

Support at home



We understand that we are not there face to face at the moment for all of the pupils that we support, but the pastoral team are corresponding with the students via Teams. If you think your child would find more contact helpful, please let us know.

Here are some strategies that you can use at home to support you child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

The last year has been extra stressful, especially if you're a parent. As we enter another lockdown over the first two months of 2021, it's normal and entirely understandable if you're feeling overwhelmed frustrated, worried or exhausted about the situation.

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you're struggling, you are not alone. We have advice and tips that can really help.

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.
- Please do get in touch with anyone on the pastoral team is you are worried about your child or feel they need some additional support.

Links to support you further:

[Coronavirus \(COVID-19\) advice and support for parents and carers | NSPCC](#)

[How to Support your Child during Lockdown \(colai.org.uk\)](#)

[SupportingYoungPeople \(hscni.net\)](#)

[Coping practically and emotionally during the Covid-19 outbreak - Family Lives](#)

[Supporting children's mental health during lockdown \(ndcs.org.uk\)](#)

[Resources to boost your child's wellbeing during the Covid-19 pandemic - Partnership for Children \(partnershipforchildren.org.uk\)](#)

[Support for Parents and Carers \(annafreud.org\)](#)