

## Supporting children with mental health and wellbeing concerns

There are a number of resources which are available to support children with their mental health and wellbeing. Many children may be finding self-isolation, social distancing and the impact of corona virus difficult to cope with, especially children who have difficulties such as anxiety.

It is important to talk to children to tell them what is happening, check how they are feeling and keep them as well informed as you can.

- NSPCC has some great resources including a CalmZone <https://www.childline.org.uk/toolbox/calm-zone/> , online games <https://www.childline.org.uk/toolbox/games/>
- Great article from Parent Zone about supporting your family's mental health whilst being at home: <https://parentzone.org.uk/article/how-look-after-your-family's-mental-health-when-you're-stuck-indoors>
- Young Minds have a great section on their website about Covid-19 and mental health: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- Great Ormond Street Hospital have put together some play based activities, based on the work of the hospital play team since our new 'normal' is the normal for children staying in hospital. <https://www.gosh.org/power-of-play-hub>
- Personal, social, health and economic education (PSHE) is a key subject taught in school for the holistic development of children. Have a look at <https://www.pshe-association.org.uk/system/files/Guide%20for%20parents%20and%20carers%20educating%20Ochildren%20at%20home.pdf> to see how to support your child

**Questions to ask your child in self-isolation** **YOUNGMINDS**

- What could help you to complete your school work at home? Where would you like to work at home?
- Is there anything you want to talk about?
- When was the last time you were very happy?
- What makes you feel calm?
- How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp
- What difficulties are you facing now?
- What can I do to help?
- Where is a place you feel safe?
- What things would you like to do in the future?
- Would it be helpful if we planned each day together?
- Do you have any worries about the coronavirus?
- Where in our home do you feel like you can have your own space?
- What have you enjoyed about today?
- What are you worried about when you lie in bed and can't sleep?
- Can you think of anything fun that we can do at home?
- How do you feel about things changing?
- How do you feel about staying at home?