

THE IMPACT OF COVID ON CHILDREN AND YOUNG PEOPLE

PARENTS' AND CARERS' VIEWS



EMOTIONAL BEHAVIOURAL AND PHYSICAL IMPACT



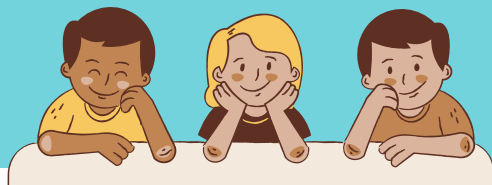
negatives

Increase in anxiety
Low mood
Increased emotional sensitivity and distressed behaviours
Negative impact on sleep and activity levels
Struggles to cope with lack of routine

positives



Reduced anxiety
Fewer sensory demands



RELATIONSHIPS

Missing friends
Increased isolation
Decrease in social skills
Fears and anxiety about not seeing family members
More intense relationships with parents and siblings

Closer relationships with parents and siblings



HOME/LEARN WORKING

Technology is too challenging
Reduced ability to learn
Lack of divide between home and school
Reduced motivation and engagement
Missed interaction
Increased screen time

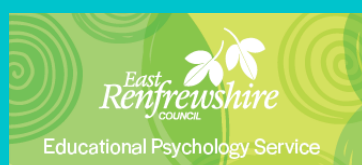
Opportunity to learn new skills and hobbies.
More accessible environment



RETURN TO SCHOOL

Fear and anxiety
Pressure on "catching up"/learning loss
No transition planning
Possible sensory overload

Excitement about the return to school and seeing friends



HEALTHIER MINDS



**The Impact of Covid: Parent Sessions and Survey
March 2021**

East Renfrewshire Educational Psychology Service