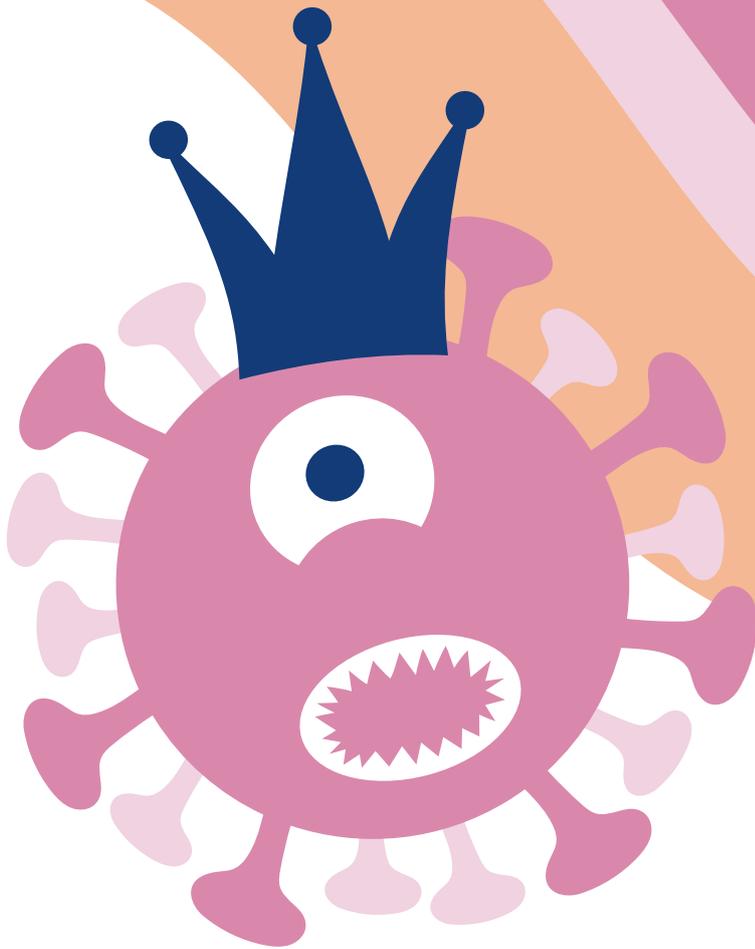


It's ok to worry about COVID-19

A resource pack **for parents** to help manage difficult feelings about the coronavirus that causes COVID-19





This pack was created by
the Early Intervention team
in Child and Adolescent
Mental Health Service
(CAMHS) in NHS Grampian

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Part 1:

How this pack can help

Helping your child during COVID-19

Getting through the challenges COVID-19 brings.

COVID-19 is a new virus that has created different challenges for people in a very short space of time.

We have been asked to stay at home so we are spending a lot more time indoors than usual. Some children are no longer able to attend their usual activities. There may also be changes specific to your own household, such as adults working from home or financial changes.

We are all still learning to adjust to the changes brought about by COVID-19. This pack offers some suggestions for how you can:

- + Promote your children's sense of security.
- + Encourage positive behaviours.
- + Look after your own wellbeing during COVID-19.



Remember that every child and family are different. Some of the suggestions in this resource may not be applicable to your family.

Challenging behaviours

There may be changes in your child's behaviour right now.

Children experience a range of emotions and express themselves in many different ways. As children's social and emotional skills are still developing, when they have difficulty managing their emotions or are feeling uncertain this can often present as challenging behaviour.

Children may be finding it tricky to adjust to the sudden changes to their usual routine or feel frustrated as a result of being indoors more than usual.

They may also be worried about their own and their family's health or miss their friends and extended family members

You may have noticed your children displaying some of the following behaviours or that challenging behaviours that were present before COVID-19 have increased.

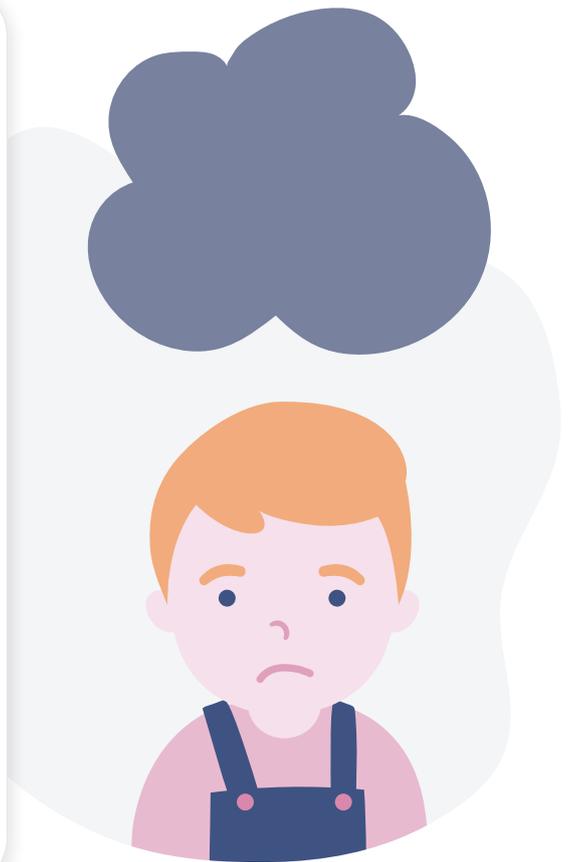


Very young children (0-3 years)

- + Not wanting to be alone/clinging
- + Regressing to younger behaviour (e.g. speech difficulties)
- + Temper tantrums/irritability, whining or crying
- + Becoming more oppositional or demanding
- + Suddenly fearing things that did not frighten them before
- + Sensitivity to the reactions of others
- + Increased activity levels and poor concentration
- + Changes in play (less or no interest in playing, shorter episodes of play, repetitive play, aggressive/violent play)
- + Loss of bladder/bowel control, constipation or bedwetting

Preschool / early primary school aged children (4-7 years)

- + Clinging to adults
- + Regressing to younger behaviour (e.g. thumb sucking)
- + Reduction in verbal communication
- + Inactivity or hyperactivity
- + Difficulty concentrating
- + Irritability
- + Reduction in play or repetitive play
- + Worrying
- + Sleep or appetite disturbances (e.g. nightmares, over/under eating)

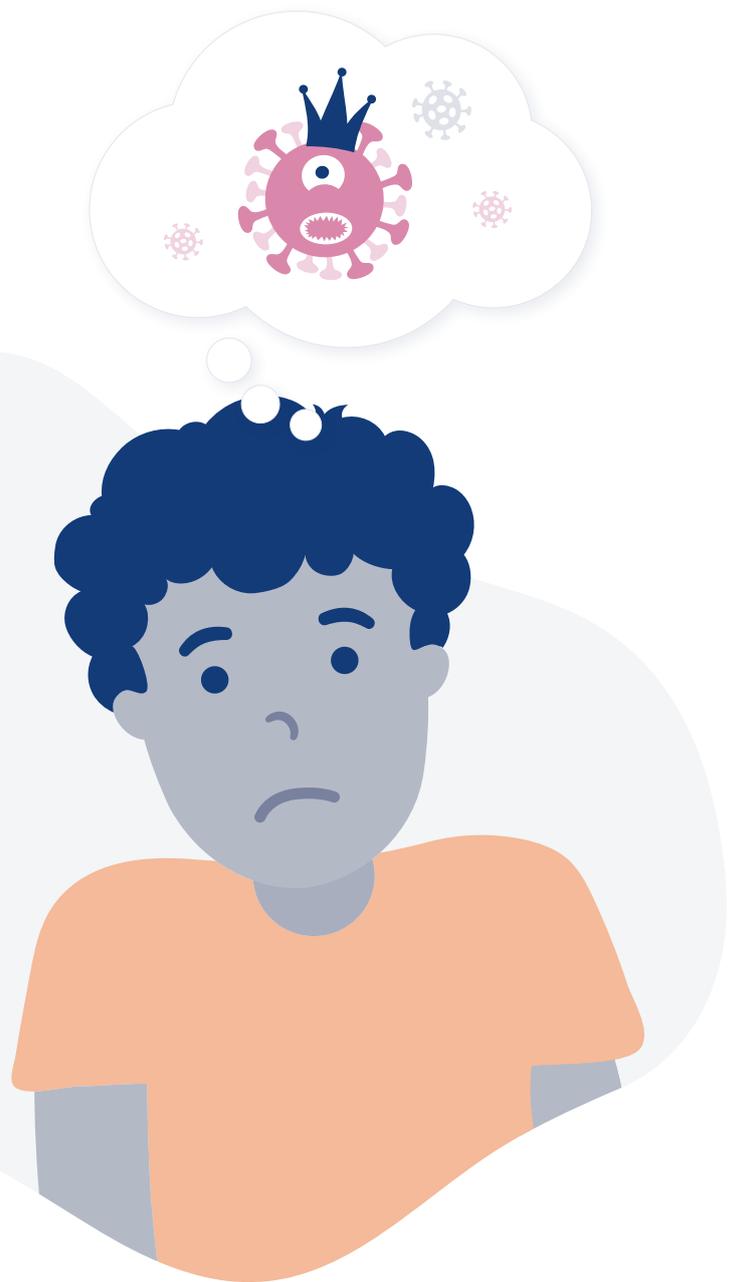


Mid-late primary school aged children (7-12 years)

- + Whining
- + Fearfulness
- + Aggressive behaviour (e.g. anger and defiance, irritability)
- + Competing for parents' attention
- + Restlessness, difficulties with concentration or attention
- + Withdrawal from social contact or usual activities
- + Talking about COVID-19 in a repetitive manner
- + Concern for others, self-blame guilt
- + Sleep or appetite disturbance (e.g. nightmares, over/under eating)
- + Physical symptoms (e.g. headaches or stomach aches)

Secondary school aged children (13-18 years)

- + Aggressive behaviour (e.g. anger and defiance)
- + Risk taking or self destructive behaviour
- + Decrease in energy
- + Withdrawal from social contact or usual activities
- + Change in how they view the world (e.g. feeling hopeless)
- + Self absorption/self pity
- + Increase in social media and/or news reading
- + Physical symptoms (e.g. headaches or stomach aches)
- + Sleep or appetite disturbance (e.g. difficulty falling asleep, over/under eating)
- + Difficulties in maintaining good hygiene



Feeling anxious about COVID-19 may underlie or have increased the frequency or intensity of these behaviours. You can find helpful strategies to support your child with anxious feelings in the 'It's ok to worry about Coronavirus' resource packs in this series.

See www.camhsgrampian.org/covid

If you are concerned about a young persons wellbeing see the additional resources on pages 37-38 for links to supports you can access.

These lists are not exhaustive and every child is unique. As their parent you are the expert when it comes to your children and you are best placed to identify the changes you may be noticing in their behaviour.

Having family discussions

Use these steps to plan a helpful family discussion.

Children may find it difficult to adjust to changes going on around them and to understand what is expected of them in new situations. Often children are reluctant to say when they do not understand something.

Open and clear communication reduces frustration that arises from misunderstandings and helps children to understand the things that you would like them to do.

You can support their understanding by having a clear family discussion about COVID-19. This could include talking about the changes taking place in your children's lives, their responsibilities and things you expect of them especially if these are different from usual.

The following steps provide ideas on how you can have a helpful family discussion.

Prepare yourself and the environment

Choose a distraction free environment and ensure children are not hungry or tired. Children will pick up on your body language; try to maintain a calm voice, give them your full attention and use supportive gestures (i.e. nodding and smiling).

Find out what they already know

We cannot assume that just because children are aware of what is happening around them that they understand the situation. Ask them open questions (e.g. 'TED' questions rather than yes/no questions). Be curious, children may have different views and concerns about the situation than adults.

TED questions

- + Tell me more about that.
- + Explain to me what you mean by...(a word or phrase they have said).
- + Describe what that has been like for you.

Explain changes and adjustments

Explain the changes that are happening and what these will involve. Building a family routine together can help support this transition (see pages 24-25 for further information on creating a routine and for a blank routine template).

Remember that children's ability to regulate their emotions and behaviours can be affected by factors such as being unwell, changes and transitions. The current situation is emotionally demanding and requires many adjustments from the entire family. If you need to relax boundaries and allow for more flexibility, that is ok.

Acknowledge their feelings

Normalise difficult emotions by assuring them that it is natural for children and grown ups to feel all kinds of different feelings. Let them know that you understand this is a difficult time for them and that you are there to help them manage their feelings.

Create a family agreement

We all need clarity about what is expected from us and part of nurturing children's social development is setting clear boundaries. These help families to understand what behaviours are acceptable towards each other.

Make a family agreement that everyone in the house will follow and let children contribute their ideas to this list. This is also an opportunity to introduce the concept of rewards for following the family agreement if you feel this will be helpful for your family (see page 12 for rewards and page 13 for a reward chart).

Ending the conversation

Balance the situation by highlighting the positives and the things that are going well, no matter how small they may seem. Remind them of all the helpful things your family are doing to stop the virus spreading and that these actions are making a positive difference to your community.

Do what you feel is best for you and your children right now.

Part 2:

Getting to grips with COVID-19

What is COVID-19?

What you need to know to talk to your child about the coronavirus that causes COVID-19.

COVID-19, an illness caused by coronavirus, affects the lungs and airways.

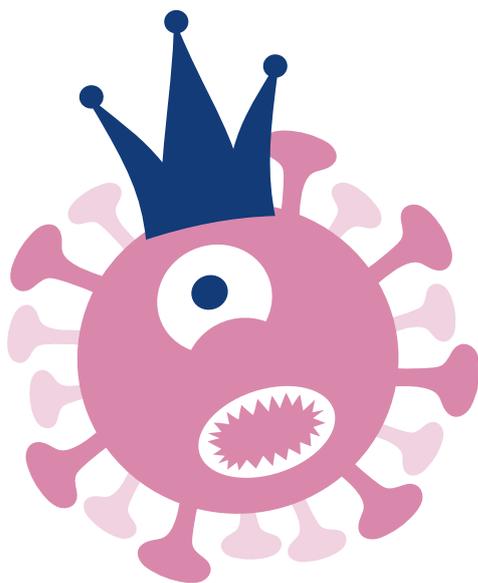
You might be worried about how this could impact your life. For example, you may have been asked to stay at home or avoid other people.

This information is to help you cope if you or your child are:

- + Feeling worried or anxious about COVID-19.
- + Staying at home or avoiding public places as part of social distancing.
- + Having to self-isolate or shield.

Many people are feeling more anxious during these uncertain times.

This is a perfectly normal response.



Parenting during COVID-19

How can you help your child through this crisis?

Supportive and warm relationships between parents and their children are powerful protective factors when it comes to children's emotional wellbeing.

Here are some tips that you may find helpful in maintaining positive relationships through your interactions with your children.

Positive attention

Children enjoy receiving attention from their parents. This can simply involve spending a few minutes listening to your children telling you about something that interests them or letting them show you something they have created. If you do not have time when they approach you, let them know you are busy right now but will make time later and try to follow this through.

Praise

Try noticing, praising and encouraging the good things your children are already doing and the behaviours you want to see more of. Even simple things such as saying "good job for washing your hands so well" or giving them a smile or a thumbs up is enough to make them feel good. Make sure you are specific about which behaviours you like and want to encourage.

Offering choice

Allow children to make some decisions for themselves by offering them choices (e.g. "You can put the iPad away or give it to me"). This gives them a sense of control over their own lives and making decision.

Rewarding positive behaviour

Rewards can be very motivating for children when they are practicing a new skill or working towards improving a certain behaviour. Rewards do not have to be expensive a picnic in the garden or getting to choose the movie you watch together make for excellent prizes. A reward chart allows children to see their progress. Try the reward chart on the following page or ask your children to create their own and keep it in a place they can see it all the time.

Family time

Pleasurable interactions through doing enjoyable activities together as a family give you all something to look forward to and help maintain a positive family connection. Family time does not have to be lengthy even ten minutes a day is enough. If the activity your family would like to do is lengthier or requires preparation, you could plan 'family time' for it in to your weekly schedule Try to include your children in making these plans. There are suggestions for family time activities on pages 13-14 and in our other resource packs and podcasts.

Showing affection

Showing affection does not always mean saying "I love you". You can show affection through physical gestures, such as a hug or a pat on the arm or back. Affection can be demonstrated verbally through using pet names or reminding them of treasured memories.

Reward chart template

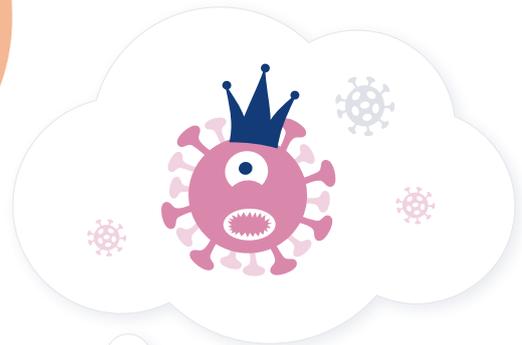
Use this template to reward your child when they are practicing new skills or improving behaviours.

My task	My stars/stickers						My reward

Should I talk to my child?

Knowing how and when to broach the subject of COVID-19 with your child without increasing their anxiety.

Yes! Children already know about coronavirus, so don't avoid talking about it with them.



It's important to be truthful, but remember your child's age. Give them factual information, just adjust the amount and the level of detail you share.

Allowing children to ask questions

It is natural that children will have questions and worries about coronavirus. Giving them the chance to ask these questions is a good way to ease their worries. It's ok if you don't have all the answers, just say "I don't know but I am here to help you".

Reassuring your child

For example, you might say 'we don't yet have a vaccination for coronavirus, but doctors are working very hard on it', or 'a lot of people might get sick, but for most people it is like a cold or flu and they get better'.

Some of the changes, like people wearing face masks or empty supermarket shelves, can be scary for children. They are likely to need to talk to someone they trust to help them understand why these things are happening.

Having difficult conversations with your child

It can be hard for families with older relatives, those in high risk groups, and families who usually receive supported from services.

If there are going to be big life changes, explain these to children using a calm tone of voice. For example, if they're wondering why they can't see their granny, explain that it is a good thing that granny is self-isolating to keep herself safe and they can keep in touch on the phone or using Skype.

Take each moment as it comes and support one another as best as you can.

COVID-19 and the media

Keeping up-to-date and protecting yours, and your child's, mental health.

The media is reporting heavily on COVID-19 and this has caused many people to feel more anxious than usual.

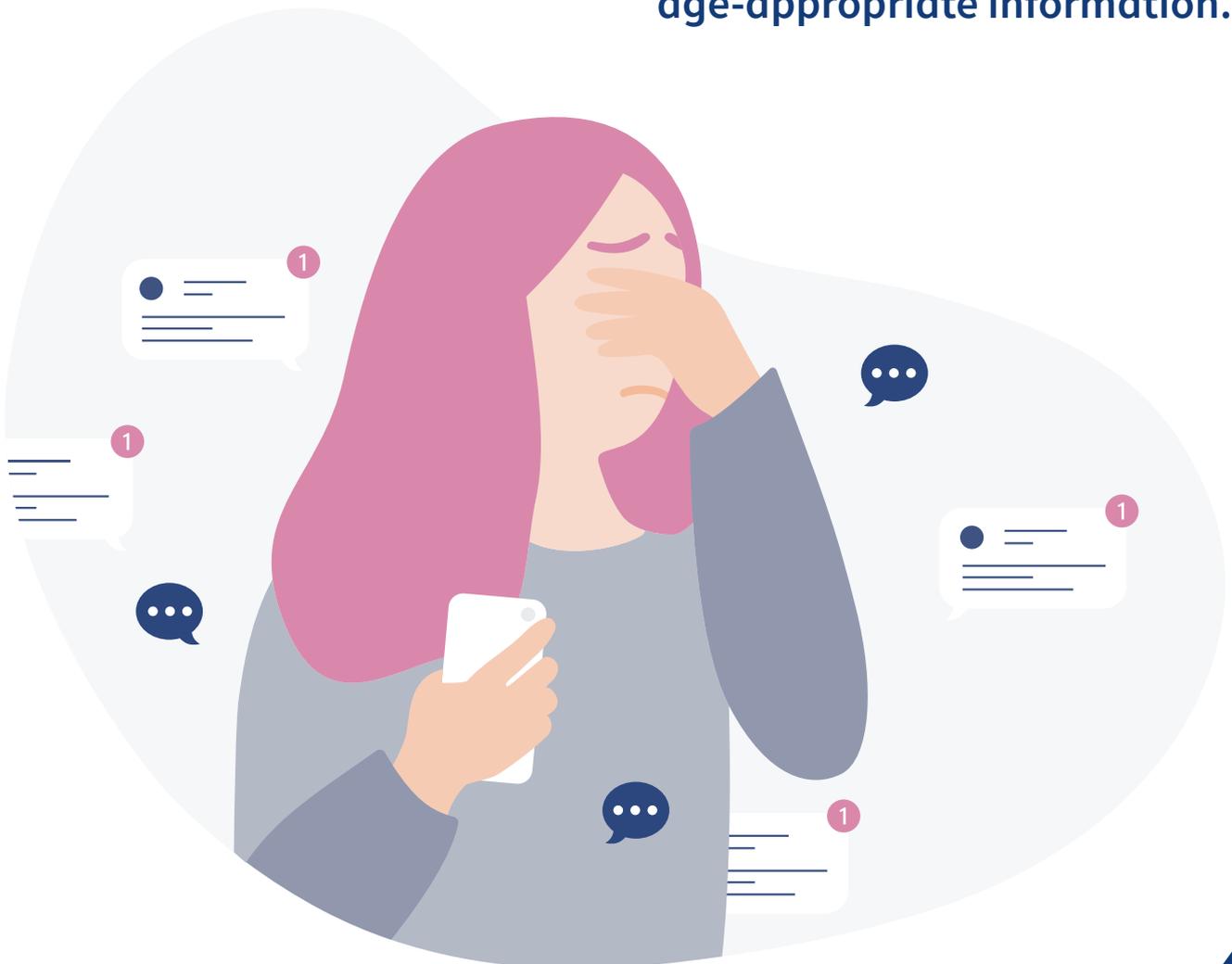
While it is important we keep up-to-date on the most effective ways to keep ourselves safe, it is not always helpful to read every single news article.

Statistics can often sound scary—especially when they are updated multiple times a day. If you or your child are experiencing anxiety as result of the media coverage

on COVID-19, it might not be helpful for you to keep watching live news, use social media, or to have news updates appearing on your devices.

You can instead limit your exposure to the new information by reading only one reliable COVID-19 update per day, for example: www.nhs.uk or www.gov.uk.

Most importantly, make sure your child only has access to age-appropriate information.



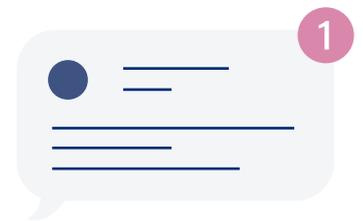
Muting social media accounts

Unhelpful content can be muted on Twitter, Facebook and Instagram to varying degrees. This can help you manage worries you may have.

Muting unhelpful words on Twitter

Iphone (app)

1. Go to your Notifications tab.
2. Tap the gear icon.
3. Tap “Muted” words.
4. Tap “+Add muted or phrase”.
5. Type in the word or hashtag you’d like to mute (for example: #COVID-19).
6. Alternatively, long press the word as it appears on a tweet and press “Mute”.



Android (app)



1. Go to your Notifications tab.
2. Tap the gear icon.
3. Tap “Muted” words.
4. Tap “+Add muted or phrase”.
5. Type in the word or hashtag you’d like to mute (for example: #COVID-19).

Muting unhelpful pages or accounts on Facebook



Iphone and Android (app)

Unfortunately you can't mute certain words, but you can mute pages or people if they are sharing or posting content you don't want to see.

1. Click on the three dots at the top right of the post you do not wish to see.
2. Press "Snooze for 30 days".
3. Alternatively you can "Hide all" or "Unfollow".

You can also prioritise whose posts you see:

1. Go onto your menu—this is usually the three lines at the top right on the Facebook app.
2. Scroll down to "Settings & Privacy".
3. Press "Settings".
4. Scroll down to the heading "News Feed settings" and choose "News Feed preferences".
5. Press "Prioritise Who to See First".
6. Choose who you want to see at the top of your News Feed.
7. Press "Done" at the top right.



Under your News Feed Settings you can also see who you have hidden posts from, or unfollowed.

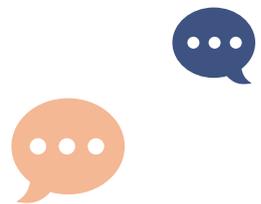
Avoiding recommended content on Instagram

Unfortunately, Instagram does not allow you to block posts or comments left on other users' posts that contain words, phrases or hashtags that you wish to avoid. If you are experiencing distress as a result of content on Instagram it is advisable that you cut

down on the time you spend on Instagram, choose social media sites that do allow you to filter out content you do not wish to see (such as Twitter) and avoid the 'explore' feature that recommends content to you.

Turn off 'explore'

1. Go to your profile.
2. Click on the hamburger (the three lines at the top right) of the screen.
3. Click on 'Settings'.
4. Click on 'Privacy'.
5. Click on 'Comments'.
6. Click on 'Manual filter'.
7. The manual filter bar will turn from grey to blue, then in the space that says 'words separated by commas...' type in words and phrases that you do wish not to see, separating each word or phrase using a comma.



Looking after yourself

Taking care of yourself is taking care of your family.

Have you ever taken a plane journey and the cabin crew tells you to put on your own oxygen mask before helping others in an emergency? Supporting your child during a pandemic is exactly the same!

Look after yourself so you can look after others

You might find it helpful to reach out to others in your own support network or to organisations listed on page 37. You might find you're not the only one facing challenges.

It's important to take time out for yourself. Try some of the relaxing 'me-charge' activities listed on page 27 if you're stuck for ideas.

Take the pressure off yourself

You are not expected to be a teacher during this time. Children can learn in many different ways, even games can be beneficial to their learning.

It is important to model to your child that you don't always have to be perfect. You may be feeling difficult emotions and that's ok.

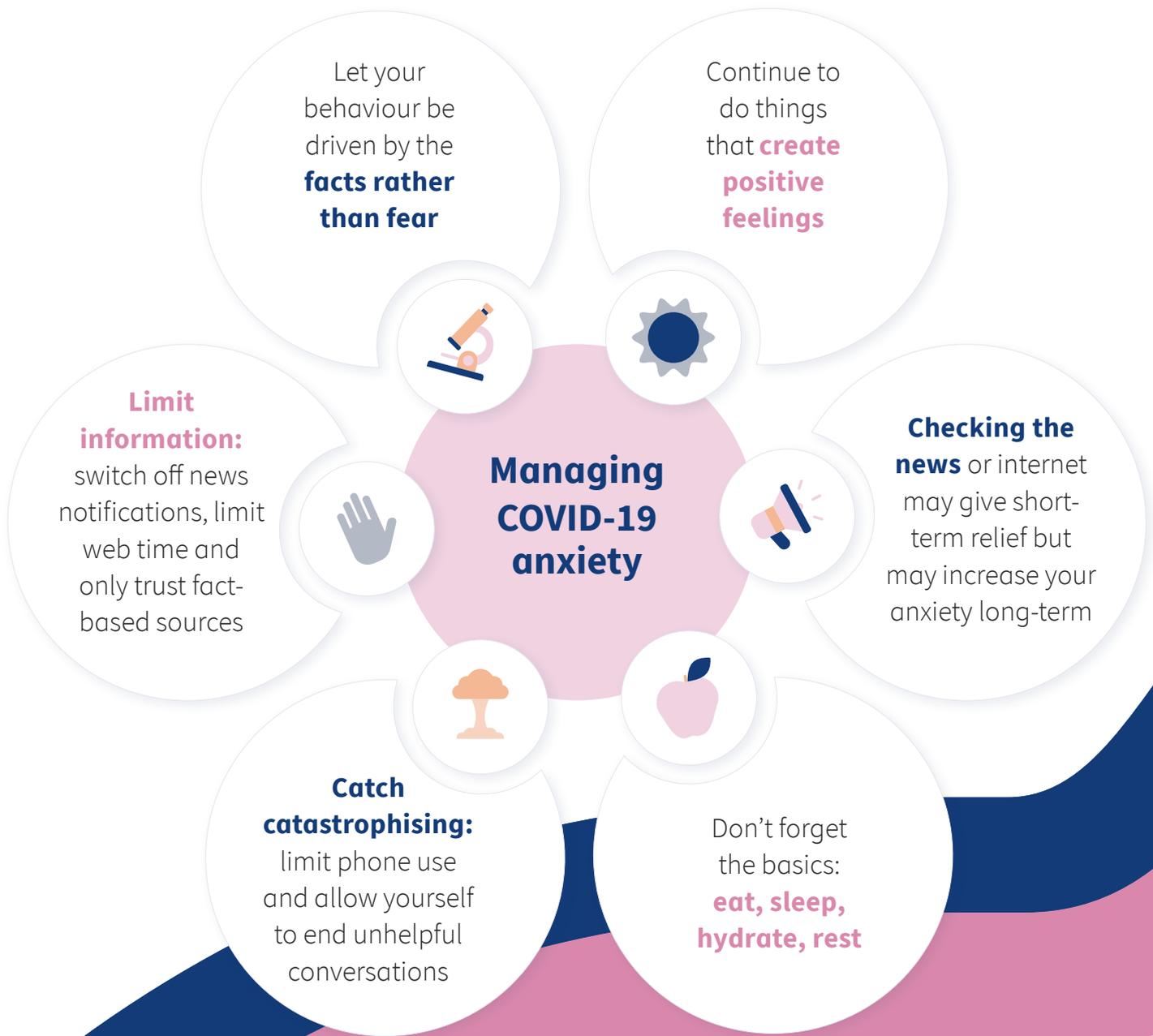
Parents often work really hard to maintain boundaries and routines. However COVID-19 is an unusual situation, so don't worry if you need to relax your usual boundaries (e.g. extra screen time).

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When the big things feel out of control...focus on what you love right under your nose.

Managing your COVID-19 anxiety

Use the tips below to help manage your anxiety about coronavirus and COVID-19.



Trustworthy websites

For more information on COVID-19 and providing emotional support to children, see the links below.

If you want to stay updated on the latest developments regarding coronavirus make sure you're checking only reputable sources of information. The following sites are regularly updated with verified information:

[The Scottish Government COVID-19 page](#)

On **WhatsApp** you can text the **World Health Organisation (WHO)** with the word "hi" for the latest information and COVID-19 myth busters: **+41225017596**

[The NHS COVID-19 page](#)

[The WHO COVID-19 page](#)

[The WHO information network page](#)

Links with advice to support emotional wellbeing:

[Mental Health Foundation](#)

[Mind](#)

Part 3:

Staying healthy at home

Creating a consistent routine

A consistent, structured daily plan is important for some children.

Most children are used to a certain amount of predictability and routine in their day. Building a daily routine during COVID 19 helps children to know what to expect from their day, which can reduce worrying and boredom. Allow your children to contribute their ideas when planning the routine (see the following page for a blank routine template).

Do not put pressure on yourself to match a usual school day you are not expected to be your children's teacher during this time. Children can learn in many ways and even games can be beneficial to their learning.

Creating a routine

- + Try to include your pre-COVID-19 activities (e.g. wake up time, mealtimes, caring for pets, bedtime).
- + Try to find balance between activities on and off-screen.
- + If you can, plan activities your children enjoy after ones they may find challenging. You may also wish to plan breaks/snack times following learning activities.
- + Choose times for activities that suit your entire family (e.g. plan tasks that children need assistance with when you are available to help them).
- + Planning hand washing breaks can help encourage good hand hygiene during COVID-19.
- + Try using pictures of your children's interests (e.g. dinosaurs) when drawing up your family's routine.

Home routine template

Use this template to plan a home routine for your child.

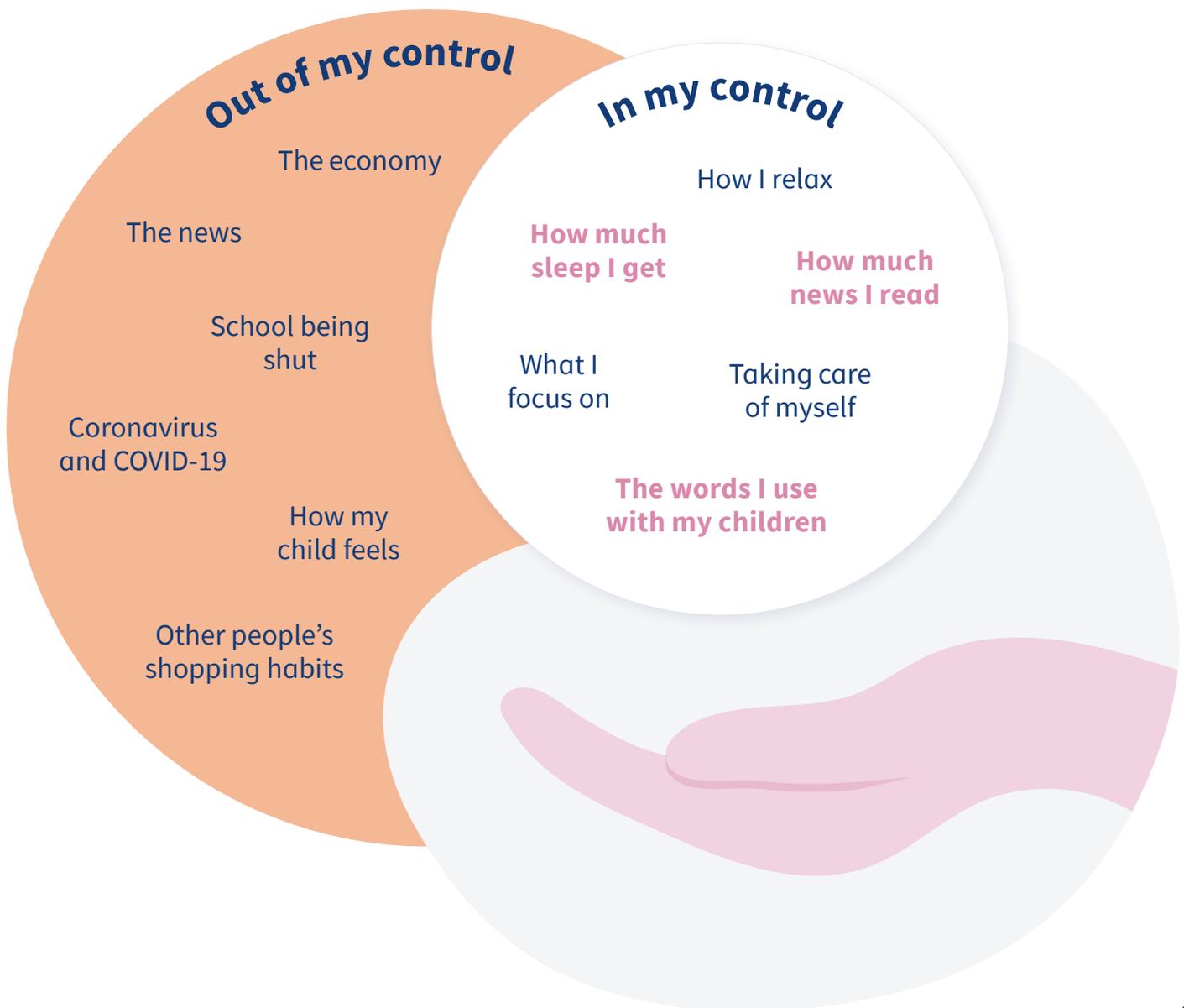
	Monday	Tuesday	Wednesday	Thursday	Friday
9.00-9.30					
9.30-10.15					
Break time					
10.30-11.15					
Break time					
11.30-12.15					
Lunch time					
1.15-2.00					
Break time					
2.15-3.00					

Things we can control

Use this activity to put the things you can and cannot control into a manageable context.

Understanding what we can and can't control is important. When we focus on things we cannot control we may feel worried and overwhelmed. If we focus on that we can control this can help us feel calmer and less anxious.

Use this quick activity to think about the things you can and can't control.



Distract yourself from worry

Remembering to take care of yourself is important. Try some of these 10-minute 'me-charge' ideas to unwind.

Take a shower

Have a technology break

Spend time with a pet

Play relaxing music



Draw or write



Stay in touch with friends and family

Do a physical activity

Play an instrument



Listen to a podcast

Watch a tutorial

Wrap up in a soft blanket

Spend time on a hobby

Use mindfulness and relaxation exercises (try one of the apps on page 38)



Read an article or a book



Watch part of a favourite TV show or movie

Emotion coaching

Help to support your child through the uncertainty of COVID-19, or any other worry they may have.

It may be that your child has some worries about COVID-19 (or in general!) that you cannot reassure them about. At times like this, emotion coaching is a really useful way to support your child to handle and tolerate all the uncertainty.

This may feel uncomfortable to start with, but it is worth the effort.

When children have their feelings acknowledged, they feel safer and this is especially important in these strange times.

Emotion coaching teaches children the important life skill of emotion regulation, not only will this help them in the present, it will also prepare them to handle challenges they will face later in their lives.

Research shows that children who learn about their feelings and emotions have these advantages:

- + Feel calmer and learn to self-regulate.
- + Get sick less often.
- + Stronger relationships with other people.



The 5 steps of emotion coaching

Use these steps as a guide to emotion coaching with your child.

1. Be aware

- + To support your child with emotion coaching, you need to start observing, listening and learning how your child expresses different feelings and emotions.
- + Watch for changes in their facial expression, body language, posture, and tone of voice.
- + Set a good example by talking about feelings and emotions in order to help children build a vocabulary of different feelings.
- + Encourage children to talk about their feelings and emotions.

2. Connect with your child

- + You can use emotional moments as opportunities to connect with your child
- + Allow your child to have their feelings without dismissing, disapproving or avoiding.
- + All feelings are okay, but not all behaviour is okay.

3. Listen and tune-in to your child

- + Your child will feel more secure when they are allowed to express their feelings.
- + Take time to stop, breathe and get curious.
- + Tune-in to the feelings underneath your child's behaviour.
- + Take 5 long slow breaths to help you feel calm.
- + Check what's going on for you. Has your child's behaviour touched a nerve for you? Has it made you feel frustrated? Angry? Scared? Helpless?

4. Name your child's feelings out loud

- + Your child will feel more secure when their feelings are heard.
- + Naming emotions helps to soothe and regulate your child's brain.
- + Ask, rather than telling, them how they are feeling. If they're not sure, offer suggestions for them to consider.

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I'm thinking you must be feeling really upset because you can't see your friends right now, but it's not okay to shout at mummy.

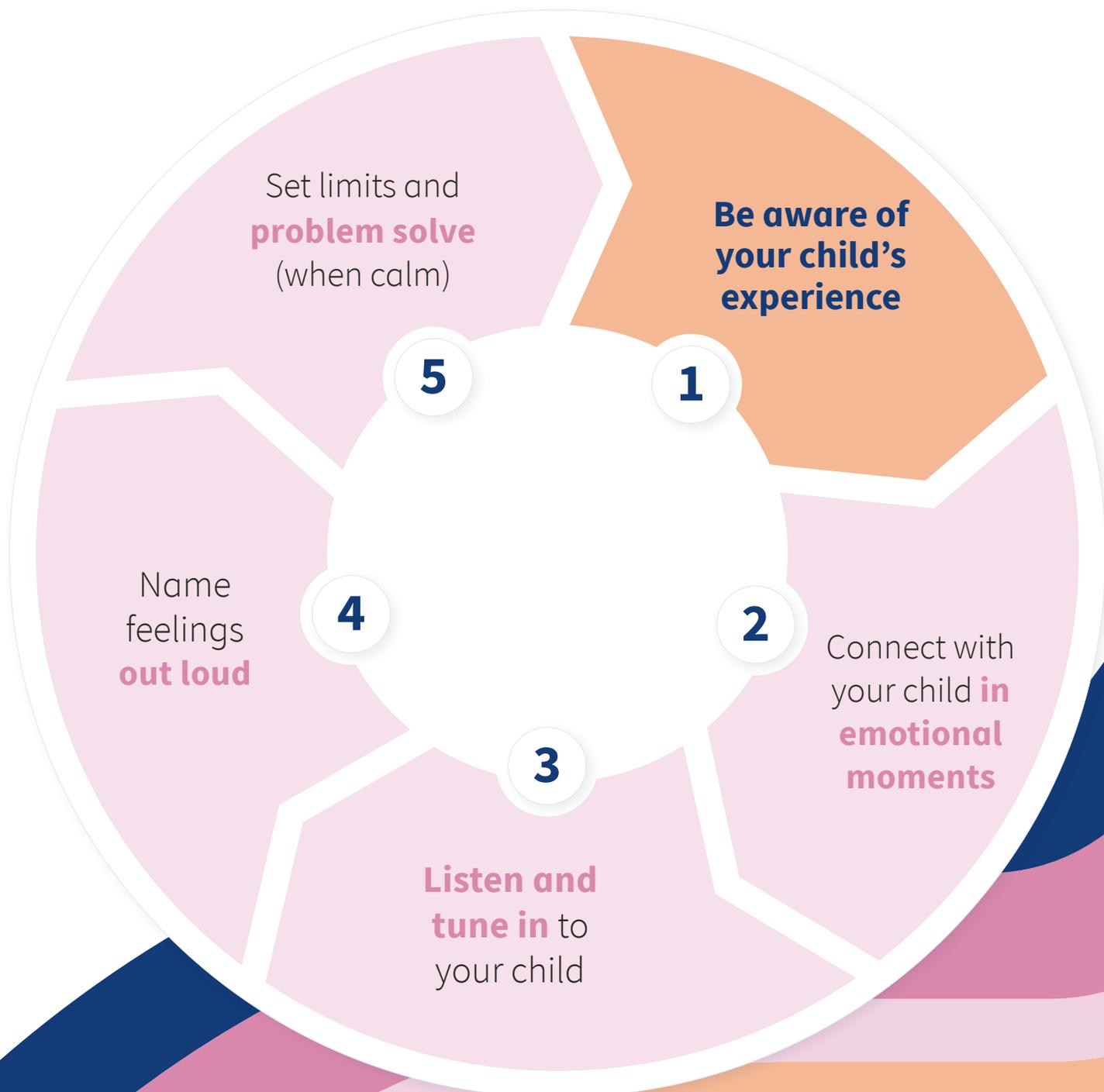
Let's have a think about different ways of staying in touch with your friends.

5. Set limits and problem solve together

- + You can allow all of your child's feelings while still setting clear limits on behaviour.
- + Corrections should only be made when feelings have been noted and everyone is calm.
- + Where possible involve your child in problem solving, especially as they get older.
- + Think ahead about tricky and potentially overwhelming situations and be prepared to help the child through them.

Emotion coaching wheel

Use this diagram to jog your memory on the steps described in the previous pages.



Relaxed breathing for children

An exercise to help your child feel less anxious.

- 1.** Find a quiet place free of distractions. Lie on the floor or sit in a chair. Rest your hands in your lap or on the arms of the chair.
- 2.** We are going to practice breathing slowly in for three and out for three. Imagine your breath is like a wave, slowly rushing in to your body, then slowly running out of your body
1...2...3...1...2...3...
- 3.** As you breathe in feel air fill your lungs and then when they are full of air slowly push the air back out until there is no air left.
- 4.** Now focus on where you are breathing. Place one hand on your upper chest and the other hand on your stomach. I want you to breathe in through your nose and down into your stomach. You should feel the hand on your stomach move out whilst the hand on your chest stays still. Now practice breathing down in to your stomach, feeling your hand move out as your stomach fills with air, then as you breathe out feel your hand fall.
- 5.** When you have practiced breathing like this you can take your hand away and continue to breathe down into your stomach.
- 6.** Continue this pattern of rhythmic breathing for five to ten minutes.

Progressive muscle relaxation

Exercise to help adults and children let go of anxiety.

- 1.** Begin by finding a comfortable position sitting, standing, or lying down. You can change positions any time during the progressive muscle relaxation exercises to make yourself more comfortable as needed.
- 2.** Start with the muscles in your legs. Tighten all the muscles of your legs. Tense the muscles further. Hold onto this tension. Feel how tight and tense the muscles in your legs are right now. Squeeze the muscles harder, tighter...
- 3.** Continue to hold this tension. Feel the muscles wanting to give up this tension. Hold it for a few moments more...
- 4.** Now relax. Let all the tension go. Feel the muscles in your legs going limp, loose, and relaxed. Notice how relaxed the muscles feel now. Feel the difference between tension and relaxation. Enjoy the pleasant feeling of relaxation in your legs.
- 5.** Now focus on the muscles in your arms. Tighten your shoulders, upper arms, lower arms, and hands. Squeeze your hands into tight fists. Tense the muscles in your arms and hands as tightly as you can. Squeeze harder... harder...
- 6.** Hold the tension in your arms, shoulders, and hands. Feel the tension in these muscles. Hold it for a few moments more...
- 7.** Now release. Let the muscles of your shoulders, arms, and hands relax and go limp. Feel the relaxation as your shoulders lower into a comfortable position and your hands relax at your sides. Allow the muscles in your arms to relax completely.
- 8.** Focus again on your breathing. Slow, even, regular breaths. Breathe in relaxation... and breathe out tension...in relaxation...and out tension... Continue to breathe slowly and rhythmically...

9. Now focus on the muscles of your buttocks. Tighten these muscles as much as you can. Hold this tension...and then release. Relax your muscles.
10. Tighten the muscles of your back now. Feel your back tightening, pulling your shoulders back and tensing the muscles along your spine. Arch your back slightly as you tighten these muscles. Hold...and relax. Let all the tension go. Feel your back comfortably relaxing into an easy and natural posture.
11. Turn your attention now to the muscles of your chest and stomach. Tighten and tense these muscles. Tighten them further...hold this tension... and release. Relax the muscles of your trunk.
12. Finally, tighten the muscles of your face. Scrunch your eyes shut tightly, wrinkle your nose, and tighten your cheeks and chin. Hold this tension in your face... and relax. Release all the tension. Feel how relaxed your face is.
13. Notice all of the muscles in your body...notice how relaxed your muscles feel. Allow any last bits of tension to drain away. Enjoy the relaxation you are experiencing. Notice your calm breathing...your relaxed muscles...Enjoy the relaxation for a few moments...
14. When you are ready to return to your usual level of alertness and awareness, slowly begin to re-awaken your body. Wiggle your toes and fingers. Swing your arms gently. Shrug your shoulders. Stretch if you like.

You can now end this exercise feeling calm and refreshed.

Distract your kids from worry

Try some of these activities with your child to distract them from worrying—there's something for everyone in this list!



Get creative

- + Draw a character from your favourite book.
- + Make bubbles with washing up liquid.
- + Make a castle out of paper cups.
- + Paint like your favourite artist.
- + Do some mindful colouring.



Get techy

- + Video yourself telling a story to share with a friend.
- + Watch your all-time favourite movie.
- + Watch some funny videos on YouTube together.
- + Facetime hide and seek.
- + Listen to an audio book.



Be a scientist

- + Cornflower and water experiment.
- + Make a straw rocket.
- + Make a playdough coronavirus.
- + Put water and baking soda in a balloon.



Get physical

- + Create your own dance routine.
- + Do child-friendly yoga (YouTube).
- + Play 'Hide and seek'.
- + Play 'The floor is lava'.
- + Play 'Sleeping logs'



Use your words

- + Write a poem about how you're feeling.
- + Write a short story about your experiences.
- + Read your favourite book.
- + Write a rap.
- + Try and learn a new language.



Have an indoor adventure

- + Design a treasure hunt inside your house.
- + Design and make a fairy door.
- + Design your own board game.
- + Create a mini-golf course inside your house.
- + Create a fort.

Further resources

Explore these digital resources for more activities and help to support your children during COVID-19.

Parenting support

Parent Club

Parent Club, set up by the Scottish Government, provides tried and tested tips from other parents on a wide range of topics.

Family Lives

Family Lives are a charity that provide professional, non-judgmental support and advice for parents.

Children 1st

Children 1st, Scotland's National Childrens Charity, offer practical advice and support in difficult times including telephone support for parents.

The Spark

The Spark specialise in online and telephone counselling services for couples, individuals, youths and families.

Phone: **0808 802 2088**

Mental health support

CAMHS

Child and Adolescent Mental Health Services CAMHS have created downloadable resources for coping with COVID-19 stress and uncertainty. There are also links to apps and websites for further mental health support.

NHS Grampian

If you, or a member of your family, are struggling due to the changes COVID-19 has brought to your life the Psychology Resilience Hub can help. They offer guidance and support by phone or virtual appointment. Adults and children aged 14-18 years old can self-refer; children under the age of 18 can be referred by an adult.

Local support

COVID-19 Hub

This website is a focal point for information and assistance for anyone affected by coronavirus in the Grampian area.

Phone: **0808 916 3384**

Apps to support wellbeing

Smiling Mind

Smiling Mind is a meditation program to help bring mindfulness into your life. **Available on iOS and Android.**

Mindshift

Mindshift can be used to help manage and reduce anxiety. It includes a feelings check in, chill zone with audio bodyscan, breathing exercises, coping cards, and a thought journal. **Available on iOS and Android.**

Breath2Relax

Breathe2Relax is a stress management tool that provides information on the effects of stress on the body as well as instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. It can also help with mood stabilization, anger control, and anxiety management. **Available on iOS and Android.**

If you feel you or your child's worries are getting bigger, you can contact:

Samaritans: 116 123
www.samaritans.org

Breathing Space: 0800 83 85 87
<https://breathingspace.scot>

NHS 24: 111
<https://www.nhs24.scot>

Your local GP



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how we can best meet your requirements.



NHS Education for Scotland
Westport 102
West Port
Edinburgh EH3 9DN
tel: 0131 656 3200
www.nes.scot.nhs.uk