

## Supporting information for parents during lockdown

We understand that the last 8 weeks may have been challenging but we want you to know you are all doing an amazing job as parents, carers and now teachers. As we navigate our way through this difficult time, the importance of looking after our mental wellbeing is imperative. Whilst the answers to questions that cannot be given right now, there are some resources that can help us at this time.

Without wanting to overload you with too much, I have selected a few links that you may find useful.

If there is something specific, you would like support with, then please do not hesitate to contact the school and we will do our best to support you.

Keep safe,

Hevingham and Marsham Primary Schools

### **Coping with being apart from friends and families**

If you and your child are struggling with being apart, this story from Tom Hardy may offer some comfort <https://www.bbc.co.uk/iplayer/episode/m000hsff/cbeebies-bedtime-stories-750-tom-hardy-under-the-same-sky>

The Young Minds Website <https://youngminds.org.uk/> has some brilliant tips and advice for supporting young people's mental health.

Specific links include **activities to do** during lockdown <https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/> and

**Supporting your child during the pandemic** <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

There is also a brilliant resource titled Conversation Starters that will enable you to begin open conversations about how your child is feeling during this unprecedented time

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

### **Sleep**

You may find that during lockdown, the quality of sleep for you and your child may have declined.

Follow this link for sleep tips <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx>

For some, soothing music at bedtime is helpful to aid us to drift off to sleep. Cbeebies radio has a range of music that you could try <https://www.bbc.co.uk/cbeebies/radio/calming-sounds?collection=cbeebies-bedtime#playlist>