

COMMUNITY EDUCATIONAL PSYCHOLOGY Family Telephone Support Line:

In order to support families during the Covid-19 pandemic, the Solihull Community Educational Psychology Service is providing direct access telephone consultation services for parents and carers.

This service is available, 5 days a week for all parents and carers who live in Solihull who feel they may benefit from a consultation with a Community Educational Psychologist to support them with concerns they may have at this time. Concerns might include:

☑ How best to look after your own and/or your child’s mental and emotional well-being on a daily basis

☑ How to talk with children about COVID-19 and their worries related to it

☑ How to support children to engage with learning whilst at home

☑ How best to maintain social connections whilst complying with social distancing

☑ How to manage behaviour that can be challenging or difficult to manage

If you would like to arrange a consultation please call 0121 779 1734. You will be offered an initial telephone consultation of 30 minutes with a Community Educational Psychologist. This service will, as far as possible, be confidential

Other Useful Contacts

• Solihull Community Information and Advice Hub Provide advice on debt, housing, other (help sign post and link to other organisations to match needs). * Currently working at a distance, contact 0121 709 7590, Monday – Friday, 10am 4pm

• Birmingham and Solihull Women’s Aid – www.bswaid.org Confidential help line – 0808 800 0028, open 7 days a week, 9.15am – 5.15pm

• 24 hour National Domestic Violence Freephone Helpline – 0808 2000 247

• Relate – www.relate.org Offer a range of digital and telephone counselling services. General enquiries or to book an appointment call – 0300 0030396 Solihull & Birmingham Relate – 0121 643 1638

• Solihull Carers Trust – www.solihullcarers.org telephone : 0121 788 1143

• Birmingham and Solihull Maternity and Newborn Services www.yourbump.nhs.uk

• Acacia Family Support – www.acacia.org.uk Pre and Post Natal Depression support services Contact – 0121 301 5990

• Brum baby bank – set up to support families during corona (nappies, baby food, formula) *Brum Baby Bank, Organiser Kirsten Kurt Elli & Nicky Brennan (go fund page set up with information on how to contact; message can be left and sent on)

• Papyrus – www.papyrus-uk.org prevention of young suicide confidential support & advice for children and young people under 35, parents and carers contact the HopelineUK - 0800 068 41 41

• PANDAS Foundation UK – <https://www.pandasfoundation.org> Pre and postnatal support Free helpline – 0800 1961 776

• ManKind – www.mankind.org.uk support for male victims of domestic abuse confidential helpline – 01823 334244

• Victim Support – <https://www.victimsupport.org.uk> Free, confidential advice and support – 080 8168 9111

• Gingerbread – <https://www.gingerbread.org.uk> Information, advice for single parent families Helpline: 0808 802 0925

• DIAL UK – <https://dialuk.info> Disability information and advice Solihull DIAL – 0121 770 0333

• Cruse – www.cruse.org.uk Bereavement support, advice and information free helpline – 0808 808 1677

• Beyond The Horizon – www.beyondthehorizon.org.uk support for children and families affected by loss, bereavement, divorce and separation contact – 0121 444 5454

Additional local information

• Chelmsley Wood Library Click and collect on-line service for books; beginning next week.

• Three Trees Community Centre Community Café is now open operating a take away service for the community.

Dear Parent/Carer,

We hope you and your family are well; you are all in our thoughts.

Thank you for everything you are doing to support your child’s learning at home. It is really positive to see parents engaging with class teachers through classdojo and class pages of the school website. If you do have any questions or concerns regarding your child’s learning or development, staff are here to help. Contact your class teacher in the first instance.

In school, the curriculum, like the building has a slightly different look . This is not only to meet strict safety guidance but also to support pupils’ wellbeing at this unusual time. Everyone’s wellbeing will be affected by current changes and uncertainty so as well as support available on our website we have put together some information and tools around children’s wellbeing for families at home. Everyone in your family will have their own ways they are coping and staying well; wellbeing is very individual. Please also remember to take care of your own wellbeing too. We hope you find this helpful.

1. This booklet covering some key areas for wellbeing . Older pupils who are able to access this might want to read it themselves too.
2. A SMILE daily journal to share feelings and thoughts
3. A Mental health journal with activities
4. A cotton bag & instructions to create a ‘happiness bag’ to support your child to self soothe or regulate emotions
5. A message from your child’s teacher

We hope it helps you in the amazing job you are doing already to support your child and look forward to seeing you all again as soon as we can. If you have concerns about your child’s wellbeing please contact us in school. We care and are still here for you.

Yours sincerely,

Issy Jerrard

Wellbeing lead

Amanda Mordey

Principal

Yvonne Maddison

Deputy head/DSL

Answering questions

Possible questions:

- What has happened?
- How did it make me feel?
- What has changed?
- How do I feel now?
- How do we stay safe?
- What do we need to do differently?
- Who can help me?
- What can I do to help myself?

It will be important to help pupils to understand:

- They can ask any question
- They can ask in different ways: write on post it, 1:1, while playing, in journal...
- They can choose who to ask/talk to
- All staff will support
- That there might not be an answer to some questions yet



Many children of all ages will be very confused. It is important we as adults listen calmly and answer with honesty & reassurance.

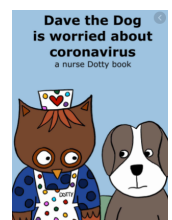


Books and ideas to support understanding

A free online book without words for all ages <https://booksbeyondwords.co.uk/downloads-shop/>



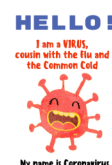
Lucy is in Lockdown story and animation : <https://www.youtube.com/watch?v=-RXF5-29VGU>



Dave the dog <https://www.youtube.com/watch?v=K5zIJJCIEig>



A guide recommended by Solar: <https://www.childrenscommissioner.gov.uk/wp-content/>



Social stories are also a great way to help children process their emotions and to explain around coronavirus. <https://www.mindheart.co/descargables>

Youtube animation-“ Coronavirus explained for kids” <https://www.youtube.com/watch?v=MVvTDhGqaA&vI=en>



Who can I talk to if I need support?

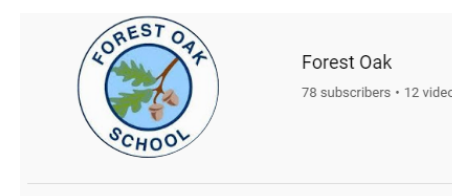
Kooth – www.kooth.com – visit Kooth to speak to a counsellor online

Samaritans – call 116 123 to talk to someone about how you are feeling 24/7

Childline – call 0800 1111 to talk to someone about how you are feeling 24/7

Young Minds – text YM to 85258 if you need urgent help and feel you cannot keep yourself safe

NHS – Call 111 or visit 111.nhs.uk/covid-19 if you think you might have symptoms of Coronavirus



More links and music
on our website and utube channel

<https://www.forest-oak.solihull.sch.uk/smile-wellbeing-support-links-ideas/>

We have sent you two journals to use with your child.

Journals

Journals

- Age appropriate
- Recommended by professionals
- Activities to support EHWB
- Added SMILE writing frame journals to record daily feelings and thoughts
- Space to draw, write, colour
- Class attach additional activities from school
- Pages with safety reminders, SMILE hand to record strategies/key contacts/coping scale plan

<https://www.butterflyprint.co.uk/mentally-healthy-schools/>



Helpful Apps

Chill Panda (KS1/2)

SAM (help with anxiety)

Smiling Mind (free mindfulness for adults and children)

3 good things (gratitude & positive thinking)

Clear fear (detailed anxiety support)

Catch it (tracking moods)

Go noodle (fun dance and focus)

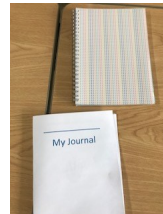
Calm (mindfulness for children and adults)

Headspace (mindfulness)

Daily journal writing or drawing is a good way to share any worries and help focus on positives



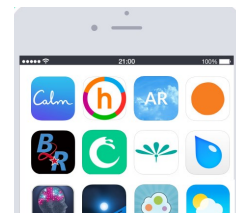
KS1 &2



KS3



KS4 &5



- Young Minds is a leading children's mental health charity, useful article to help and support your family https://youngminds.org.uk/blog/talking-to-your-child-aboutcoronavirus/?dm_i=43MR,SZ24,RDZF,3HKE5,1
- Advice on talking to teens: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/supporting-your-teens-wellbeing-during-coronavirus/>
- This is a great article on the many difficult conversations which may be happening in your home! <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Facts vs Myths

- There is extensive information available about coronavirus, but some is more fact-based and helpful than others. You can find up to date NHS advice at- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Make sure your aware of the up-to-date facts. Lots of myths get posted online and misinformation can cause teenagers to worry unnecessarily. Look at the BBC for more information - <https://www.bbc.co.uk/news/health-51386894>
- The WHO are a world leading health organisation. They offer up to date facts, based in science. Their website also has a myth busting section, including a FREE WhatsApp chat function for people to get up to date information and facts from. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Staying safe



TRY TO KEEP
YOUR DISTANCE

Knowing the rules and boundaries is really important for staying safe and also feeling safe or not anxious

We have these rules at school for everyone.

Pupils are introduced to them as they return

SAFE rules

Socially distance

All hand wash

Feel welcome

Emotional Care

Handwashing

DON'T FORGET
WASH
YOUR
HANDS



Tik tok washing hands challenge:

<https://www.bbc.co.uk/newsround/51791722>

<https://www.bbc.co.uk/newsround/51698180>



SMILE is our wellbeing approach based on the nhs 5 Ways to wellbeing. These are normal things you can do every day to stay well. www.nhs.uk

Thinking about SMILE can help balance activities. At school we have movement and mindfulness on the timetable every day.

Socialise



Move



Interest



Take turns to ask each other some 'Would you rather?' questions.

Share a story or film

Phone a friend or relative

Face time or video call a friend or relative

Write a letter

How many 'Keepy Uppies' can you do in a minute?

Practise striking a 'Super-Hero Pose.'

Do 3 sets of 10 squats with a short rest in between.

STOP and Listen: what can I hear; really examine each sound.

Mindful meditation

+2 breathing (count as you breathe in then breathe out for the same+2)

Try something new

Read a book

Watch a documentary

Learn a new dance

acts of kindness

Say thank you

Smile at others

Play a board game

Make a treasure hunt around the house with clues

Make a den

Play eye spy

Learn some more Makaton signs

Bake together as a family

hide & seek in garden or park

Walk the dog

Try yoga, cosmic kids <https://www.youtube.com/watch?v=ho9uttOZdOQ>

Dance moves can be very energetic, go Noodle is fun for children <https://www.gonoodle.com/>

Feed the birds watching nature can help to stay in the moment

Grow some flowers or vegetables from seed

Blow bubbles to calm breathing

Learn how to cook something different

Make play dough

Try a new craft e.g. sewing

Sign up for an online course

Leave a thank you note for someone who helps you

Send a postcard to an elderly neighbour

Sort out old clothes to give to charity

Making a Happiness bag



All pupils in school have been given one to put together. They will only be touched by your child and can be taken between home and school

Everyone experiences anxiety or worry sometimes. At the moment we all need a bit more help.

A well-being activity to do together which will encourage discussion about feelings and positive coping strategies



A happiness box or bag can be put together before we get anxious or upset ready for when we need it



Everyone has special places, objects or activities which help them to calm down, regulate BIG emotions or just chill out

Decorate the bag pictures, colours, words and patterns you like.

There will have plenty of things around the house that can go in.....

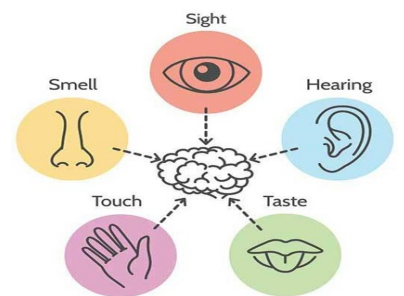
Think about your 5 senses when deciding what to include- focusing on these may help to calm anxiety.

Positive words and happy pictures can help to refocus thoughts when we experience BIG emotions.

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

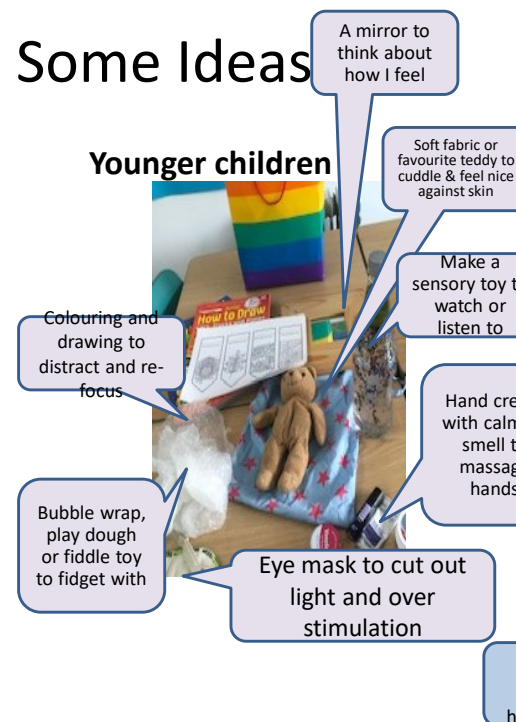
<https://www.friendshipcircle.org/blog/2014/06/03/how-to-create-a-break-box-to-stimulate-your-child-with-special-needs/>

<https://>



Some Ideas

Younger children

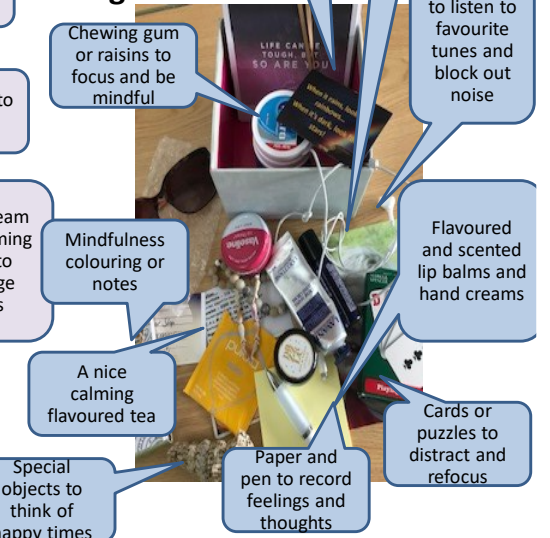


Colouring and drawing to distract and re-focus

Bubble wrap, play dough or fiddle toy to fidget with

Eye mask to cut out light and over stimulation

Teenagers



Chewing gum or raisins to focus and be mindful

Mindfulness colouring or notes

A nice calming flavoured tea

Special objects to think of happy times

Positive affirmations and quotes

Photos of special people or places

Earphones to listen to favourite tunes and block out noise

Flavoured and scented lip balms and hand creams

Cards or puzzles to distract and refocus

Paper and pen to record feelings and thoughts

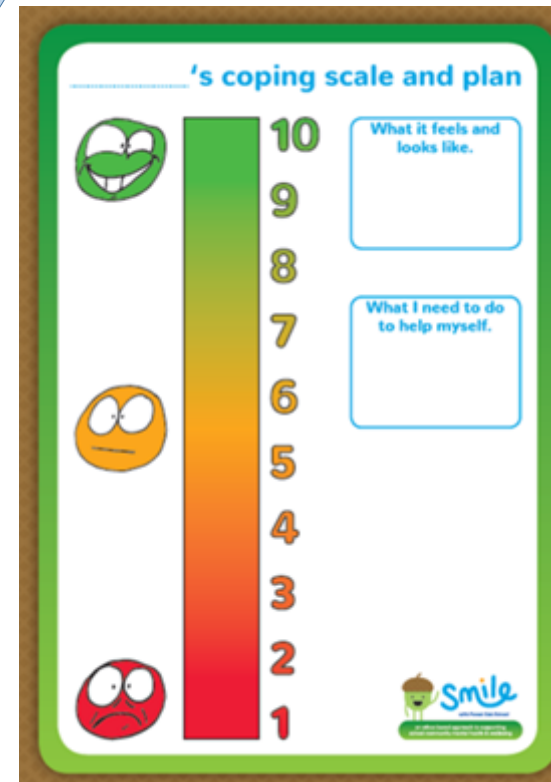
Self-soothing and self regulation

Learning to regulate emotions is something we all need help with sometimes.

Self-soothing is calming **yourself**

If we experience learning difficulties or anxiety we may need more help

Helping a child or teenager to communicate emotions and having a shared plan of what will help and **soothe** anxious, angry behaviours is not only one of the greatest skills they will need for life but it helps everyone's wellbeing



ZONES OF REGULATION®



Routine Exercise

Having a similar routine each day is important for children of all ages. Younger children really respond to pictures to follow in school.

Exercise has a huge positive impact in reducing anxiety and depression. It is vital in regulating emotions. Children and teens should have an hour of moderate to vigorous exercise a day.

Get up	Have shower	School work	Physical break	Snack time	School work	lunch	Creative time	Physical break	teatime	Quiet time	Reading
Have breakfast	Brush teeth	English or Maths task	Walk the dog?		English or maths task				Help round house		Bed
	Make bed										

Sleep

We know sleep is important for wellbeing, some things to remember:

- Younger children need more sleep, age 5 :11 hours, age 14:9 hours
- Keep bedrooms screen free zones and don't use an hour before bed
- Keeping light dimmed encourages your child's body to produce the sleep hormone, melatonin.
- Once in bed , reading together, talking about positive things or listening to relaxing music can prepare for sleep
- Breathing slowly and deeply through your nose till your belly rises and then slowly exhaling through your mouth as if blowing a bubble for 5 minutes together can create a calm, sleep ready body
- Teenagers are programmed to sleep later but they still need regular sleep patterns , exercise and to let go of worries long before bedtime



More ideas:

<https://www.nhs.uk/livewell/sleep-and-tiredness/how-to-get-to-sleep/>

KS1 <https://www.youtube.com/watch?v=ZT8FzxiXWfK>

KS2 https://www.youtube.com/watch?v=_aAmaCeq9v4

Food

Again this is another basic but so important:

- Eating a healthy balanced diet, can affect mental health, as well as physical health, and the <https://www.nhs.uk/live-well/eat-well/> can offer advice around eating well.
- Staying hydrated, avoiding caffeine and sugar, and keeping your gut healthy with 5 fruit and veg a day will all affect stress and anxiety.
- To convince older children www.mind.org.uk has a good Food and mood clip to share



Anxiety



Anxiety or worry is a normal response, we can learn to control it but it can be frightening

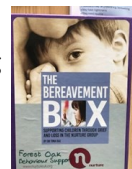
- Anxiety is the body's natural response of fight, flight or freeze to what could be danger. This can be useful to keep us safe but sometimes it means we avoid safe things and it can stop us having fun
- For young children imagine a worry monster which grows if we feed it by avoiding things
- Over time, anxiety can affect our bodies, mood and behaviour if we don't ask for help
- Help children to say, show and understand where they feel in bodies: e.g. tight tummy and muscles, lots of busy thoughts, hot, sweaty palms, tight chest, fast breathing
- Talk about, draw or point at a picture of what makes them anxious: name worries to tame them
- Children need to be helped to recognise thoughts and question: is this real? Does it always happen? Is this fact or opinion? Become a thought detective and plan how to beat anxiety by thinking and acting differently. Sharing and positive thinking are really important.
- Listening, understanding, explaining this will pass and use of distraction and calming activities will help. Cuddles or slow deep breathing may help
- For more information contact school, we can recommend books, activities and signpost to more support. www.youngminds.org.uk/anxiety for more, Parents' helpline: 08088025544

Bereavement

These things are important when talking to bereaved children:

- Plain language: be brave and unafraid
- Use routine to help and establish new routines
- All feelings are ok: it is ok to feel happy as well
- Anger needs expressing: establish rules for showing safely
- Have a plan for moments of distress
- Crying is helpful: not to be ashamed of
- Things left unsaid need to be shared and big feelings listened to
- Talk about memories and make new ones (memory box)
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The Bereavement Guide by Dr. Tina Rae including advice, practical activities and stories for all ages and useful support agencies can be downloaded at www.nurtureuk.org



How are you? (...really)



Finding out how children are feeling:

- Observing. You know your child best
- Play alongside younger children. How a character feels might be easier to talk about
- Use pictures or emojis to help children -we've put some in the journal that we've made for all children
- Listening. Sounds simple but it is so powerful to be listened to without interruptions or opinion.
- Ask how they are, share how you're feeling,
- Make it ok to talk about feelings, all feelings are healthy we just need to share them wisely.
- Try worry time or a worry box to put worries in to talk about anything concerning and then move on.
- Try planning 'no worry time' or family fun time where everyone is together and can just be silly?

HOW DO YOU FEEL?



1. What Happened?
2. What were you thinking then/now?
3. How were/are you feeling?
4. Who do you think has been affected/how?
5. What needs to happen to put this right?

