

## Coronavirus; supporting children's wellbeing Virusul Corona; suport pentru buna dispozitie a copiilor

### 10 wellbeing tips for families:

### 10 sfaturi pentru buna dispozitie a familiei

1. Talk to your children, and answer their questions. Ask about what they have heard about the virus and the situation so that you can correct possible misunderstandings and reassure them.
  - Explicati si raspundeti la intrebarile copiilor. Intrebati-i ce stiu despre virus si despre aceasta situatie ca sa le spuneti despre posibilele interpretari gresite in ceea ce priveste acest virus si sa ii linistiti.
2. Avoid being too immersed in media coverage. Be mindful of the amount of things you are reading and watching, including social media – as this may add to worry and anxiety. Consider a few updates every day from trusted sources.
  - Evitati sa va afundati prea mult in informatiile oferite de media. Fiti atenti la ceea ce cititi, la ce va uitati, inclusive canalele de socializare deoarece s-ar putea sa va ingrijoreze mai mult si sa va cauzeze anxietate. Considerati cateva noutati din surse sigure.
3. Remember that people react differently to significant events. Some people – adults and children – may feel worried, some excited, some nothing much at all. Be reassured that different reactions are normal and okay.
  - Amintiti-va ca oamenii reactioneaza diferit la evenimente de mare anvergura. Oamenii, atat copiii cat si adultii, s-ar putea sa se ingrijoreze, sa fie prea impresionati si altii sa nu reactioneze deloc. Cu siguranta fiecare reactie este normala si este ok.
4. If your child seems worried, it may be good to distract themselves with something that takes their mind off their worries. You might also want to set aside 10-15 minutes each day for them to talk about any worries, and to reassure them.
  - Daca copiii dumneavoastra sunt ingrijorati, este bine sa le distrageti atentia cu ceva care ii ajuta sa uite. Este bine sa discute cu dumneavoastra, 10-15 minute zilnic, despre orice ingrijorare pe care o au si sa ii linistiti.
5. Remember to keep things positive and give children hope. For example, tell children that now many people are working to make this better and that even though it is serious, everyone is doing their best to help people.
  - Este important sa fiti pozitivi si sa le dati speranta copiilor. De exemplu, spuneti-le copiilor ca multi oameni lucreaza acum ca sa se asigure ca totul va fi mai bine chiar daca este o situatie serioasa, toti fac tot ce pot sa ii ajute pe oameni.

6. Try to keep familiar routines. Well-known routines in everyday life provide security and stability. Make a plan for the day or week that includes time for learning, playing and relaxing.
  - Incercati sa mentineti rutina cu care sunteti familiarizati. Rutina zilnica prezinta siguranta si stabilitate. Planificati ziua sau saptamana in care includeti timp pentru invatare, joaca si relaxare.
7. Do nice things together, and keep active. Consider some regular family times where you can play games, do some exercise together, or do other things that you know each of you like. Try to find a good balance between time together, and screen time.
  - Faceti activitati impreuna si fiti activi. Este bine sa petreceti timp cu familia in care puteti juca diverse jocuri, faceti exercitii fizice sau activitati care va plac. Incercati sa aveti un echilibru intre timpul petrecut impreuna si timpul petrecut la televizor sau pe alte dispozitive electronice.
8. Keep in good contact with family and friends (via Facetime, Skype WhatsApp etc.; following NHS guidance on 'social contact'). This will help children connect with others and know that others are thinking about them. It will also reassure them that others are well.
  - Pastrati legatura cu familia si prietenii folosind Facebook, Skype, WhatsApp etc; urmati recomandările NHS in ceea ce priveste contactul social deoarece ajuta copiii sa se conecteze cu cei dragi si stiu ca ceilalti se gandesc la ei. Astfel ei sunt asigurati ca cei apropiati lor sunt bine.
9. Talk to school staff if you are worried about home learning. But remember that you are not expected to become teachers, and your children aren't expected to learn as they do in school. Simply providing some structure at home will help them to adapt. As well as any school work... exercise, cooking, arts and crafts, music, independent reading, and even helping you around the house... will all support your child's learning and development.
  - Vorbiti cu personalul scolii daca intimpinati dificultati in a invata copiii acasa. Amintiti-va ca nu sunteti cadre didactice si nu sunt asteptari ca sa invete ca la scoala. Avand o rutina ii va ajuta sa se adapteze. Nu numai activitatile scolare ci si activitati precum gatitul, muzica, exercitiul fizic, arta, cititul (cartile selectate de copil) ajuta copilul sa invete si sa se dezvolte.
10. As a parent you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others if you need. When parents and caregivers are able to deal with a situation calmly and confidently, they can provide the best support for their children.
  - Ca parinti s-ar putea sa va ingrijorati. Aveti grija de dumneavoastra si relaxati-va si solicitati support de la alte persoane daca aveti nevoie. Parintii si ingrijitorii pot asigura cel mai bun suport pentru copii cand ei fac fata unei situatii cu culminate si confidenta.

## Some useful links

### General

Collection of safe, local offers for children and young people, via *Young Harrow Foundation*. Click [here](#)

Guidance for parents and carers on supporting children and young people's mental health and wellbeing, from *Public Health England*. Click [here](#)

Supporting your child during the Coronavirus pandemic', from *Young Minds*. Click [here](#)

### Talking to children about Coronavirus

How to talk to your child about coronavirus, by *Unicef*. Click [here](#)

### Some information with pictures

Easy Read fact sheet, from *Mencap*. Click [here](#)

Children's guide to Coronavirus, from *Children's Commissioner*. Click [here](#)

Simple visual guide to Coronavirus and how to stay healthy, from *PAutism*. Click [here](#)

A 'Social Story' for Coronavirus, from *Carol Gray*. Click [here](#)

### Some things to watch

Animation on Coronavirus for Primary age children (KS2), from *Brainpop*. Click [here](#)

Animation on Coronavirus for older children/adults, from *World Health Organisation*. Click [here](#)

### Links for young people

Tips, advice and guidance on getting support for your mental health, by *Young Minds*. Click [here](#)

How teenagers can protect their mental health during Coronavirus, from *UNICEF*. Click [here](#)

What to do if you're anxious about Coronavirus, from *Young Minds*. Click [here](#)

Five ways to wellbeing, from *Mindkit*. Click [here](#)

### Your wellbeing

Clear advice and actions for your own mental health and wellbeing, by *Every Mind Matters*. Click [here](#)

Coronavirus and your wellbeing, by *Mind UK*. Click [here](#)

Coronavirus and your mental health, by *Heads Together*. Click [here](#)

**Note: as the situation and sources of information are developing, the above tips and links may be updated (version 2; 29.03.20)**

**Harrow Educational Psychology Service**

For more information about Harrow services for young people with special educational needs and disabilities, please visit: <http://harrowlocaloffer.co.uk/>



Educational Psychology Service, Civic 5 & 6, Harrow Civic Centre, Station Road,  
Harrow. HA1 2XY  
tel 020 8051 8380 fax 020 8051 8369 web [www.harrow.gov.uk](http://www.harrow.gov.uk)