



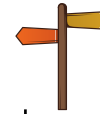
What to look for...

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For more information about Covid including a list of symptoms and safety guidelines please check with
www.nhs.uk/conditions/coronavirus-covid-19/
 or
www.gov.uk/coronavirus

Useful Websites



www.nhs.uk/oneyou/every-mind-matters/

www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/

www.dorsetmindyourhead.co.uk

www.mentallyhealthyschools.org.uk/media/2215/rebuild-and-recover-anxiety-tools-for-parents.pdf

Recommended Apps



Mindshift



eQuoo: Emotional Fitness Game



Feeling Good



Stress and Anxiety Companion



Catch It



Sanvello



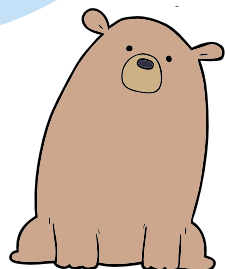
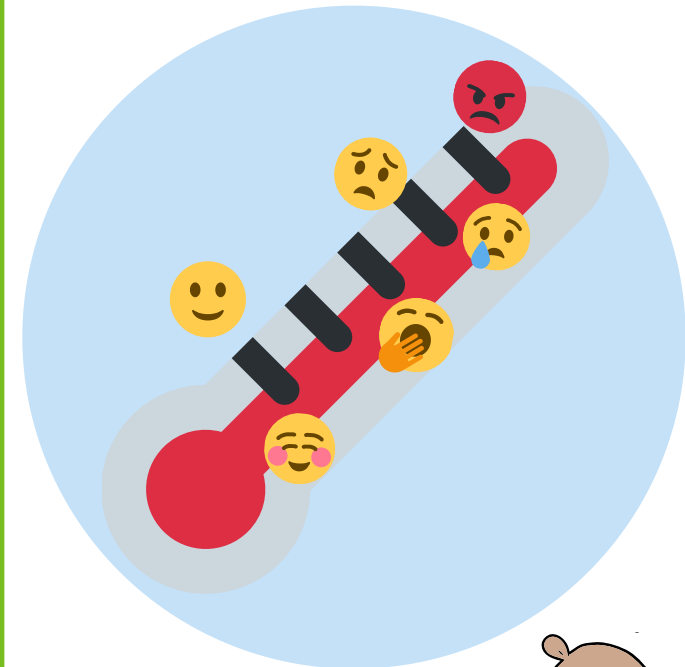
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Covid Self-Isolation

A guide for parents of children isolating from school





Parental self-care

As parents, you are likely to put your children's health, wellbeing and feelings first – remember you are just as important. You're doing your best as a parent. You will get frustrated and stressed – this is normal. Don't be afraid to make time for yourself. Set aside some time each day to do something you enjoy to take care of your own well-being.

- Keep physically active – this can improve your mental health & boosts your immune system.
- Get outside - this has been proven to reduce anxiety.
- A plan or timetable, even a loose one, can help alleviate uncertainty for everyone.
- Get up and get dressed, keep the same mealtimes, bath time and bed times.
- Reset the house before going to bed by washing up & tidying away toys etc.
- Take a hot bath or shower
- Ground yourself by noticing five things around you as you slow your breathing
- Rub your temples in small circles

How might my child be feeling

It's quite understandable that your child may feel a range of moods while self-isolating and at times be worried or feel low. It's important that they are reassured this is quite normal and it will pass.

Signs that your child may be feeling anxious or worried

- Become Irritable, tearful or clingy
- Waking at night, bad dreams or trouble sleeping
- Wetting the bed

Older children may:

- Have trouble eating or sleeping
- Have angry outbursts
- Think negative thoughts or that bad things are going to happen
- Avoid contact with family or friends
- Show continuous low mood, sadness or frequent tears

Try encouraging your child to open up by initiating conversation. Younger children express themselves through play as well as words. You can learn a lot about how they're feeling by spending time with them and watching them play.

Returning to school

Returning to school after a period of self-isolation or quarantine can be difficult for some children. They may worry about catching up with work or seeing friends again.

Returning to school is critical for children's education and well-being and schools are working hard to manage these changes. However your child might need extra reassurance if they are struggling.

Encourage or arrange for them to speak to a trusted member of staff if they are worried.

If you have any concerns about your child returning to school ask to speak to a member of the school team – they will be able to tell you all the measures in place for keeping safe and provide clear guidance on when you should and shouldn't send your child in to school.

For more information about returning to school visit

<https://www.gov.uk/coronavirus/education-and-childcare>

