

Top Tips For Parents Coping with Coronavirus Impact

- **Keep as much as possible to your child's normal meal and bedtime routines - children thrive on this especially when life is changing around them.**
- **Create a plan of weekly / daily activities include schoolwork (if this applies) and stick it on the fridge or wall so children know what to expect. Keep it playful, fun and active as much as possible.**
- **Do a weekly meal plan. Have fun with food! Involve the children in preparing and cooking.**
- **Take the pressure off yourself - you do not need to be perfect. It is ok if things slip a bit. It is ok to be good enough!!**

Activity Ideas

- **Use access code PARENTSTWINKLHELPS for free activity ideas online:**
www.twinkl.co.uk/offer
- **Check out Parent Zone <https://parentzone.org.uk/home> for advice and ideas.**
- **Free for limited period "Teach your monster to read" app – makes reading fun.**

Keep Active

- **Get outdoors as much as possible if you have your own garden. Have fun on your daily walk. Remember to keep 2 meters away from non-household members and hand wash as per Public Health advice.**
- **Have a disco; Play hide and seek; Build a den or fort**
- **Use Change4Life shake up games <https://www.nhs.uk/10-minute-shake-up/shake-ups> or download the app.**
- **Check out Joe Wicks – The Body Coach's PE session every morning at 9am YouTube. Feel free to join in!**

Managing Behaviour – Consistency is key!

- **Stick to what you say! If your child makes you give in, they may cry and whine even longer next time!**
- **Praise your child for the behaviour you want to see more of. Remember you will get more of the behaviour you pay attention to.**
- **Give short, specific instructions.**
- **Choose your battles! Spend your energy on the important issues.**

Self Care

- **If you are getting stressed, take deep breaths, count to 10 or go into another room (ensuring your children are safe) to calm down. Plan time for you – have a bath, read, chat to a friend etc.**
- **Staying calm helps keep your children calm too. Remember they copy everything you do. Try to reassure your children and not panic in front of them.**
- **Focus on the things you do have control over. Perhaps saying these out-loud to yourself e.g. I am in control of what I watch on TV; I am in control of when I eat.**
- **Stay connected – use WhatsApp, facetime, skype. Join supportive Facebook groups etc**

Check the Children's Centre Facebook pages regularly for more ideas & advice

Useful Numbers

Food Parcels – contact foodbanks direct on numbers below or your local Children's centre www.therisetrust.org

- Chippenham Salvation Army on 01249 655458
- Calne Foodbank email: foodbank@calnemethodist.org.uk
- Malmesbury and Cricklade Tel: 01666 826982
- Royal Wootton Bassett Foodbank Tel: 01793 853 272

Electric/ Gas Cards

- Running low on emergency credit? Call number on reverse of card, say you have a child under 5yrs old, they may be able to provide extra emergency credit. Remember this will need paying back when card is topped up!!

Financial Crisis

- Citizens Advice National Phone Service Tel: 03444 111 444
<https://www.citizensadvice.org.uk/>

Worried about a child

- Call the Multi-Agency Safeguarding Hub (MASH) Team: 0300 456 0108
Monday to Thursday 8:45am-5:00pm, Friday 8:45am – 4:00pm
- Out of hours number: 03004560100

Police

- Emergency Number: 999 Non urgent Calls: 101

NHS Direct – medical concerns

- Tel: 111 Online: <https://111.nhs.uk/>

Domestic Abuse / Women's Aid / Refuge / support for Male Victims

- 24-hour National Domestic Violence Freephone Helpline: 0808 2000 247
<https://www.womensaid.org.uk/information-support/>
- If you are in immediate danger call 999

Samaritans

- Tel: 116 123 <https://www.samaritans.org/>

NSPCC – concerns about child

- Tel: 0808 800 5000 <https://www.nspcc.org.uk/>

Breastfeeding Support

- For independent, confidential, non-judgmental breastfeeding support and information contact the National Breastfeeding Helpline
Tel 0300 100 0212 (Open 9.30am to 9.30pm daily)
<https://www.nationalbreastfeedinghelpline.org.uk/>