

Talking to Children About Coronavirus



Remember that your child will be learning from your response to handling this situation. Seeing you staying calm and resilient will be crucial to helping them cope with the circumstances.

- *Listen to your child's concerns and ensure you acknowledge their worries.*
- *Focus on answering your child's questions with factual information where you can.*
- *It is ok to say that you don't know the answer to questions but that you can try and find out for them.*
- *Remember children learn from your response so try and stay calm when you are answering their questions.*
- *Try and give practical guidance when you can, eg how to wash hands.*

(Adapted from British Psychological Society)

Useful Websites to Help You Talk to Your Children

Principles for talking to children about coronavirus and supporting children who are worried:

www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19

www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus

For younger children:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

For teenagers and adults:

www.bbc.co.uk/news/health-51873799

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://young.scot/campaigns/national/coronavirus>

From CALL Scotland for children and young people with communication difficulties:

<https://practicalaac.org/practical/practical-resources-dealing-with-the-covid-19-pandemic/>

Remember to Take Care of Yourself

This is a difficult time for us all and you are likely to have your own worries and feel stressed. This is normal and it is important that you acknowledge your own feelings and remember to take care of yourself.

Self-care top tips:

- 1 *Structure your day.*
- 2 *Get out in the fresh air and exercise when you can.*
- 3 *Focus on practical things you can control, eg washing your hands.*
- 4 *Maintain relationships with others through calls, texts, internet.*
- 5 *If you do feel stressed and anxious - take time and be kind to yourself.*

Routines and Structure

It can be really tempting to throw the structure and routines out of the window at time like this, but they can be really helpful in allowing children to feel safe through providing predictability in their day to day activities. Adults will benefit from this too! There are many suggested daily timetables online but make sure you do what is right for you and your family.

Routine/structure top tips:

- 1 *Set times for getting up and going to bed for your child.*
- 2 *Have regular times for meals.*
- 3 *Build in time for fresh air and exercise as far as this is possible.*
- 4 *Structure your child's day so that they have a variety of activities and break times.*
- 5 *Create a menu of activities that your child can do during the day.*
- 6 *Make a daily plan of activities and share these with your child the night before so that you and your child know what is happening the next day.*
- 7 *Review the day's activities and talk about what they have done. A sense of accomplishment is important for children and young people.*
- 8 *Make Monday to Friday different from the weekend by structuring the activities along the same timings as a normal school day.*
- 9 *Decide when and for how long your child will have access to electronic devices and for what purpose.*
- 10 *Maintain contact with friends and family through technology.*

Other Helpful Websites

www.southendlearningnetwork.co.uk/educationalpsychology

<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>

<https://www.minded.org.uk>



Access to the Educational Psychology Service will proceed as normal, with useful advice and information for looking after children and young people at this time on the website (www.pkc.gov.uk/article/17321/Educational-Psychology-Service) and via Twitter (@PerthEPS). To provide additional support at this time for parents, carers and young people then during term-time the Educational Psychology Service will provide direct access to phone consultation with a Psychologist between the hours of 10.00 am and 12.00 noon and 2.00 pm and 4.00 pm Monday to Friday with additional evening availability of between 6.00 pm and 8.00 pm, on Tuesdays and Thursdays on **01738 476242**. This service will be available regardless of whether you are currently supported by the service. We will be monitoring use of this and will aim to adapt to demand as necessary. Consultation and support is also available through email: ECSPsychologists@pkc.gov.uk

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000

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如果你或你的朋友希望得到這文件的其他語言版本或形式 (某些時候，這些文件只會是概要式的翻譯)，請聯絡 Customer Service Centre 01738 475000 來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innej formie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Customer Service Centre 01738 475000

P eжете-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny) Kontaktujte prosím Customer Service Centre 01738 475000 na vy ízení této požadavky.

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You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk

(PKC Design Team - 2019628)