



19/03/2020

Dear Parent/Carer,

It's just as important that you look after your own mental health and wellbeing. It's good to stay informed but bear in mind that watching upsetting footage or reading sensational social media coverage may be detrimental to your own mental health.

Consider where you're getting your information from. Try to stick to reputable sources for updated guidance on the virus, such as **the NHS, Public Health England**, rather than relying on social media or the press for your information.

We recommend reading **this advice from BACP counsellors on how to cope if you're feeling anxious** about coronavirus.

Talk to your child

Don't be afraid to have conversations with your child about coronavirus - not talking about something can sometimes make children worry more. Other children will be talking about it at school, they may have heard it on the news or seen someone wearing a face mask, and they might have questions for you.

Remember that you don't need to have all of the facts and answers. There are lots of resources out there for you to read together, or for you to direct your child to, to help ease their worries.

We recommend reading **this Newsround article about coronavirus** and how it's being tackled.

place2be.org.uk



Document title • Page 1 of 2

Royal Patron
HRH The Duchess
Of Cambridge

Registered Office: Place2Be, 175 St John St, Clerkenwell, London EC1V 4LW, 020 7923 5500
Registered Charity in England and Wales (1040756) and in Scotland (SC038649)
Registered Company in England and Wales (02876150)

Be reassuring

It may be helpful to remind your child that flu is actually more common than coronavirus and reassure them that more people are recovering from the virus, than dying from it.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

We recommend watching CBBC's Dr Chris and Dr Xand talk about why coronavirus 'may not be as scary as it sounds'.

Useful websites and text lines to help support you and your family

<https://www.place2be.org.uk/page/get-urgent-help/#>

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

<https://www.crisistextline.uk/how-it-works>

Shout is an affiliate of Crisis Text Line® in the UK that provides free, confidential support, 24/7 via text. **Text SHOUT to 85258**. Every texter is connected with a real-life human being trained to bring people from a hot moment to a cool calm place through active listening and collaborative problem-solving.

If anyone would like support from Karen Ejdelman, who is our Place2Be School Project Manager at Heathland School, then please email the school and we will put you in touch with her. Karen is available on a Wednesday and Thursday.