

## Children's Well-being Guidance



### General tips:

- Connect with others – try to set up 'playdates' via Zoom or Houseparty
- Go outside
- Eat healthy meals – try to keep a well-balanced diet and drink enough water
- Turn off the news – it's important to keep up to date, but the 24-hour news cycle can make your child more anxious.
- Do things you enjoy – Try baking or gardening or learning to knit.

### How to talk to your child about what's happening

- Climbing the Rainbow – a book by the author of the Gruffalo – A book for children on the coronavirus
- <https://www.cwmt.org.uk/talking-to-children-about-covid19> - Free downloadable resources for parents on how to support your children at this time.
- Additionally, here are some excellent online resources to support parents and children: <https://youngminds.org.uk/> - Advice if you are struggling with coronavirus, self-isolation and the impact it has on your mental well-being.
- <https://www.mind.org.uk/coronavirus-we-are-here-for-you/> - Information hub on how to support your mental well-being at this time. Phone: 0300 123 3393
- This booklet from the Anna Freud Foundation offers some strategies on how to manage anxiety - [Helping Children and Young People to Manage Anxiety](#)

### Other useful contacts:

	<p>Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem Call 0808 808 4994 for free (11am to 11pm daily)</p>	<ul style="list-style-type: none"> <li>• Access the <a href="#">online community</a> Email <a href="#">The Mix</a></li> </ul>
 <small>ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</small>	<ul style="list-style-type: none"> <li>• Confidential telephone counselling service for any child with a problem</li> </ul>	<p>Call 0800 1111 any time for free Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily) Check out the <a href="#">message boards</a></p>