

# TOP 10 WELLBEING TIPS

## GUIDANCE FOR SUPPORTING PARENT AND CHILD WELLBEING DURING THE CORONAVIRUS OUTBREAK

1

### SELF CARE

Look after your own well-being and mental health first. Children pick up quickly on their parent's mood so if you are feeling stressed it is more likely your child will be feeling stressed too.



2

### HAVE FUN

Don't feel under pressure to recreate the classroom at home. Take this time to play and have fun with your child - make a den, bake, build, cuddle up with a film or book, do arts and crafts – try to make the most of this opportunity to spend precious time together.

3

### TAKE TIME TO TALK

It is important to talk to children and young people about the Coronavirus outbreak so that they don't imagine the worst and become overly anxious.



4

### CONNECT

Although we need to keep physically distant from others, we can still help children to connect with family and friends through social media such as email, phone and apps like Zoom, What's App, FaceTime and Google Hangouts



**Bristol City Council Educational Psychology Service**

Acknowledgements: These suggestions have been informed by those published by Lambeth EPS, Hertfordshire EPS, Croydon EPS, Somerset EPS, Southend Learning Network EPS, Harrow EPS, [www.edpsy.org.uk](http://www.edpsy.org.uk) and Dr Dawn Bradley (Summit Psychology Services)

**5****SWITCH OFF**

Set limits around the use of social media, the news and screens. Try to limit the time you and your child spend looking at the news/social media as this can increase anxiety. Make time each day to switch off from screens, especially in the evening. Too much screen-time can lead to poor sleep.

**6****ROUTINE**

Try to keep to a familiar routine or schedule each day as this helps children to feel stable and secure. Decide times and activities for the day as a household. Try to include time for work, play, physical activity, creativity and time together.

**7****KEEP ACTIVE**

A healthy body supports a healthy mind! Try to build physical activity into each day for you and your child e.g. go for a walk or bike ride, play a game in the garden, do an online PE or Yoga lesson such as Cosmic Kids Yoga or PE with Joe Wicks (both on YouTube).

**8****STAY POSITIVE**

Try to focus on the positives and the things that you and your child can do to help others, for example, spend some time each day helping your child to think of things they are grateful for, or think of ways in which you could help others. What changes in nature have you noticed? Can you see something new out the window?

**9****KEEP LEARNING**

A little bit of reading, writing and maths every day will help your child maintain and develop their skills for when they return to school. This doesn't have to look the same as in school and can be part of the fun you have together e.g. Hangman, measuring ingredients for baking, family story time.

**10****ASK FOR HELP / KEEP IN TOUCH**

It is important to keep in regular contact with your child's school and to ask for help if you are experiencing difficulties at home.

