



How to support your child's wellbeing during lockdown



We recognise that lockdowns and all they entail are not easy for anyone but there is an added pressure on parents as they find themselves overseeing their child's, or children's, learning at home.

To try and help we've put together the top 10 tips for parents to support their child's wellbeing during this time.

Please remember, however, if you have any concerns at all your child's subject teachers, Form Tutor and Head of Year are all available during school hours via email (click [here](#) to find their email addresses on our website).

Top 10 Tips for supporting your child's wellbeing during lockdown....

1. Establish a realistic routine – following the normal school day is ideal
2. Timetable in regular “brain breaks” using the timer on your child's phone (see overleaf for ideas)
3. Spend part of the day outdoors, if possible
4. Always do some physical activity during the day (try [Joe Wicks](#) or [Sport England](#))
5. Drink plenty of water and eat healthy food
6. Outside of learning time do activities you know your child enjoys (i.e. baking, learning a new skill, board/card games)
7. Don't feel pressurised by us – communicate with us
8. Consider their exposure to “Covid” news and social media
9. Access free home learning resources to supplement what is being sent home by us (i.e. BBC Bitesize etc)
10. Build in achievable and appropriate rewards



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Conversation starters...

Staying connected to others during a lockdown is very important so it's worth thinking about the right time to start a conversation about feelings or specific worries. It's important for you and your child to feel relaxed so try talking whilst doing an activity together, such as walking or baking.

“What makes you feel happy/sad/angry?”

“What sort of things do you worry about?”

“What are the worst/best things about being in lockdown?”

Signs to look out for...

Your child may need extra support if they are:

- Avoiding contacting friends or school work
- Anxious, upset or finding it hard to manage their emotions
- Having increasing trouble sleeping and eating
- Appearing low in mood, withdrawn, irritable or tearful
- Sharing worried or negative thoughts about themselves or their future

If you notice any of the above please contact the school counsellors for further advice at counselling@beths.bexley.sch.uk

Don't forget you're important too! This is a tough time for everyone so we all need to prioritise our own needs and wellbeing. You can't expect to support another's wellbeing unless yours is good so please reach out for extra support if needed. Try [Mind](#) or the [NHS](#) for more information.

Ideas for short "brain break" activities:

- Exercise, dance/sing to favourite song, walk, run
- Listen to music, read, colour in, draw
- Try mindfulness ([Headspace](#)) or yoga ([Cosmic Kids Yoga](#))
- Cards, board games, jigsaw puzzles
- Tell jokes, recall favourite memories or plan exciting family outings for after lockdown
- Facetime a friend or family member
- Watch favourite TV shows or film clips – the funnier the better!

Useful links and resources for parents:

Check out the wellbeing pages for both parents and students on our school website:

[Beths Wellbeing pages](#)

The following organisations also have lots of help and advice for parents:

[Partnership for Children](#)

[Public Health](#)

[Anna Freud](#)

[BBC Bitesize Parents' Toolkit](#)

[Place to Be](#)

[Youngminds](#)