

There is no doubt that working through another lockdown is a difficult time for everyone. We are all finding new ways of doing things whilst managing our own worries.

Here are some examples of resources that may help.



My child wants to talk about coronavirus but I am unsure how to approach it?



It is very important that children can talk about their worries and their fears and that they do not bottle these up as they see change and worry around them. It is also important not to pretend that nothing is happening. You know your child best and therefore know how best to approach sharing information.

Below are some useful links that can help:

- [Storybook to share about the Coronavirus](#) - KS1 / KS2
- [Dr Ranj explains CoronaVirus to Jobi](#) - EYFS / KS1
- [Read this Newsround Article - What is being done about CoronaVirus?](#) - KS2
- [Top Tips to help talk to your child about scary news](#)- KS1/KS2

Is there anything we can do as a family to get the conversation started?

Some families have found creating a family COVID-19 time capsule a really good way to support discussion about how the whole family is feeling during this time. If you would like to try it, please find a helpful link [here](#).

We are finding it hard to cope with the new 'normal'. What can we do?



The BBC have put together lots of great articles about coping with the change and how our lives have been turned upside down again during lockdown three. Many of our routines have changed overnight. Many of the people we rely on have become distanced from us.

Click [here](#) to access all of their online guidance.

My child is suffering mentally, what can I do?

There are some great resources out there to help with this. Young Minds have developed resources particularly to help guide parents to provide support. They can be found [here](#).



My child is getting really worried about the smallest thing, what can I do to help?

The World Health Organisation have developed a flyer with top tips to help children cope with worries at this time. You can find this [here](#).

My child seems to be online quite a lot, how can I make sure I keep them safe?

The National Online Safety team have created several guides about staying safe online, which you can access [here](#); you will need to create a free parent account. You can also access key guides on our website [here](#).



The key points are as follows:

- We will never ask your child to share their password
- Lessons will ALWAYS be run by a member of our Evelyn Street team
- Ensure your child always completes distance learning in an open space
- Talk to them about online safety

It is really important to talk to your child about Online Safety. It is never an easy conversation to have. The NSPCC provide a wealth of information for parents about how to have these conversations. Click [here](#).

Healthy Relationships

Many of our children now engage in online gaming or social media of one kind or another. It is vital that we continue to remind children about the importance of 'healthy relationships'.



For Early Years and KS1 children the NSPCC have created a wealth of resources for younger children called the 'Pants Rule'. You can watch the 'Pantosaurus Song' and access the parent guide [here](#).

For KS2, Jeanne Willis and Tony Ross in collaboration with Vodafone created a book about the importance of this. You can read the book [here](#).



Safety Settings

There are many ways to keep our children safe in particular through checking that the safety settings are turned on whenever they are online. Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer.



Questions to ask yourself:

- Can they chat to strangers?
- Can they video chat or 'go live'?
- Are their posts public?

Internet Matters has a wealth of resources to help with this. One of our favorites is available [here](#). You select the device from a drop down menu and it has step by step instructions for you to follow.

Online Games / Apps

Online games and Apps are developing at lightning speed. It is very difficult to stay on top of the safety aspects of all of the new developments but 'Net Aware' are here to help you. If you click [here](#) you will find an easy to use app/game guide. Simply type the name of it in and it will tell you all you need to know to keep your children safe.



Who can I contact if I am worried?

If you or your child have any concerns that you would like to talk to us about, you can contact the school office via telephone or email:

- 01925 495567
- evelyn.office@wpat.uk

If you feel a child is in immediate danger, do not hesitate to call 999.

