

Information for parents and carers during school closure

Educational Psychology Service

Your child will learn from your response to the current situation. Seeing you stay calm and resilient will be crucial to help them cope with the circumstances. It is helpful to maintain structure and routine for your child or children whilst schools are closed. The following 15 tips may help you.

1 **Keep the routines and structure going.**
Set times for getting up and going to bed for your child. Structure your child's day so that they have a variety of activities and time to relax. Make a daily plan of activities and share these with your child the night before so that you and your child knows what is happening the next day.

2 **Be active.**
Build in time for fresh air and exercise when possible.

4 **Screen Time.**
Decide when and for how long your child will have access to electronic devices and for what purpose.

6 **Keep in touch.**
Maintain contact with friends and family through technology.

3 **Prepare different activities.**
Create a menu of activities that your child can do during the day e.g. arts and crafts, music, play, games, reading, outdoor activities.

5 **Household jobs.**
Get children to do their bit to help out round the house e.g. making their bed and keeping their belongings tidy, making shopping lists, recycling, helping with the laundry, cooking, gardening, looking after pets.

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Respect privacy and space.

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Give each other time and space when you can.

School work.

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Children will not be able to work in the same way you would in school for lots of different reasons. Give yourself and your children permission to accept this as it will help everyone.

News.

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It is important to keep up to date with developments, but it can be hard to switch off from constant streams of news from media outlets and social media. Reduce the time spent hearing, watching and reading the news—it can be overwhelming. Try to protect children from distressing media coverage.

Worries.

12

Encourage children to talk and share their thoughts and concerns. Reassure children and make them feel that it is the adult's role to make sure they are ok and to keep them safe.

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Keep the weekend separate.

Make Monday to Friday different from the weekend by providing more structure during the week.

School communication.

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Schools will be sending out information to help you and ways of keeping in touch with school staff. Use the information to support your children and make contact with the schools when you have information.

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Keep school work in one place.

If children have school work to complete at home try to keep it in one place rather than spread about the house. It can help keep a boundary between school and home. If this is not possible, have a tidy up when the work is done to signal the end of work.

Review.

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When the day is finished talk about what has been done. A sense of accomplishment is important for children and young people.

15

Play and fun.

It is so important to have fun and play in our lives. Take some time to play a game or have a laugh and a joke. It helps everyone.