



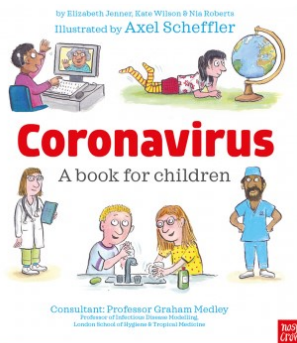
11/05/20
Parent
Newsletter

WELCOME

To the second THEWS newsletter. Our new newsletter aims to give you ideas of how you can support your own, and your children's wellbeing during this uncertain time. This week we've included some resources to help you when talking to children about the current situation and some tips for supporting your own wellbeing.

How to talk to children about coronavirus

It can be hard to know how to explain the current situation to our children, what language to use and how much information to share. We hope these resources may give you some useful ideas.



This book answers key questions in simple language for primary children. You can get it for free [here](#)

[This guide](#) was created by Sussex NHS to advise parents about how to talk to children about coronavirus and how to deal with worries.

Place2Be have created [this guide](#) for helping parents and carers answer children's questions and support family wellbeing



This short illustrated story suitable for younger children is available for free [here](#)

Looking after your own wellbeing

It can be a tough time for all of us, here are some top tips to make sure you are looking after your own wellbeing as well!

[This short guide](#) from Child Mind Institute has self-care tips for your own wellbeing in the current situation.

You might want to try some free mindfulness meditations from [Headspace](#)

It's good to talk, about how we're feeling and ask for help if we need it. Speak to people in your life that you trust or try a [helpline](#) for some external support

[Mind](#) have created a guide with practical advice and wellbeing ideas for staying at home

Need some support?

[YoungMinds](#) website and free, confidential helpline for parents **0808 802 5544**

[Childline](#) website and free helpline for support for anyone under 19 **0800 1111**