

Ideas for supporting parents/carers, children and young people during Coronavirus (COVID-19)

Supporting autism

Autism and Coronavirus (COVID-19)

<https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/>

Helpful Visuals

<https://www.autismfl.org/pandemic-corona>

School Closure Kit

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/03/18155825/School-Closure-Toolkit.pdf>

Scottish Autism Advice Line (general advice not specific to Corona) 01259222022 Tues- Frid 10am-4pm

Dealing with School closure

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf>

Movement Breaks

<https://www.thirdspace.scot/wp-content/uploads/2020/03/NAIT-Guidance-for-Movement-Breaks-at-Home.pdf>

Talking Mat for Social Distancing

<https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf>

Ideas for structuring your school day

Although it may be tempting to forget about dealing with routines and structure during this time, it can help children and young people feel safe during periods of uncertainty when there is some structure and routine. Ideas for supporting this include:

- Having set times for going to bed and getting up in the morning where possible.
- Build in times for fresh air and exercise
- Create a variety of activities such as games, art, music, play and reading. Helpful websites include: The Literacy Trust

- <https://mailchi.mp/literacytrust/we-are-here-to-help-180381?e=67014ad855>
- Limit their time on electronic devices where possible
- Respect each other's privacy and give space where you can
- Take time to review the day's activities to help them get a sense of accomplishment.

Helpful websites

<http://www.southendlearningnetwork.co.uk/educationalpsychology>

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/03/18155825/School-Closure-Toolkit.pdf>

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>					

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

If your child has additional support needs

CALL Scotland

<https://www.callscotland.org.uk/Home/>

Clicker – literacy resources

<https://www.cricksoft.com/uk/clicker/free-trial>

Boardmaker Online – free trial

<https://goboardmaker.com/pages/software-trials>

MyStudyBar – A suite of portable Windows freeware applications assembled into one package to support learners with literacy difficulties.

<https://www.callscotland.org.uk/mystudybar>

Taking Care of Yourself

During this time, you may have your own worries and feel stress. This is normal and it is important that you acknowledge your own feelings. Some other tips for self-care are:

- Get out in the fresh air and exercise when you can.
- Focus on practical things you can control e.g. wash your hands
- Maintain connection with others through calls and social media.
- Build in daily activities that you enjoy and help you relax
- If you do feel stressed and anxious – take time and be kind to yourself.

You can find a free selection of relaxation, sleep and other resources to support your wellbeing on the “weathering the Storm” section of the Headspace App.

PSYCHOLOGICAL VITAMINS 5 A DAY (AT LEAST 5!)

Safety and security
Emotional connections
Giving and receiving attention
A valued social role
Control
Sense of community
Privacy
Acceptance
Stretched in ways that make sense



Other helpful websites include:

<https://www.itv.com/news/central/2020-03-17/self-isolation-protecting-your-mental-health-during-the-coronavirus-outbreak/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.actionforhappiness.org/>

<https://www.parentingacrossscotland.org/>

Talking to children about Coronavirus (COVID-19)

Children will have heard of coronavirus and may have questions that they would like answered. It is important that they hear the key messages from someone they trust such as yourself. Here are some tips to help you to talk to them.

- Listen to your child’s concerns and ensure you acknowledge their worries.
- Focus on answering you 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 to find out for them.
- Remember children learn from your response so try to stay calm when you are answering their questions.
- Try and give practical guidance when you can e.g. how to wash hands.

(Adapted from British Psychological Society. You can find the full guidance at:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

Social Story for Older Children

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Helpful sites for Young People

<https://www.thecorner.co.uk/>

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

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

<https://cool2talk.org>

Useful Numbers

Please refer to the council main website for daily updates

<https://www.dundee.gov.uk/coronavirus-covid-19>

If you have a Child Protection concern please contact:

<https://www.dundeeprotectschildren.co.uk/>

You can also call Dundee Educational Psychology Service for advice on supporting your child's wellbeing:

Telephone 01382 432980

dundee.eps@dundee.gov.uk

www.dundee.gov.uk

Accessibility and Inclusion Service for advice and on supporting your child

<mailto:accessibility.inclusion@dundee.gov.uk>

