

Coronavirus; supporting children's wellbeing Coronavirus; taageeridda wanaagga carruurta

10 wellbeing tips for families:

10 tabaha wanaagsanaan ee qoysaska:

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.
Kala hadal caruurtada waxa ay ka fahamsan yihiin caabuqa cudurkan dilaaga isla markana usharax waxyabaha ka qaldan si ay u fahmaan dhibatada cudurkan.
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.
Ka fogow in maskaxdaada ku mashqulid isla markana aad aqriso ama daawato warbixinda kala duwan aad ka helaysid warbahinada iyo baraha bulshada sababtoo ah waxa ay kugu kordhinayaan walwallka iyo walaaca.
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.
Xusuusnow in dadku si kala duwan uga falceliyaan dhacdooyinka muhiimka ah. Dadka qaarkiis -dadka waaweyn iyo carruurta - ayaa laga yaabaa inay dareemaan walwal, qaar faraxsana, qaarna waxba haba yaraatee. Hubso in jawaab celinta kaladuwan ay caadi tahay.
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.
Haddii ilmahaagu u muuqdo mid welwelsan, waxa wanagsan in aad ku mashquuliso wax maskaxdooda ka saaraya walwalka. Waxaa kale oo muhiim ah in aad siiso 10-15 daqiiqo maalin kasta si ay kaala hadlaan wixii walwal ah, iyo inaad dib u hubiso xalaladooda.
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.
Xusuusnow inaad dhanka wanagsan carruurta wax ka tustid isla markaana aad carruurta siiso rajo. Tusaale ahaan, u sheeg carruurta in hadda dad badan ay ka shaqeynayaan sidii tan loo wanaajin lahaa in kasta oo ay halis tahay, qof walbana wuxuu ku dadaalayaa inuu caawiyo dadka.
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.

Iskuday inaad samayso waxa ugu wanagsan ee qayskaga siin kara xasiloni iyo daganaan. Samee qorshe maalinta ama usbuuca oo ay kujirto waqtiga barashada, ciyaarta iyo nasashada

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.
Samee waxyaabo wanaagsan oo kaabaya cafimadka maskaxda iyo jirka. Tixgeli waqtiyada caadiga ah ee qoyska halkaasoo aad ku ciyaari kartan ciyaaro, jimicsi wada sameyn kartan, ama sameyn kartan waxyaabo kale oo aad wada ogtihiin. Isku day inaad heshaan isku-dheelitir fiican inta udhaxaysa waqtiyada wada qaadanyan iyo waqtiga shaashada
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. Xiriir wanaagsan la yeelo qoyskaaga iyo asxaabtaada (adoo u maraya , Skype WhatsApp iwm.; Adiga oo raacaya tilmaamaha NHS ee 'xiriirka bulshada'). Tani waxay ka caawin doontaa carruurta inay la xiriiraan kuwa kale oo ogaadaan inay kuwa kale ka fikirayaan iyaga. Waxay kale oo u xaqiijin doontaa inay kuwa kale wanaagsan yihiin.
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. La hadal shaqaalaha dugsiga haddii aad ka walwaleyso barashada guriga. Laakiin xusuusnow in aan lagaa fileynin inaad macallimiin noqoto, iyo carruurtaada aan laga fileynin inay wax ku bartaan dugsiga. Kaliya siinta qaab dhismeedka guriga waxay ka caawin doontaa inay la qabsadaan. Sidoo kale shaqo kasta oo dugsi ah... jimicsi, karinta, farshaxanka iyo farshaxanada, aqrin madax-bannaan, iyo xitaa adiga oo kaa caawinaya guriga dhexdiisa... dhammaantood waxay ka caawin doonaan waxbarashada cunuggaaga iyo horumarkiisa.
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.
Waalid ahaan waxaa laga yaabaa inaad naftaada ka walwasho. Ka fikir naftaada oo hubi inaad leedahay nasasho, waqti aad ku nasato, oo caawimaad weydiiso kuwa kale haddii aad u baahatid. Marka waalidiinta iyo daryeelayaashu ay awoodaan inay ula macaamilaan xaalada si deggan oo kalsooni leh, waxay siin karaan taageerada ugu wanaagsan carruurtooda.

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/>



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