



Tips for supporting your child through the Corona Virus pandemic

As we enter this period of uncertainty, the following may be helpful:

Take care of yourself

This is important as you will need to be as resilient as possible to support your child.

Talk to your child

Use age-appropriate language to talk to your child. There is useful advice [here](#).

Social stories can be helpful. Here are a few examples:

[Story 1](#) [Story 2](#) [Story 3](#)

Understanding

To support different forms of learning, Jim Gamble's team at Inquee have prepared a short animation, a story book and an activity to support teachers and parents tackle misinformation and help children understand Coronavirus.

Further information: <https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/>

Create a new 'normal'



Predictability and routine is known to be helpful, and it can be tricky without school to structure the day. It might help to make a daily schedule while schools are closed so that children know what will happen during the day and when it will happen. Making this visual by using pictures, lists, traditional timetables etc. can help.

If there is more than one child in the house, do a timetable for each day for each person which includes together time, outside time, alone time (where appropriate) and one to one time. 1:1 time could be linked to household tasks such as cooking. If adults have a timetable as well, it helps children see what parents have to do too.



Anna Freud Learning Network

These are unprecedented times and may cause our young people to feel deeply anxious. I would therefore like to highlight the excellent resources and support available on the Anna Freud website

www.annafreud.org/coronavirus

providing some very clear, simple advice to all those who are supporting children and young people, including to young people themselves.

Food

During this time of school closure we will be supplying all of our food to the Blacon Community Store which is located by Western Avenue Medical Services. School will be supplying the community store with food from our suppliers and this will be available between 9 and 1 each day from today. All you will need to do is to take your child's student planner to confirm that you are the parent of a student at Blacon High. The Community Stores has a student list and will ensure that the food is fairly distributed.

Additional information

<https://youngminds.org.uk/>

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

