar (from empty household items) where children can write or draw their worries and post them in the monster or jar to 'get rid' of them.

BLOB TREE



www.blobtree.com

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