

# THE IMPACT OF COVID ON CHILDREN AND YOUNG PEOPLE

PARENTS' AND CARERS' VIEWS



## MOTIONAL BEHAVOURAL AND PHYSICAL IMPACT

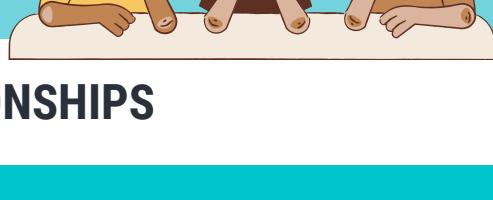


### negatives

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

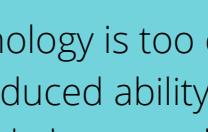
Reduced anxiety  
Fewer sensory demands



## 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

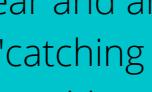
Reduced motivation and engagement

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*