

Mental Health & Wellbeing News



Covid Special Newsletter for families

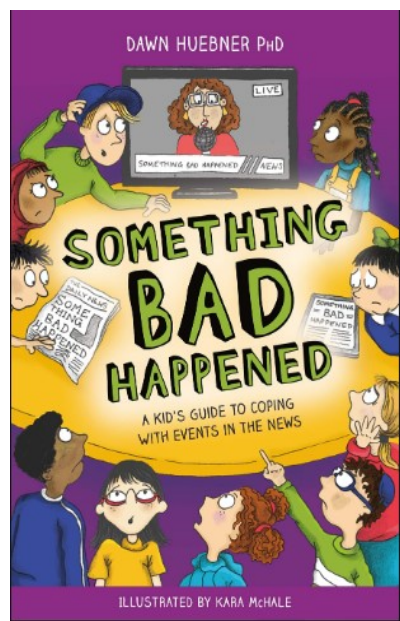
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- Covid 19
- Where to access support
- Parent Workshops
- Support Materials during Covid 19
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Update on Childhood Anxiety Group Sessions

Jenny our Education Mental Health Practitioner (EMHP) will remain in touch with the parents who have already started the workshop sessions on childhood anxiety and agree with you on how best to complete the sessions.

Recommended Book:



COVID 19 CONTEXT

We find ourselves in unprecedented times where we have all been forced to stay home, work from home and do school at home! We understand that for some of you this has made life very difficult, many of you don't have individual lap tops or computers and therefore will be sharing and learning to be patient with each other. Some of you parents may be struggling to juggle your time between work and being with your children and some of you children may be struggling to focus on school work and stay in a routine.

We want you to know that we do not expect things to be perfect and we know that sometimes not all work will be completed. But it would be great if you could try to join your class zoom meetings a couple of times a week at least so you have checked in with your teacher and friends and have listened to the overview of the work for the week. The work can then be done at your own pace and at a time that suits you and your family situation.

Sadly, we know some of you have struggled with illness and supporting family members to isolate to stay safe and some of you we know have experienced death in the family. We send our love and condolences to you and your family. If you need support with any of these issues please do email myself or Jane and we will try to help you get the support you need and see over the page for further opportunities of support.

Covid Worries support available:

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control. Talking to a child worried about coronavirus (COVID-19) [Click here](#)

Emerging Minds have also written documents to support parents to talk to children who are worried about Covid 19 [Click Here](#). They have also put together a list of resources that you may find useful [click here](#). Or if you'd rather listen to it as a podcast [click here](#).

ASD specific support

Clinical staff from ELFT and Homerton University Hospital came together to create an information video to support parents and/or carers of neurodiverse children in challenging times such as during self-isolation. [Click here](#)

The Association for Child and Adolescent Mental Health (ACAMH) has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak. [Click here](#)

Bereavement Support: Many families are having to deal with the death of loved ones. Please keep your children in the loop at all times, be honest with them and share your own sadness with them. They will need to talk to you about how they feel and feel that it's ok to cry and feel sad or angry. Please do contact me by email should you require more support or alternatively look at the places of support below:

Child Bereavement UK: help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. They also provide training to professionals, equipping them to provide the best possible care to bereaved families.

Access their resources and live chat: <https://www.childbereavementuk.org/Helpline> (9am – 5pm): 0800 02 888 40

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. They offer specific information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak and our updated services and opening times

Access their resources: <https://www.winstonswish.org/coronavirus/> Read the article: Coronavirus: [How to say goodbye when a funeral isn't possible](#)

Books and reading materials for Primary aged children

The Day the Sea Went Out and Never Came Back by Margot Sunderland A story for children who have lost someone they love (ages 4-12).

Always and Forever by Durrant & Gliori (ages 3-5) **The Badger's Parting Gift** by Susan Varley

Grandad's Island by Benji Davies. A beautiful book that shows how those who are dear to us remain near to us – however far away they may seem



Parent Workshop

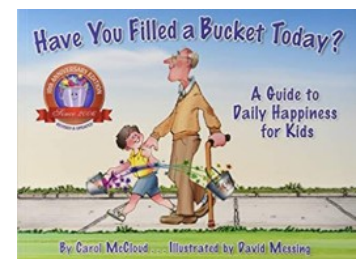
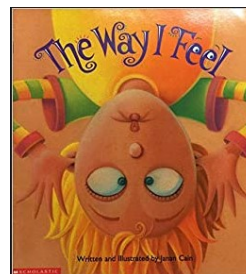
We were due to run a workshop open to all parents on childhood anxieties? We are not sure if anyone would like this remotely so if you would be interested in an online workshop please express your interest via email

Debi on

dcookhorn@millfields.hackney.sch.uk

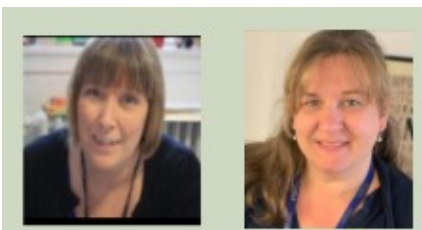
Recommended Books: for talking about difficult things

Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud **The Way I Feel** by Janan Cain



An important part of *being a parent* is *looking after yourself* too. ... If you're tired, stressed or exhausted, it's difficult to be the *parent* that you're striving to be. But when you feel happy and well you're better able to cope with stress, maintain relationships and enjoy parenthood. If you need any support yourself, please get in touch with your GP or visit the Parentline website where you can read advice or get support. <https://parentline.com.au/parents-carers/issues/parent-wellbeing>

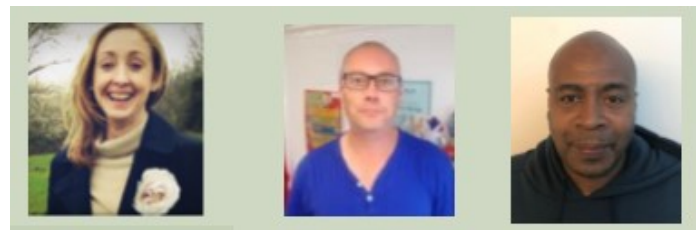
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Don't forget to fill in a referral form if you have concerns about a child's mental health and wellbeing
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