

RESOURCE GUIDE TO COVID19



Many children have come home from school with home learning and education resource packs. This may be overwhelming for both you and your child. Please don't worry, if your child does not want to do any of their work or that you see changes in their behaviour, and they start to act up. This is very normal under what is not normal circumstances. Teachers are still there to offer support and guidance but we are all readjusting to different circumstances that can take time.

What's important is that we take care of ourselves and take care of our children's emotional health. Many of us are scared and worried just now and even if we don't say this in front of our children, they will feel it.

This information pack has been put together to give you some information as to how you can take care of you and your child's mental wellbeing as well as some suggestions of activities you can do together.

It's OK to be worried, nervous and frightened. We're probably all feeling like this just now. So are our children. Here's some hints and tips on how to help them cope during COVID19.

- Try to keep your family to a familiar routine as much as possible. This will help you all. Small daily life things like getting up, washed and dressed, having main meals at the same time can help achieve this.
- Have individual boxes or tubs for each child and get them to put their snacks in it for the day. This will help you to limit the amount they eat out with mealtimes. If you are doing school work you could include school essentials such as pencils, etc.
- Keep children in touch with their family. During lockdown this may not be physically possible but things such as phone calls or video-calling can be good ways to keep in touch.
- Help your child express their fear and worry. Play and drawing are ways for children to do this. You can then talk to them about their worries using the play or drawings.
- Find a trusted adult you can talk to about anything worrying you these feelings are normal.
- Try and identify one positive activity to do together you can all enjoy each day.
- Your child may have worries about COVID19. It may be helpful for you both to look Try to give your child an honest but age appropriate explanation. Young Scot has a website dedicated to information and support relating to COVID 19. This will be continually updated and links added to information you can trust. <https://young.scot/campaigns/national/coronavirus>

There are also fun ways to help your younger children understand what's going on.

Have you tried the pepper experiment? This is a fun way to help your children understand the importance of hand washing.



- 1) Put some water into a bowl and sprinkle pepper into the water
- 2) Put your finger into the pepper
- 3) Now put some soap onto your finger and put it back into the bowl
- 4) What happens to the pepper?

Keeping it Positive

It's hard to feel positive when our kids or teenagers are doing or say things that test our patience. We often end up saying "stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

Use positive words when telling your child what to do; like "please put your clothes away", instead of "Don't make a mess".

It's all in the delivery

Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Get Real

Be realistic about what you expect from your child. Can your child actually do what you are asking them.

Praise your child when they are behaving well. They may not show it but you'll see them doing that good thing again.

During these times of worry you may see changes in your child's behaviour, and they may start to act up or want more affection and attention from you. If this happens don't worry, this is quite normal. Here's some tips on how to manage!

Redirect

If your child starts to misbehave, try and stop it early.

Stop it before it starts! When they start to get restless, you can distract them with something fun and interesting such as "come on and lets go for a walk!"

Set consequences and boundaries. This helps to teach your child responsibility for what they do.

- 1) Give your child a choice to follow your instruction before giving them the consequence
- 2) Try to stay calm when giving the consequence
- 3) Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to stick to. Taking it away for one hour is more realistic.
- 4) Once the consequence is over, give your child a chance to do something good, and praise them for it.

As a parent it is important that you try and stay calm. Keep your voice soft and gentle. Try not to shout. If you find yourself getting angry and shouting, step back and take time to calm. You could make a cuppa.

Boredom Busters

Make a boredom buster jar with your children. Get them to write activity ideas on a piece of paper. This could be things like draw a picture, have a race etc. Put the pieces into a bowl or jar and pick one out when they are getting bored. Cut the suggestions out below as a start.....

Make a magazine:

Dig out old magazines and help your child cut out their favourite pictures. They can stick them on a large sheet of card to make a collage or onto pieces of paper to make their own magazine. If they are older, get them to write 'headlines' and short stories around the pictures.

Make a homemade jigsaw.

Draw and colour in a picture, cut it up into bits and mix it up. See if you can put it back together again. You could even use a picture out of a magazine!

Mystery bag game

Use any bag you have and fill it with random objects - a carrot, a hairbrush, a set of chopsticks - the sillier the better! Then each person must be blindfolded and given 30 seconds to feel around the bag.

Whoever can identify the most objects is the winner.

The Memory Game

Place 10 everyday objects in a variety of sizes such as pencils, spoons, pennies etc. on a tray or a large plate. Let everyone have a look for a minute then cover the tray with a tea towel and remove an object. Each person then takes a turn to guess what is missing. You can remove more than one object. Whoever wins then takes a turn to remove an object

Have a home disco. using your own music and dance along to your favorite tunes.

Make your own café.

Make a menu of what you will be having for lunch or dinner. On your child's age, you could involve them in preparing and making food for the café. Role play a café scenario. You could make your own money with card or paper.

Have a picnic.

Put a blanket on the living room floor or garden at your snack/ meal together. You could even make this a teddy bear's picnic with your favourite cuddly toy!

Use old magazines to cut out different eye/face/hair/body cut-outs and mix them up to make funny faces

The floor is Lava.

Pretend the floor is Lava, place some cushions on the floor and try and get from one side of the room to the other using them as stepping stones.

Don't fall into the lava!

Put on a show

Act out your favourite story or film. Everyone could have a different role.

Pretend play
Get the children to pretend to be someone they know for example, mum, gran, grandpa and not to tell you who they are you have to guess who they are pretending to be.

Drawing games like 'hangman', 'noughts and crosses' and 'dot to dot'. All you need is a pad and a couple of pens and you're ready to start.

Dress up

Use old clothes from your wardrobe, scarfs, hats, shoes, old glasses.

Ball game

Set up a wastepaper bin as a goal start by being close to the bin and try throwing the ball or even a rolled up piece of paper into the bin and gradually moving back a small step at a time and see how far you can throw your ball.

Sensory Activities

Here are some sensory activities that you can make and do at home.

Homemade playdoh

What you need:

- 2 cups of plain flour
- 2 cups of water
- Food colouring

Mix together in a bowl with water. Once it all joins use your hand to ensure all the parts are together by needing it with your fists. Store in an airtight container or cling film.

Why not try making fairy dough by adding some glitter!

Water Play

What you need:

- A basin of water (you could also use the sink or bath if you don't have a basin)
- Food colouring, if you have any
- Empty plastic bottles and containers, plastic jugs etc.

Let your child fill up and empty the containers out. You could cut holes in to the sides of the bottles and watch the water flow out.

Rainmaker (this is good for older babies and toddlers)

What you need:

- Empty screw top plastic bottle, any size will do
- Water, rice or pasta
- Small objects like buttons, sequin, shells, glitter

Put some water, rice or pasta into the plastic bottle. Add your small objects. Let your baby shake the bottle

You could also make these into eye spy bottles for young children. All you need to do is fill the bottle with rice or pasta. Put small objects in to the bottle. You could use different coloured bit of paper, buttons, pompoms, shells, broken crayons. Let your child turn to bottle and see what they can find.

Washable Finger Paints

What you need:

- 1 cup all purpose flour
- 4 cups cold water
- Food colouring

In large saucepan mix flour and 1 cup of cold water. Stir until smooth. Add 3 cups of water and cook over medium heat until thickens and bubbles. Reduce the heat and simmer for 1 minute, stirring constantly. Add food colouring, cover and allow to cool before using.

Messy Play Ideas

- Shaving foam (sensitive is best) or Aerosol cream -put in container you could use a basin or put them in the sink and add hidden treasures. The treasure could be various water proof toys e.g.: plastics, Lego, doll, car. Don't use anything that has sharp edges.
- A jug of water, earth, empty plastic pots and add soil to make mud pies

Outdoor Activities

During the current 'Lockdown' you are able to go out your house once per day for exercise. A garden is considered part of your house so its use is unlimited.

There are lots of fun learning opportunities that can happen whilst out a walk.



You could also do this from your window or garden too!



Have a bug hunt. You could then draw the insects that you've found



Spots signs of spring. You could then write them down seeing how many different colours you can find.



Look at the clouds and see if you can make different things/shapes etc. from their shapes.

Nature Scavenger Hunt



flower



rocks



water



green leaf



tree



grass



spiderweb



bird



sand or dirt



cloud



bug



ant



brown leaf



tree bark

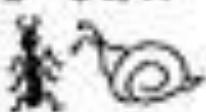
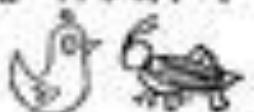
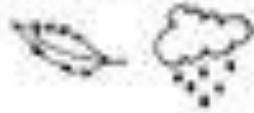


butterfly



fern

MY nature Walk

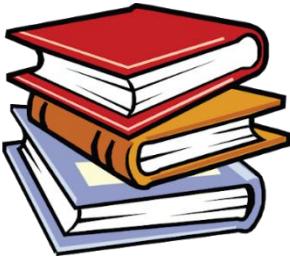
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I touched	
	
I tasted	
	



Online Resources

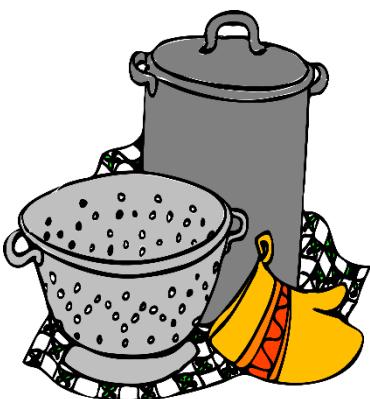
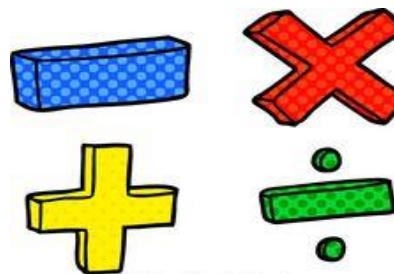
There are lots of fun things for children to do online. Here is a list of some of the things available but you may have your own

- Joe Wicks PE Sessions, Strictly Come Dancing Star Oti has done dancing lessons for children or Comic Yoga (all can be found on YouTube)



- Audio stories with David Walliams
www.worldofdavidwalliams.com/elevenses
(You can also assess eBooks and audio books via North Ayrshire Libraries and Audible)

- Maths with Carol Vorderman
www.themathsfactor.com



- Cooking with Jamie Oliver
www.jamieoliver.com/features/caterogry/get-your-kids-cooking/

- Music with Mylee Class via YouTube



There are also lots of fun play ideas at playscotland.org.

Looking After the Adults

This is a difficult time for everyone, and we all need to look after ourselves and each other. Here are some tips and hints to take care of yourself:

- Stay in touch with friends and family. Talk through some of your worries with someone who trust.
- Look after your body. Our physical health has a big impact on how we feel. Try to eat healthy, well-balanced meals, drink enough water and exercise regular. Physical exercise helps to boost calming hormones in our bodies. Join in with the kids and have some exercise. You could do Jo Wick PE Lesson, Cosmic Yoga or Strictly Come Dancing Oti's dance lesson (all available on YouTube)
- Take time for yourself. Do something that makes you happy. This may not be easy due to COVID 19 but use the time when your children are in bed to relax. You could listen to music, watch a film or take a bath.
- Stick to the facts! Accessing trustworthy sources of information is important in understanding what actions you can take to protect yourself and others. For parents and carers, it will also allow you to confidently share accurate information with your child. There are lots of scare stories on Social Media, try to avoid these and use reliable information sources.

Here are some trustworthy sources of information for adults to read and learn about COVID 19

Scottish Government COVID 19 information for older children and adults

<https://www.gov.scot/coronavirus-covid-19/>

Guide for older children and adults who may wish to access more information about COVID 19

<https://www.nhsinform.scot/coronavirus>

- Try and limit the amount of time you spend watching and listening to the news. Have one time each day where you listen to or watch the news.
- Stay on top of difficult feelings. Try to focus on things that you can control such as your behaviour, who you speak to, limiting your time spent on social media etc.



Here are some free websites and Apps you can also use to help you manage your feelings:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>



Mind Shift Mind Shift is a mental health app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.



Self Help for Anxiety Management SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Happify, Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



The **Headspace** app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day.



Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.



Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind 😊

There are many other apps you could try which could be helpful, but these are some suggestions to try or you may find your own that you like better.

Some useful information and telephone numbers

Whilst Social Work offices are closed to the public, we are still here to help. Please contact your Social Worker in the first instance if you need help and support.

Irvine Children and Families

(01294) 310300

Kilwinning Children and Families

(01294) 555430

Three Towns Children and Families

(01294) 468213

Arran Children and Families

(01770) 6000742

Garnock Valley Children and Families

(01505) 684551

Ayrshire Out of Hours Social Work Service

Tel: 0800 328 7758

Here are some other useful contact numbers:



Money Matters

For new referrals: 01294 310048

If you're already involved with Money Matters: 01294 310456



Scottish Women's Aid

Tel: 08088 01 03 02.

Telephone Lines are open 6pm-midnight



Victim Support Scotland

Anyone affected by domestic abuse can contact the helpline on 0800 160 1985.

There is also a webchat facility www.victimsupport.scot, where people can connect with a trained supporter. Both of these services are free, anonymous, and run 8am-8pm, Monday to Friday



Children's 1st Parent Line

Tel: 08000 28 22 33

Available Mon-Fri 9am-9pm and Sat-Sun 9am-12 noon

Online support is also available at childrens1st.org.uk/parentline



ChildLine (For under 18 years of age)

Tel: 0800 111

Open 9am-midnight. There is also online chat facilities at www.childline.org.uk

Police Scotland

Tel: 101

NHS24

Tel: 111



Stay home

Stay Safe