

Dear Parents,

On 21st April the government updated its **Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirusCOVID-19) pandemic (www.gov.uk)**

During this time, it's important that you support and take care of your family's mental health – there are lots of things you can do, and additional support is available if you need it.

Five things you can do to support your child:

(From youngminds.org.uk)

1. Talk to them about what's going on. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking things through can help them feel calmer.
2. Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried.
3. Reassure them that this will pass, you're there for them, and you will get through this together.
4. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
5. Keep as many regular routines as possible, so that your child feels safe and that things are stable

You can also call the young minds [Parents' and Carers' Helpline](#) on 0808 802 5544.

Other helpful websites:

- Children1st.org.uk
- Place2be.org.uk
- nspcc.org.uk
-

Keep checking the school website for advice which is updated regularly. And remember that Mrs Campbell and Ms Anthony can be contacted at any time via safeguarding@chalkhill.brent.sch.uk

Take care, look after yourselves and each other

Kind Regards

Mrs Campbell and Ms Anthony