



We have created an information pack offering ideas for parents over lockdown and signposting local resources.

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Resources to help you support your children

It can be hard to know where to start when supporting your children. There are loads of fun and helpful resources online to help you help your children. Below are some excellent websites and resources to help talk about Coronavirus with your children, and to help you all relax.

Resources to support parents help discuss Coronavirus with their children.

NHS resources for parents

- Provides lots of ideas and activities around explaining Coronavirus to children of varying ages. There are also versions for teenagers available.
- <https://www.nhsgrampian.org/siteassets/sp/spcovid/covid-19-resource-pack-for-parents.pdf>

Illustrated book for primary aged children

- Axel Scheffler (who illustrated The Gruffalo!) has illustrated a digital book for primary school age children, for free, about the coronavirus.
- <https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus+-+A+book+for+children+about+Covid-19.pdf>

Young Scot

- A range of resources to help explore Coronavirus with children, and with a range of mental health supports.
- <https://young.scot/campaigns/national/coronavirus>

Social Distancing for Children

- While We Can't Hug – book read aloud below – explains why we can't hug, but there are lots of other ways to show we care, such as writing letters to each other.
- <https://www.youtube.com/watch?v=tarq5nkkGik>

Resources for Children with Additional Support Needs:

- <https://www.ambitiousaboutautism.org.uk/information-about-autism/coronavirus-and-autism/resources>
- Huge stock of resources, tips and posters giving advice on doing an at home Coronavirus test, weekly routines templates, returning to school etc.

Establishing a routine

Keeping a routine can be difficult, especially in a time like this. It can be good to agree on a few consistent activities each day.

Timetables

- You can make these up with your children, organising activities for the week.
- <https://www.twinkl.co.uk/resource/daily-activity-schedule-for-kids-us-cm-45>

Has a flexible timetable with entries to tick off e.g. “reading”, “writing” etc.

Or a more defined timetable can be edited here:

- <https://www.ambitiousaboutautism.org.uk/sites/default/files/resources-and-downloads/files/daily-planner-routine-editable-ambitious-about-autism.pdf>
- Which can be edited online or printed out.



Lots of children struggle with their sleep and poor sleep can have a big impact on mood.

Top Sleep tips

- Establishing a sleep routine will help children get a good night’s sleep.
- A warm bath, a bedtime story and a warm drink can all help set the scene for sleep.
- It also helps to make sure the bedroom is at the right temperature, a screens free zone and is dark enough for sleep.
- <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Sleep Scotland

Sleep Scotland offer advice and support on sleep difficulties. They can offer tailored sleep support for parents struggling to get their children to sleep, as well as tips on their website.

- <https://www.sleepscotland.org/>
- Speak to a sleep counsellor to receive help on your child’s sleep difficulties – email sleepsupport@sleepscotland.org for a call back.



Relaxation for Children

Relaxation can reduce anxiety and stress in children, and provide a time out of busy days. There are lots of user friendly resources and videos to take children through different relaxation techniques.

Cosmic Yoga

- <https://www.youtube.com/user/CosmicKidsYoga>
- Children's yoga videos – lots of different stories with familiar characters such as The Trolls and Harry Potter, and with different lengths to choose from.

Peace out (Guided Meditations from the Cosmic Yoga team)

- <https://www.youtube.com/playlist?list=PL8snGkhBF7njO0QvtE97AJFL3xZYOSGh5>
- Including guided meditations – can help children get to sleep at night, or calm you down.

Mindfulness for kids

- <https://www.youtube.com/watch?v=CvF9AEe-ozc&feature=youtu.be&t=132>
- Guided meditation focusing on colours.

Breathing exercises

- Square breathing
- <https://www.youtube.com/watch?v=YFdZXwE6fRE>
- Belly breathing with Sesame Street
- <https://www.youtube.com/watch?v=Xq3DwzX6MUw>

Yoga and breathing from Yoga Pretzels

- <https://www.barefootbooks.com/blog/post/2020-06-yoga-pretzels>

Try to stay positive



Returning to school

There has been lots of uncertainty around what will happen when they return to school. Here are some resources on reassuring children about returning to school.

For younger children there are Puppet videos:

- Set of 4 videos about Little Mouse returning to school
- Little Mouse Goes Back to School:
- Episode 1- Little Mouse and The Tape Measure.
- https://youtu.be/lrfE_iuau7A

Lots of resources here on returning to school for older children:

- Featuring activities and tips for how to prepare child for re-starting school:
- <https://www.mentallyhealthyschools.org.uk/resources/coronavirus-returning-to-school-toolkit-8/>

For children with additional support needs:

- Booklets and resources on returning to school
- <https://toolkit.mindroom.org/>

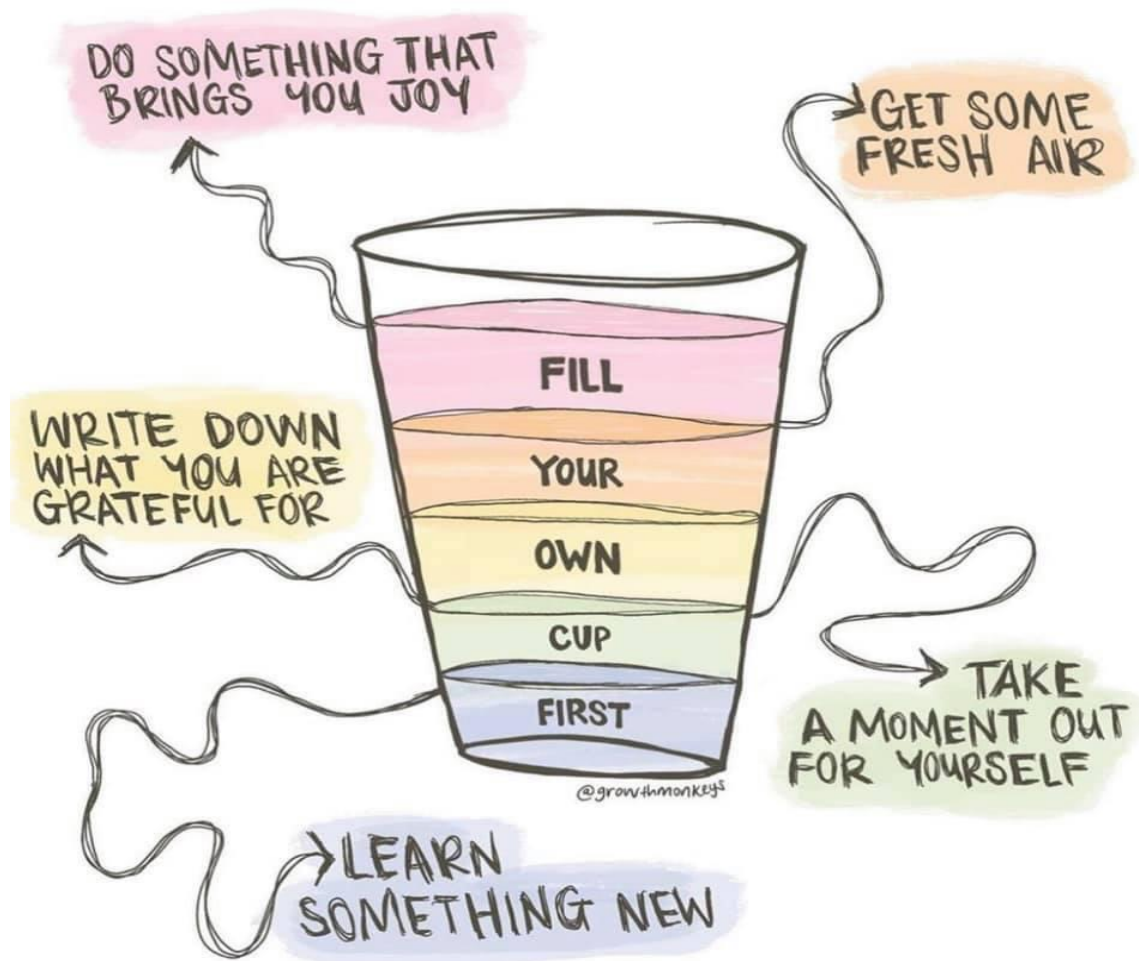


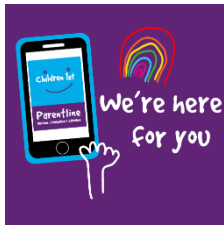
Help for parents and carers

♥ Look after yourself

Remember to look after your own wellbeing.
Before looking after your children, you need to make sure you are not pouring from an empty cup!

What can you do to fill your own cup?





Parentline

Do you feel like you're at the end of your tether? Are you struggling to make ends meet? Children 1st Parentline is here for you and your family.

- Call 08000 28 22 33 free, browse the website or start a webchat.
- <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Money Advice



Money Matters

This is a tricky time for lots of families and lots of people are struggling financially.

You can get Money Advice from Parentline above, or from the Money Advice and Rights Team (MART).

- Telephone: 0141 577 8420
- email: MART@eastrenfrewshire.gov.uk Address: 211 Main Street, Barrhead, East Renfrewshire, G78 1SY.

Citizen's Advice also offer telephone support around specific money queries. <https://www.cas.org.uk/bureaux/east-renfrewshire-citizens-advice-bureau>

Parent Club Scotland

- Offers advice on a range of issues – including money advice and up-to-date guidance from the Scottish Government on your child's health and education.
- <https://www.parentclub.scot/>

East Renfrewshire Community Supports

Voluntary Action East Renfrewshire are operating a community hub phone line for local people and organisations from across East Renfrewshire looking for support, signposting and community information.

- www.va-er.org.uk/resources
Call: 0141 876 9555
- Email: hello@va-er.org.uk

Cosgrove Care

If you are self-isolating, they can help! They can support with shopping, deliveries, signposting and advice or just a friendly voice on the end of the phone!

- Call: 0141 471 1806
- Text: 07841461298 / 07841461398
- Email: care@cosgrovecare.org.uk



Mental Health Support for Parents

Crisis services

- If you're having suicidal thoughts phone your GP or NHS 24 on 111.
- Or phone Breathing Space on 0800 83 85 87 or the Samaritans on 116 123 (email services are also available) <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Shout Crisis Text Line

- SHOUT 85258 is a free, 24/7 confidential text service.
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line.
- <https://giveusashout.org/get-help/how-shout-works/> for more information.

Bridges Mental Health Recovery Team (based in Eastwood HSCP Centre) Non-crisis Mental Health Support

Bridges is a short-term psychological service, supporting people who have mild to moderate mental health difficulties. They are a free service, supporting adults (18+), to help develop coping skills and improve their mood.

- <https://www.eastrenfrewshire.gov.uk/contact-bridges>
- Call 0141 451 0590 or self-refer online.

East Ren Mental Health Out of Hours (open 6pm-9am) 0845 650 1730

Community Link Worker

Available via GP referral (Renfrewshire and East Renfrewshire) offers short term support including: emotional wellbeing, counselling, financial advice, housing support and signposting to other local services.

- Provided by Recovery Across Mental Health <https://ramh.org/>

Women's Aid Helpline <http://www.wasl.org.uk/>

This is a service open to all women, children and young people affected by domestic abuse in the East Renfrewshire area.

- 0141 404 0015 (or 0800 027 1234)
- Email: erdapinfo@wasl.org.uk

Families First

Family First is a free, confidential advice and information resource in East Renfrewshire.

- They provide support by working in partnership with families with children aged 0-8 years.
- Contact them at familyfirst@eastrenfrewshire.gov.uk
- Barrhead (*Auchenback* Community)
Roslyn Graham (Mobile – 07800 712388) Roslyn.Graham@eastrenfrewshire.gov.uk
- Barrhead (*Dunterlie* Community)
Julie Douglas (Mobile – 07393752547) Julie.Douglas@eastrenfrewshire.gov.uk

Additional Support Needs

If you are the parent/ carer of a child or family member with additional support needs, these organisations may be able to offer support. They can direct family members to financial and emotional supports:

The Carers' Centre can provide information, support and practical assistance to Carers.

- <https://www.eastrenfrewshirecarers.co.uk/>
- Call 0141 638 4888
- enquiries@eastrenfrewshirecarers.co.uk

PACER - Parents and Carers of East Renfrewshire.

- This peer-led support group for parents of children with additional support needs, meets regularly (currently Zoom meetings) to offer peer-support and share resources and ideas.
- <https://www.facebook.com/ParentsAndCarersofEastRenfrewshire>

National Autistic Society

- <https://www.autism.org.uk/what-we-do/scotland>
- The East Renfrewshire Branch frequently share resources and signpost supports on their Facebook Page.
- <https://www.facebook.com/naseastrenfrewshirebranch>

Enquire

- This is the Scottish advice service for additional support for learning.
- Call: 0345 123 2303 or live chat on the website <https://enquire.org.uk/>.



★ Get outside ★

Ideas for activities at home



Get creative

“Brain breaks” can break up changes between activities and learning. Here is a list of different websites with brain break ideas:

- <https://www.mentallyhealthyschools.org.uk/media/2028/brain-breaks.pdf>
- <https://www.sheffieldchildrens.nhs.uk/download/766/coronavirus-resources/10027/healthy-minds-beattheboredomsheff-planner.pdf>
- <https://www.sheffieldchildrens.nhs.uk/download/766/coronavirus-resources/10026/healthy-minds-beattheboredomsheff-guidance-for-parents-and-carers.pdf>

Video call games and ideas

<https://read.bookcreator.com/9qkwpKPNlhRkcSjLKIPmh1YyxA22/9-D3gV72SiiDC1jQ1bNb7Q>

There are online games at **Childline**.

- These are themed around distraction, relaxation and expressing yourself.
- <https://www.childline.org.uk/toolbox/games/>
- There is also a calm zone, and art zones.

If children want to speak to someone, they can also call Childline on 0800 1111 or speak to a 1-to-1 counsellor online.

If you are worried about your child's mental or physical health, please contact your GP and in case of emergency NHS 24 on 111. If it is life threatening call 999 or attend A&E.



Remember we are all doing the best we can, in a difficult situation.