



Support for parents and carers while schools work differently because of restrictions in place to prevent the spread of coronavirus

Families have had to adapt in many ways because of the restrictions in place to prevent the spread of coronavirus. These restrictions will change over time, but are likely to remain with us in some form for a while.

Follow the latest Welsh Government guidance on what to do to prevent the spread of coronavirus and Keep Wales Safe at gov.wales/protect-yourself-others-coronavirus. This will tell you what to do if you are meeting people face to face and going outside.

Keep Wales Safe

Looking after your family's health and well-being comes first. For helpful information see 'Coronavirus (COVID-19): Looking out for each other safely' at gov.wales/safe-help

Doing the following can also help.



Understanding

Talk together about coronavirus and why things have changed. Here are some free books and information you could look at together.

#COVIBOOK – Supporting and reassuring children around the world

www.mindheart.co/descargables

Coronavirus – A book for children

<https://nosycrow.com/international-language-editions-of-coronavirus-a-book-for-children/>

My Hero is You – how kids can fight COVID-19!

<https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>

Meic Cymru

www.meiccymru.org/tag/covid-19/



Find a family routine

Decide when to get up, eat together, exercise, have fun and go to bed.



Connect with others

Stay in touch with friends and family that your children are missing. You could do this on the phone, online, through letters or face to face (remember social distancing).



Be active

You can play together, go outside, dance or go for a walk together as a family.



Talk and take notice

This is good for well-being. Give your children your time and your company, talk together, notice the weather, listen to the birds and remember the good things that happened in the day.



Be kind

Being kind to each other is important. Encourage your children to think about others and praise them when they do something kind or helpful.



Remember

Make sure your children are safe online. You can ask your school for help about this or you can look at 'Stay Safe. Stay learning. Online safety guidance for parents and carers' at hwb.gov.wales/zones/online-safety/key-information/parents-and-carers/

Keep Wales Learning

Schools are working differently because of the coronavirus, but they are still teaching your children. If possible try to follow what the school is setting, but what you are able to do will depend on your family situation.

You do not need to be your children's school teacher at this time. There are many ways of learning, not just with technology or with a teacher. Children can learn through playing, talking and doing everyday activities. Here are ways you can help them to learn.



Routine

Establish a structure to the day with clear boundaries between learning and relaxing.



Support

Take an active interest in your children's learning. If possible help older children to work remotely with friends.



Share books/read

There are many ways to access stories. You can access electronic books, readings and videos on the internet.



Explore interests

Children develop many skills while learning more about some of their favourite things.



Do tasks together

Your children can help with tasks around the house, like cooking, cleaning, gardening.



Play

Depending upon their age and interests, encourage make-believe games like playing shop or school, or going to a café or exploring in the garden.



Be creative

Making things or performing, indoors or outdoors, can be fun. Your children could send things you make on to family and friends as a way of keeping in touch.



Be active

Learning good coordination and developing their physical strength will give your children confidence.



Spend time as a family and have fun

Doing activities and games as a family can help develop many skills.

Remember

Your children's school want to help.

Talk to your school if you or your children are worried about or want help with:

- school work
- going back to school, changing class or school, leaving education
- being able to access the internet
- being able to access learning activities online
- how to access free school meals
- how to access school counselling services.

Other support for you and your children



Free school meals – check how you can continue to get free school meals in your local authority area while schools are not fully open as usual.

gov.wales/find-out-about-free-school-meals-during-coronavirus-outbreak



Welsh Government has information that you might find helpful relating to vulnerable children and young people during the coronavirus pandemic.

gov.wales/vulnerable-children-and-young-people-coronavirus#section-40031



Learn My Way – a website that helps people learn basic digital skills for free.

www.learnmyway.com



Helplines

C.A.L.L. (Community Advice and Listening Line) – **0800 132 737** or **text 81066** (24-hour)

Offer confidential emotional support on mental health and related matters.

<http://callhelpline.org.uk/>

Carers Wales and **Carers UK** – **0808 808 7777** (Monday to Friday: 9am–6pm)

For people who need help with looking after a friend or family member.

www.carersuk.org/wales/help-and-advice

Childline – **0800 1111**

A private and confidential service where anyone under 19 can talk about anything.

www.childline.org.uk/get-support/contacting-childline/

Live Fear Free – **0808 80 10 800** (24-hour)

Offer help and advice for anyone experiencing domestic abuse or anyone who knows someone who needs help.

gov.wales/live-fear-free/contact-live-fear-free

Meic Cymru – **080880 23456** (daily 8am–12pm)

An information, advice and advocacy helpline for children and young people up to the age of 25 in Wales.

www.meiccymru.org/get-help/

Mind Cymru – 0300 123 3393

Offer advice and support for anyone experiencing a mental health problem.

www.mind.org.uk/about-us/mind-cymru/

NHS Direct – 111

If you are feeling unwell but the problem is not a medical emergency. (Currently available in the following health board areas – Hywel Dda, Powys, Aneurin Bevan and Swansea Bay – including Bridgend). If you are outside these areas, please call **0845 46 47** (2p per minute).

<https://111.wales.nhs.uk/contactus/>

NSPCC – 0808 800 5000 (Monday–Friday: 8am–10pm, weekends: 9am–6pm)

For adults who have a concern about a child or young person.

www.nspcc.org.uk/about-us/contact-us/

Samaritans – 116 123 (24-hour) or Welsh language line: **0808 164 0123** (7pm–11pm)

A safe space to talk over problems, feelings, stress or any worries.

www.samaritans.org/how-we-can-help/contact-samaritan/

In an emergency you should always call 999.

The information in this document is taken from the 'Parents and carers' section of the 'Distance learning support' area on the Hwb website. These online pages are being updated frequently to include additional information and resources as they become available. Please view Hwb for updates.

hwb.gov.wales/distance-learning/distance-learning-tools-through-hwb/welcome-to-parents-and-carers-support/