

# Parents support guide for lockdown

*Just about getting through the day? feeling overwhelmed with homeschooling? struggling to manage being stuck in the house?*

*Your are doing your best & your best is good enough!*

*Looking after your own mental wellbeing right now is more important than ever.*

## Top Tips

### Looking after yourself

make time in the day to relax e.g. read a book, have a bath, find a quiet space in your home to be alone or call a friend.

have a specific day in the week that is a chill day – try not to cram too much into this day but this could be date night, or a family day.

*it is not selfish, its necessary, you cant support others if you are burnout*



### Working from Home

Get dressed into work wear

try to create a timetable for work and homeschool that works for you, even if thats only a few hours each day with regular breaks for fun

different aged children? can the older kids sort themselves out? is there something the older child is doing the the younger child could also do e.g. reading or writing.



### Lack of motivation

Feeling overwhelmed sometimes lead us to shut off and daily task such as cooking, cleaning or even getting up can become a chore..

if this is you or your young person then try to include more meaningful activities into your day e.g. cooking your favourite meal, doing something you enjoy. including small achievable task you enjoy can help lift your mood and increase your motivation. if we feel better we tend to eat better and are generally healthier and happier.

### Changing the environment

Work life balance is hard right now but it is really important to try and switch off.

having dedicated areas in the house can help with this e.g. bedroom and living room is for relaxing, kitchen or desk is for working.

spending time in different rooms can help you feel less trapped and break up the day aswell as getting outside.



### Emotional Rollercoaster

you and your children maybe experiencing lots of different emotions right now – cheated, stressed, worried, angry, overwhelmed. These feelings may change suddenly and our valid.

acknowledge your emotions is healthy and is also a good way for your child to develop skills to manage emotions. managing emotions can be difficult for young people therefore it is important that they feel heard and understood. Having a plan of how you can help your child with different emotions before they experience them will help you respond and not react, making you child feel validated and you feel in control.

### Looking for positives

keeping a positive mindset can be really helpful in situation like this when there are a lot of bad things happening in the world.

sometimes this can be hard, by recognising your unhelpful thoughts you can change these thoughts either by doing something that helps you feel better or trying think more postively. heres an example e.g. 'i've done nothing today, im a bad parent' could be changed to 'i got up today and was there for my children, it is really hard at the moment, and i am trying'.

this could also be something that you bring to family dinners where each person can name something good about their day. having a positive outlook can give you hope and builds self esteem and worth.

### Supporting your children through covid?

openly talk about what is going on in the world, if invited to by your child.

consider talking about some of your own feelings if appropriate and how you are managing these e.g. i was worried when i heard this but i thought of all the positive e.g. vaccine and this was helpful for me.

limit the news

plan family events – especially if children have missed specific important events e.g.birthdays, holidays, concerts.

ask your children what is going to be helpful for them e.g. they may want a hug, they may not want to talk about covid, they may want to text you their worries.



**If you are worried about your young persons mental health then please contact their school/ college as they will be able to contact us for advise. if it is urgent then please contact the camhs helpline 01865 903 777 or in a crisis please attend your local a&e or phone 999. For further support for your own mental health please speak to your GP.**