

• How do we create opportunities for communication ?

- Children will benefit from space to talk through their feelings & experiences about school (pressures, changes to routines, worries, etc)
- Parents are not always best positioned to be able to do this but we can make space for this in our relationship

Equation for change

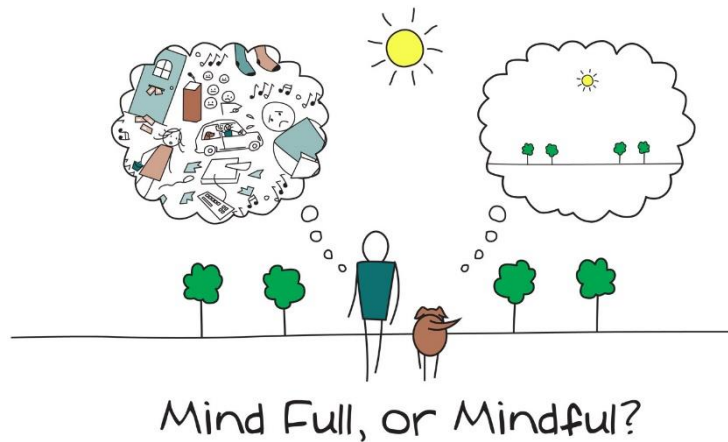
Commitment to experimenting with difference + Repetition + Time = Change

- Establishing routines that provide time to talk (walks, mealtimes, etc)
- Staying curious
- Consider the environment/time/ appropriateness
- Using active listening, validation, emotion coaching
- Looking at it from child's point of view, what might they be experiencing?
- Structuring conversations
- Using play
- Using a light touch
- You do not have to have all the answers



- Using the present moment:

- How being mindful of the present moment might be useful for us to change gear, unhook from judgements & look at things with fresh eyes



Don't dismiss concerning behaviour:

We shouldn't ignore signs that something more serious may be going on. Some signs that you should seek additional mental health support for a young person might include the following:

- A significant change in mood
- A significant change in weight
- Tiredness/lethargy
- Anger
- Secretive behavior
- Self-harming behavior

Other things to try

- Encourage children to write their worries down
- Encourage children to think about someone or a place that makes them feel safe when anxious
- Encourage children to notice their senses when anxious
- Introduce a “worry jar”
- Be creative

Get support

Do not hesitate to get urgent support if you think either you or young person you look after, needs it

- **Young Minds'** parents helpline offers free, confidential advice via phone, email or webchat:
0808 802 5544 from 9:30am - 4pm, Monday – Friday
<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
- **NHS website** has plenty of information for parents and carers:
<https://www.nhs.uk/search/results?q=parents&page=0>
- **Action for Children** has lots of tips to help you spot signs of mental health issues in children and advice:
<https://www.actionforchildren.org.uk/>
- **Time to Change** also has useful information about going back to school during coronavirus:
<https://www.time-to-change.org.uk/>

Get Support cont.

- **Mencap** has a free Learning Disability Helpline you can contact for help or guidance:
<https://www.mencap.org.uk/>
- **Ambitious About Autism** has lots of advice and resources around what to expect when returning to school or college:
<https://www.ambitiousaboutautism.org.uk/>
- **Scope, the Mental Health Foundation and Autistica** all have excellent resources and support for parents or carers of children with physical needs, learning disabilities or autism
<https://www.scope.org.uk/>
<https://www.mentalhealth.org.uk/>
<https://www.autistica.org.uk/>
- **The National Autistic Society:**
<https://www.autism.org.uk/>

Additional resources

- **Young Minds** have a piece which addresses loss and grief specifically from a young person's perspective:
<https://www.youngminds.org.uk/young-person/my-feelings/grief-and-loss/>
- **Cruse Bereavement Care** have a range of resources that may be helpful for supporting young people who have been bereaved:
<https://www.cruse.org.uk/get-help/for-parents>
- **The Royal College of Pediatrics' and Child Health** have guidance on supporting children and young people living with a range of health conditions:
<https://www.rcpch.ac.uk/>
- **Anna Freud Centre and Mentally Healthy Schools** website have more information and access resources to support young people during transitions:
<https://www.annafreud.org/>
<https://www.mentallyhealthyschools.org.uk/>
- **Early Years: Sesame Street** have some useful videos and resources for younger children about health emergencies and dealing with worries:
<https://www.youtube.com/show/SC9IEJfpPyn0jm4yC95DLJew?season=40&sbp=CgI0MA%253D%253D>
- **Axel Scheffler's book** is a great book for primary school kids about covid:
https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_PDF_UpdateV3.pdf
- **Young Scot** have a wide range of articles for young people about coronavirus, including clear explanations of the situation and “jargon busters” of some important terms:
<https://young.scot/>

Additional Resources cont.

- **Mindful Music** have some songs on their website for younger children that you can use when talking about worries:
<https://www.mindfulmusic.london/>
- **Family Links** have helpful resources:
<https://www.familylinks.org.uk/>
- **Student Space**:
<https://studentspace.org.uk/support-services>
- **The Mix**: Returning to university or college after lockdown
<https://www.themix.org.uk/work-and-study/student-life/what-will-student-life-be-like-this-year-37764.html>
- **The Mix**: Get support via a helpline or online chat:
Free helpline on 0808 808 4994, open 3pm-midnight
<https://www.themix.org.uk/get-support/speak-to-our-team>
- **Student Minds**: Support for me
<https://www.studentminds.org.uk/supportforme.html>
- **Young Minds**: Looking after yourself at uni
<https://www.youngminds.org.uk/young-person/coping-with-life/looking-after-yourself-at-uni/>