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This guide has been produced by the East Riding Educational Psychology Service in consultation with the East Yorkshire Parent Carer Forum

## Introduction

### Supporting children and young people's emotional wellbeing during the COVID-19 pandemic

The pandemic has been challenging for everyone, particularly for parents/carers. Not only have you had to manage your own worries and concerns, you have also had to manage those of your children and young people. Everyone has had to adjust to missing friends and family and the other changes and uncertainty the pandemic has brought about. In addition, many parents have been balancing home schooling with work and/or other commitments. It's not been easy!

This summary guide provides advice and guidance for you as parents/carers to support your children and young people's emotional wellbeing and includes resources and links to both local and national support. It is not intended to include everything available, just to point you in the right direction of what you can do and where to go if you want more information or additional support. It is important that you check the websites and apps suggested in this guide first, to see that they are suitable for your child or young person and their individual circumstances.

More information on specific difficulties children and young people may be experiencing in regards to their emotional wellbeing during the pandemic can be found in the East Riding Local Guide which is available here: [Educational Psychology Local Offer Page](#)

### Introduction to Wellbeing

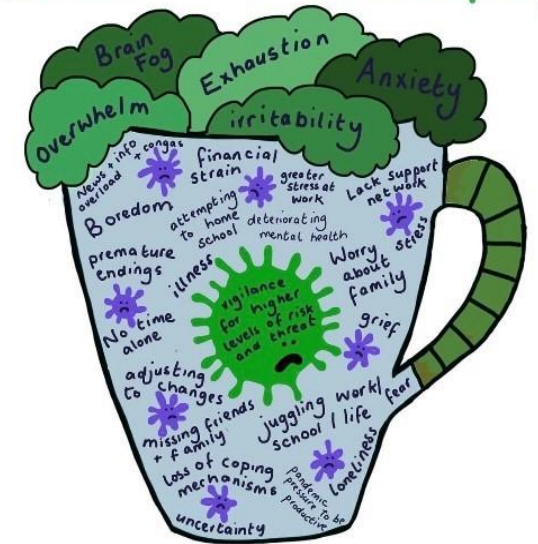
There are times in your life when you will feel really positive and happy whereas there are other times when you will feel worried or stressed. Often you may be somewhere in between. This is because wellbeing tends to be on a continuum and we move back and forth along that continuum depending on what is happening in our lives.

The Coronavirus pandemic has understandably had an impact on the wellbeing of many people, adults and children, and caused many people to feel worried, have difficulties in focusing and at times many have become overwhelmed. Given the current situation, this is normal and to be expected.

What psychologists refer to as the 'Cognitive Load Theory' can help to explain some of this. For example, as there have been more daily pressures and disruptions to our 'normal' routines e.g. trying to home school whilst working from home or managing other life pressures, this has added significantly to the pressure on our working memory. Our working memory allows us to hold information in our minds for a short time. Due to all the unpredictable changes in our daily lives and routines, our working memory can become overwhelmed, leaving us feeling exhausted. The additional stress and worry many people have been feeling can also have an impact on working memory, and reduce ability to focus, hold and process information.

As parents/carers it is important to look after your own wellbeing and make time for yourselves; you may have heard the expression "You can't pour from an empty cup!" Looking after your own wellbeing will make it easier to effectively support your children and young people with their wellbeing. It is hoped that the information within this guide will be useful and help to reduce your 'Cognitive Load'.

## The Capacity Cup of Corona Virus Overwhelm



@thepsychologymum

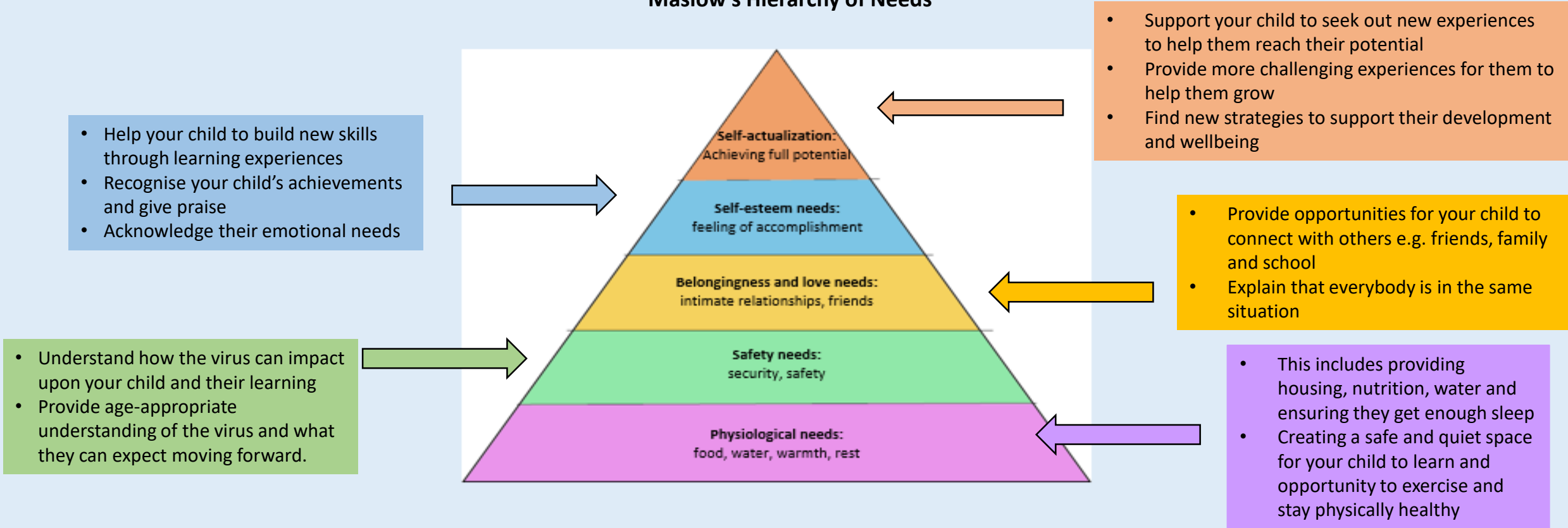
Please click here for Maslow's Hierarchy of Needs for information about meeting children and young people's needs



Maslow's Hierarchy of Needs

Psychologists often refer to Maslow's Hierarchy of Needs to help us understand some of the ways we can support children and young people to develop and achieve their potential. Here are some examples of what can be done practically during the pandemic to meet children and young people's basic needs.

### Maslow's Hierarchy of Needs



## Wellbeing for Parents/Carers

### Specific Support

#### [Domestic Violence Support East Riding](#)

Has information on what domestic violence is and how to get support

#### [East Riding Domestic Violence and Abuse Partnership](#)

The leaflet contains contact information for support services

#### [Care after Sexual Assault](#)

They offer support for those who have experienced sexual assault or abuse

For apps and  
activities for  
parents/carers  
please click  
here

### Wellbeing Advice and Support

#### [NHS Every Mind Matters](#)

The website includes information on looking after your mental health

#### [NSPCC Mental Health and Parenting](#)

Includes support for parents/carers and information on taking care of yourself during lockdown

#### [YoungMinds Parent/Carer Survival Guide](#)

Has tips and advice on what you can do to look after yourself

#### [Anna Freud Self-Care for Parents and Carers](#)

There is advice and support on self-care for parents and carers

#### [Institute of Health Visiting](#)

They have advice and support for parent and carer wellbeing

#### [BBC Headroom](#)

Offer a lot of advice and guidance on ways to support your mental health

#### [Henry](#)

Provides advice and support to parents and carers of young children.

**Telephone:** 01865 302973

### Loss and Bereavement Support

#### [Cruse - Coronavirus, Bereavement and Grief](#)

This includes information and resources on grieving in isolation and funerals and memorials

**Hull and East Yorkshire Cruse** – Telephone: 01482 565565 or email [support.hull@cruse.org.uk](mailto:support.hull@cruse.org.uk)

#### [The Good Grief Trust](#)

They offer advice and bereavement support as well as having links to other services that can help

### East Riding Wellbeing Guidance and Advice

#### [Connect to Support East Riding](#)

Provides information on health and wellbeing and gives advice on what you can do for your wellbeing

#### [East Riding Health and Wellbeing](#)

Gives information on support services as well as social, sport and support groups that are available

#### [Hull and East Yorkshire Mind](#)

They provide information on how to support your wellbeing as well as information on how to get more support

#### [NHS East Riding Emotional Wellbeing Service](#)

Gives information on how to support yourself and has links to other services that can offer support

#### [NHS East Riding of Yorkshire Support for Parents/Carers and Families](#)

Includes links to other services that can support with wellbeing

#### [Healthy Minds in East Riding](#)

Includes support and links to services to support wellbeing. There is also information for a group that support the emotional wellbeing of men



## Apps and Activities for Parents/Carers

### East Riding Activities for Parents

#### [East Riding Libraries - Free E-Audio books](#)

East Riding Libraries have free E-Audio books that can be downloaded

#### [Mindful Art with Beverley Art Gallery](#)

Beverley Art Gallery have produced some free videos which talk you through mindfulness sessions whilst focusing on a piece of art

#### [East Riding Leisure YouTube Channel](#)

East Riding Leisure have a variety of free workouts available that can be done at home e.g. Pilates

#### [Active East Riding](#)

Has information on different activities that are available e.g. workouts or exhibitions



### Apps

#### [Headspace](#)

This app helps with stress and sleep and talks you through some mindfulness sessions

#### [My Life - Stop, Breathe, Think](#)

The app contains a number of different mindfulness activities

#### [Calm](#)

The Calm app contains sections for sleep and worry and anxiety

#### [NHS Stress and Anxiety Companion](#)

The app contains breathing exercises and games. The NHS also have other apps which can be accessed here:

#### [NHS apps](#)



### Activities

#### [The Butterfly Hug Technique](#)

The butterfly technique helps you to feel more present and the video talks you through how to practice this

#### [Relaxation Exercises](#)

There are different videos you can watch that take you through some relaxation exercises e.g. visualisation

#### [Colour Breathing](#)

The video talks you through how to do a breathing exercise using colours.

#### [Action for Happiness Activities](#)

Includes different activities that can be done





## Wellbeing for Children and Young People

### Government Guidance

#### [Supporting Children and Young People's Mental Health and Wellbeing](#)

Contains both general advice and guidance as well as specific, for areas such as eating disorders and loss and bereavement

### Support for Parents/Carers and Children and Young People

#### [Institute of Health Visiting](#)

The website contains advice and guidance to support the wellbeing of parents and carers as well as the wellbeing of children and young people

Please click here for Wellbeing Conversation Starters

Please click here for Returning to School after Lockdown

### Resilience

Resilience helps children and young people to manage, bounce back and come through difficult experiences such as the pandemic. By looking after physical health and emotional wellbeing e.g. getting enough sleep, exercising and by doing some activities such as relaxation, this will help to build resilience. It is also important to encourage your child or young person to maintain support networks and friendships, where necessary remotely.

You can help to support your child or young person's resilience by ensuring they have a good diet, get enough sleep and exercise, as well as finding activities to do together and spending quality time with them.

Nasen have produced a document that looks at building resilience through relationships for younger children. This can be found here: [Resilience Development](#)

### The importance of Play

Play is really important in supporting the wellbeing of children and young people and this can take many forms e.g. through role play, making games out of helping at home with jobs or getting outdoors. Play is important for all ages. The British Psychological Society have produced a video which explains how play can help wellbeing. This can be found here: [The Psychology Behind Play for Parents](#)

They have also produced a video of primary school children explaining why play is important to them. This can be found here: [Why Play is Important](#)

### Loss and Bereavement Support

#### [Saying Goodbye When Someone Special Dies](#)

This e-book is aimed at children and provides guidance for parents and carers

#### [Dove House Bereavement Support](#)

Local support from Dove House Hospice. They have information on bereavement support groups for children and young people

#### [Winstons Wish](#)

Helpline: 08088 020 021

#### [Child Bereavement UK](#)

Helpline: 0800 02 888 40

#### [Childhood Bereavement Network](#)

### Eating Disorders

#### [What are Eating Disorders Podcast](#)

There is a podcast available that explains eating disorders

#### [Seed Eating Disorder Support](#)

They are based in Hull and provide support for eating disorders

**Seed Advice Line** – (01482) 718130 – (Monday to Friday 9.30 am to 2.30pm) or visit their website above

## Wellbeing Conversation Starters

YoungMinds have produced some short activities that can be done to help start conversations with children and young people around wellbeing. These can be found here: [Activities to Support Wellbeing Conversations](https://youngminds.org.uk/media/4175/conversation-starter-self-isolation.pdf)

Below are some questions that can be used to start conversations around wellbeing:

When talking to your children and young people about wellbeing it is important to consider the language that is used. Nurture UK have shared a resource which provides 10 things you can say to your child instead of stop crying. This can be found here:

[10 Things to Say Instead of Stop Crying](https://nurtureuk.co.uk/10-things-to-say-instead-of-stop-crying/)





Please click here  
for activities



During COVID-19, many children and young people may have been feeling more worried or anxious as it has brought so many changes and uncertainty for children and young people.

There are many ways in which anxiety can present itself and the diagram explains 8 ways in which anxiety may show in children and young people.



<https://twitter.com/EdPsychEd/status/1363788886955208704/photo/1>

## Anxiety Advice and Guidance

### [NSPCC - Promoting Children's Mental Health and Wellbeing](#)

Includes information on how to promote children and young people's mental health and wellbeing. Gives advice, guidance and strategies

### [Happy Maps Website](#)

Has self-help for young people, with links to support websites as well as advice in areas such as sleep and anxiety. The website is aimed at parents and carers and children and young people

### [Self-Care for Young People](#)

Has advice and strategies to support young people with areas such as sleep and worry

### [MindEd Support for Families](#)

Includes information on building resilience and talking to your child about their feelings

### [Childhood Anxiety Podcast](#)

Short podcast about anxiety and what parents/carers can do to help

### [Supporting your Child During the Coronavirus Pandemic](#)

Gives advice, guidance and tips on how to support your child during the pandemic and includes links to additional services as well as support for parents/carers and families

### [NHS Tics](#)

Provides information on types of tics and what can be done to help support children and young people with tics

Activities to  
help Anxious  
Children and  
Young People

### Activities to help Anxiety

#### [Mindfulness Calendar - 5 Minute Daily Activities](#)

Includes a variety of simple activities that can be done daily

#### [Calm Zone Activities](#)

Includes activities such as breathing exercises, games and activities to help children and young people express themselves

#### [Toolbox Activities](#)

Has a variety of free games, creative activities and a mood journal

#### [BBC – Activities](#)

There are activities to support wellbeing including mindfulness and arts and crafts

#### **Calm Mindfulness for Kids Book – By Wynne Kinder (ISBN: 978-0241342299)**

This book contains information about mindfulness for younger children, as well as lots of mindful activities

### Apps

#### [Headspace Kids](#)

This is suitable for children up to the age of 12 and has different mindfulness activities

#### [NHS app - Think Ninja](#)

This is designed for 10 to 18 year olds to help them to learn about emotional wellbeing and to learn skills to build resilience

#### [Kooth](#)

This is suitable for 11-18 year olds. You can talk to the team or track your feelings through a journal. There are also tips to help with wellbeing

### Mindfulness Activities

Mindfulness can help to promote emotional wellbeing for all the family as it helps us to be in the present moment. Activities can be incorporated into everyday life so that they can be done during daily activities such as eating and walking. Mindfulness activities can be short activities that can help you to feel more relaxed and calm. Below is a mindfulness activity that can be done by adults and children and young people to help you feel more relaxed:

#### **STOP**

**S = Stop what you are doing and be still**

**T = Take a breath. Notice your natural breathing, in and out**

**O = Observe. Notice any thoughts, feelings, emotions you may have**

**P = Proceed. Carry on with what you were doing or change to something else if you want to**

Please click  
here for more  
Mindfulness  
Activities

## Mindfulness Activities



### Mindful Walking

This can be tried when you are on any walk, or even just outside for a minute or two

- Take a moment to close your eyes and notice your breathing. Breathe in and feel your tummy and chest move up, and breathe out and feel your tummy and chest go down
- Open your eyes and slowly start to walk, focusing on the ground in front of you. As you walk, breathe in as you lift your foot and out again as you put your foot down
- Walk slowly, noticing all the sounds around you. What can you **hear**? Try to hear anything that you might have missed. Are there any new sounds?
- Notice all the colours around you, what colours can you **see**? Try to describe them
- Notice how your body **feels**. How does your body move when you walk?
- As you breathe in, what can you **smell** around you?
- Notice all the tiny things you might miss if you weren't really looking
- Keep walking slowly and turn your attention back to your breathing.

### This mindfulness activity can be done at any time in any place.

- Close your eyes and take a deep breath
- Open your eyes and notice 3 things you can see
- Breathe in and out slowly
- Notice 3 things you can hear
- Notice 1 thing that you can feel, 1 thing you can smell and 1 thing you can taste
- Notice how you feel in your body
- Close your eyes and see if you can remember all of the things you saw, heard, touched, smelt and tasted.

### Mindful Eating

This can be tried with any snack e.g. a raisin, any fruit or piece of chocolate

- Before eating - put it in your hand and notice what it looks like and feels like. Is it squishy?
- Hold it up to your ear – is there any sound?
- Hold it up to your nose and sniff it – what does it smell like?
- Taste the food with the tip of your tongue – what does it taste like?
- Put it in your mouth and wait 10 seconds before you chew – what do you notice?
- Chew it slowly – does the taste change as you chew?

## Support for Children and Young People with SEND

For some children and young people the transition back to school may be difficult. You may notice that they are more anxious or worried, however, this is to be expected due to all the changes and uncertainty.

Anxiety can impact upon children and young people in many ways and you may notice a change in behaviour during the transition back to school. This may include difficulties speaking in certain situations due to their anxiety, although they may be able to speak freely in familiar situations. This is known as 'Selective Mutism'. For more information and ways to support children and young people who are experiencing selective mutism please see:

[Selective Mutism - Information for Parents](#)

### Wellbeing Support

#### Activities

[Activities for Children and Young People with Additional Needs](#)

Has a variety of activities suitable for a variety of needs such as sensory activities and activities to support movement

[Mencap - Activities to keep busy](#)

Has activities to support wellbeing

#### Advice and Support

**Mencap – Telephone – 0808 808 1111**

(Monday to Friday 10am to 3pm) or visit their website: [Mencap](#)

[Looking After Your Feelings and Body](#)

This advice explains about coronavirus and how to look after ourselves. It contains pictures as well as some text

### Funding

East Riding Council have funding available for children and young people with SEND and their families. The funding is for resources that will help to engage the child or young person in activities at home or in the community.

Applications can be made from families who are residents of East Riding who:

- Have a child or young person between 0-25 years of age who are recognised as accessing SEN support (They are on the SEN register at their education setting)

**OR**

- Have a child or young person with an Education and Health Care Plan (EHCP) between 0-25 years of age

More information and the application form can be found at:

<http://localoffer.eastriding.gov.uk/EasysiteWeb/getresource.axd?AssetID=797969>





Returning to  
School after  
Lockdown

On 8<sup>th</sup> March 2021 children and young people returned to school and college after what has been for many, their second return after a national lockdown. After 11 weeks off, it was understandable that many children and young people felt nervous about going back, even those who were also feeling excited and couldn't wait. Every child and young person will have had a different experience of the lockdown and established different learning from home routines. There may also be some aspects of being at home that many children and young people will miss now they are back in school full time, and it is important they still find time to do the things they enjoy after school or at weekends.

Most children and young people are enjoying being back with their friends and teachers, although everyone will need some time to readjust. Additional patience and understanding will be needed as everyone gets used to the earlier starts again and being back in the 'new' school routines. After 11 weeks of not being with their friends and peer group 'in real life' there may also be some re-negotiating of friendships and working out where they fit in within the peer group. Not only are staff in education settings trained and skilled in supporting children and young people with their learning, they can also help to notice and start to identify any additional needs in relation to social and emotional wellbeing.

Please click  
here for  
Services  
National and  
Local

Although most children and young people will settle back into their education settings well, there may be some who will find this more difficult. If after allowing some time for adjustment you notice changes to your child or young person's behaviour, it may be a sign that they need some additional support. This could include your child or young person:

- Becoming more withdrawn
- Showing unusual behaviour for your child/young person
- Showing some erratic behaviours or more mood changes
- Having a significant weight loss or gain
- A change to sleep pattern or difficulty sleeping which is unusual for your child/young person
- Becoming increasingly agitated or having poor concentration

A helpful 'blog' has been written by Educational Psychologists about returning to school which you may find reassuring. It highlights the importance of reflecting back on lockdown experiences with your child or young person, and encouraging them to look at the skills that they have learned during this period, and not focusing on what learning they may have missed out on. It also supports reflecting on both positives and negatives of lockdown and accepting that all feelings about these experiences are 'ok'. The blog can be found here: [Back to School Blog](#)

Please click  
here for  
Resources to  
Support the  
Return to  
School

### **Research into Children and Young People's Experiences**

Now that children and young people have returned to education settings, we want to find out more about their views and experiences of the lockdowns and the transition back into school so we can help to understand and plan any additional support for emotional wellbeing which may be needed. An electronic survey will be coming out from the Educational Psychology Service which will feed into national and local research and help to inform provision. Please encourage your child/young person to complete the survey.



## Resources to Support the Return to School



### Resources to Help with Routines

[Twinkl Resources for Parents/Carers - Home Routines and Timetables](#)

Has resources to help with routines whilst at home



### Social Stories

Social stories were developed by Carol Gray and are a really useful way of helping children and young people to understand new situations. A social story can be adapted so that they are relevant to each individual child. Below is an example of a social story that can be adapted for individual children:

**We are going back to school on the 8<sup>th</sup> March**

**We have been at home since January**

**School might look and feel different when we go back**

**There might be some different rules that we have to follow**

**We might be learning in different ways**

**Our teachers and adults in school will tell us as much as they can about what will be different and what will happen**

**A lot of the children will be worried about what is different**

**I will try and talk to an adult in school or my Mum or Dad if I am feeling worried**

Children and young people may also be feeling worried about seeing their friends again or about leaving parents. Social stories can be written to support with these worries and can include pictures to help with understanding. The STARS website contains some social stories that can be used to support the transition back to school and can be found here: [STARS](#)

### Resources

[Back to School After Coronavirus Story](#)

The ELSA support website have a free story which you can download which talks about returning to school after lockdown

[Barnardos Returning to School Life After Lockdown Guide](#)

Includes some activities which can be done before returning to school

[Barnardos Support Hub Back to School](#)

This contains advice and guidance on supporting the transition back to school, coping with change and feelings and emotions

[Reducing Separation Anxiety - Tips for Parents/Carers](#)

Mentally Healthy Schools have produced some advice and some activities to support with the transition back to school



## Education setting

If you are concerned about the emotional wellbeing of your child or young person, please contact a member of staff at their education setting to talk through your concerns e.g. class teacher, Head of Year or pastoral team. If your child has additional needs, it may be helpful to contact the SENCo at the their school for advice and support.

Many schools also have an Emotional Literacy Support Assistant (ELSA) who may be able to work with your child individually or within a small group to support them with any worries/concerns they may be experiencing.

School staff also have access to a wide range of additional resources from staff trained in Youth Mental Health First aid and the DfE Wellbeing for Education Return training. If there are shared concerns about your child's emotional wellbeing in school, they also have direct access to a number of support services who may be able to provide additional advice and guidance. These include:

- Mental Health and Emotional Wellbeing Service
- Behaviour Support Team
- School nurse
- SMASH
- Educational Psychology Service (to provide advice and consultation as required). More information can be found here: [East Riding Educational Psychology Service](#)

Parents and carers can refer to some services themselves  
Please click on the link for services that you can contact directly for support



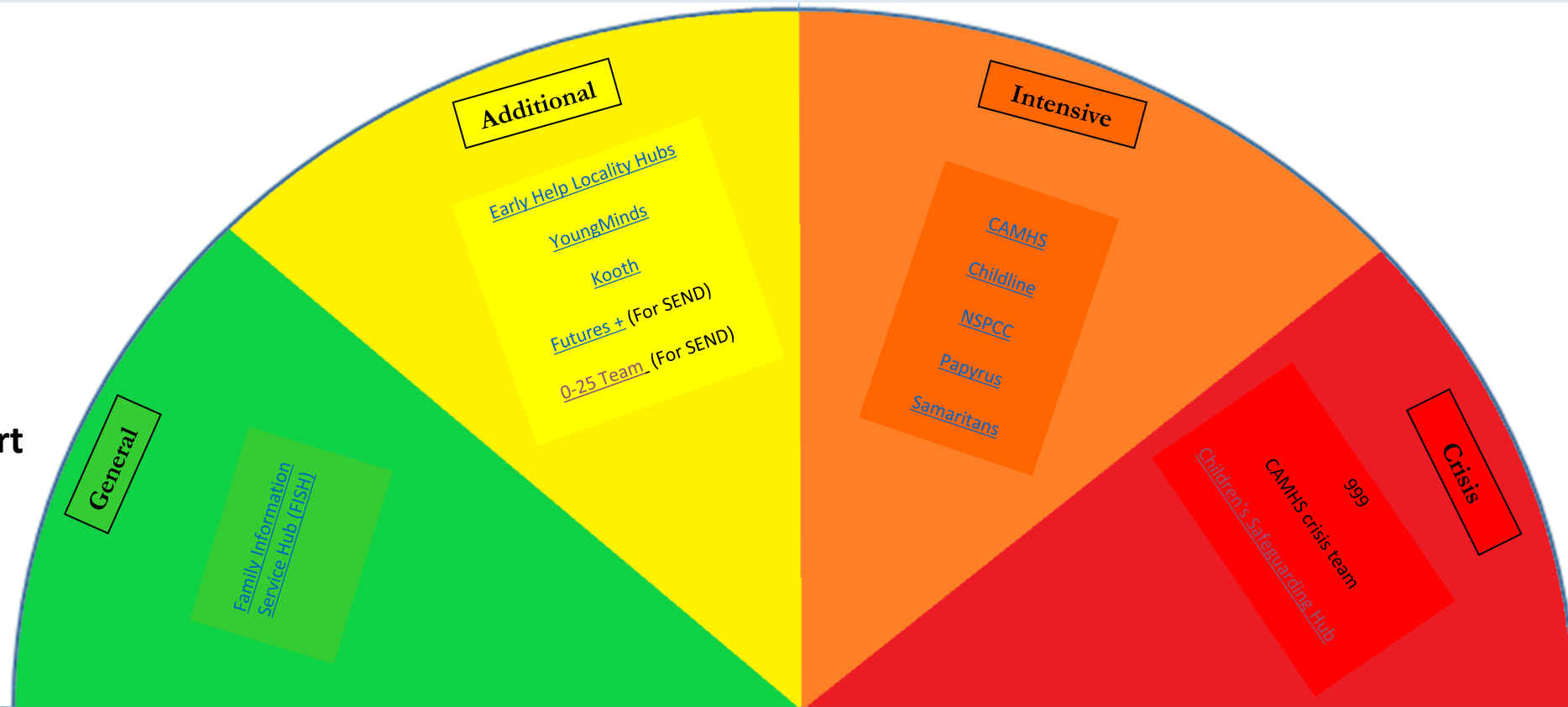
Wellbeing  
Support  
Services for  
Children and  
Young  
People

There is a continuum of wellbeing support available in the East Riding from more general support through to more immediate/crisis support. These are some of the national and local services available that you as parents and carers can contact yourselves if you are concerned about the emotional wellbeing of your child or young person.

For contact details for each of the services, please click here:

Contact  
Information

General support



Immediate/Crisis  
support

## Contact Information

### Family Information Service Hub (FISH)

Provide information and advice on services that are available in the East Riding for children and young people between 0-20 years of age.

**Telephone:** (01482) 396469

**Email:** [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk)

Further advice and support for children, young people and families can be found on the East Riding Local Offer: [East Riding Local Offer](#)

### Services for Children and Young People with SEND

#### Futures +

Provide support for young people with SEND between 14 and 25 years of age, to promote social inclusion and independence.

**Telephone:** 01482 391510

#### 0-25 Team

Provide advice and help coordinate support for parents of children and young people with an Education and Health Care Plan (EHCP)

**Telephone:** 01482 394000 (Option 5, then option 2)

(Monday to Thursday, 9am to 5pm, Friday 9am to 4.30pm)

CAMHS Crisis Team have a 24 hour service for young people under 18 who are in crisis experiencing emotional distress and are struggling to cope.

**Telephone (Hull):** 01482 303688

**Telephone (East Riding):** 01482 303810  
(Monday to Friday, 9am to 5pm)

**Out of hours Telephone:** 01482 301701 – option 2

#### Children's Safeguarding Hub

If you are concerned a child has suffered or is likely to suffer significant harm and is at immediate risk call the Children's Safeguarding Hub.

**Telephone:** (01482) 395500 (or ring 999)

#### Early Help Hubs

Parents wishing to seek Early Help support can ring the Early Help consultation line. A practitioner will consider the best course of action, signposting onto a more appropriate service or will complete a request for service form if threshold for early help is met and may provide additional and more intensive support.

**Telephone:** 01482 391700

#### Kooth

Free online counselling and wellbeing support service for children and young people between the ages of 11 and 18. There are forums and articles that can be accessed as well as counselling sessions.

#### YoungMinds

Support for children and young people's mental health

**Parents helpline:** 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

#### CAMHS

Provide intensive interventions for young people under the age of 18 who are experiencing mental health difficulties.

Coordinated through Contact Point

**Telephone (Hull):** 01482 303688

**Telephone (East Riding):** 01482 303810  
(Monday to Friday, 9am to 5pm)

#### Childline

Provide support advice and guidance for anyone under the age of 19

**Telephone:** 0800 1111

#### NSPCC

Help for adults concerned about a child or young person

**Helpline:** 0808 800 5000

**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

#### Papyrus

Support for young people who are experiencing thoughts of suicide or for anyone who is concerned about a young person who could be thinking about suicide. Support is available everyday though HOPELINEUK (9am-12am/Midnight)

**Telephone:** 0800 068 4141

**Text:** 07860 039 967

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)