

# Kyra Wellbeing Newsletter

W/C Monday 22nd June 2020

Recommended Blog:

## How to juggle your responsibilities as a parent at home

A blog By Nicola Labuschagne, Consultant Clinical Psychologist at the Anna Freud Centre

'At the time of writing, schools in England have begun to offer an optional return for children in Reception, Year 1, and Year 6, but many children will remain at home, and many of us will continue to juggle home-schooling with a number of different roles - often simultaneously and in the same physical space. We've been a parent one minute, a teacher the next, an employee a moment later. It's not surprising that we've been feeling the pressure. At the same time, we have lost some of the social connections which would usually help us when the going gets tough. So how can we learn to live comfortably with these roles, in a way which protects both our physical health and also our mental wellbeing?'

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## A great tool to support your child's worries now and for the 'next normal'!

'Managing worries and anxious feelings' online workshop from Healthy Minds Lincolnshire

Jude Smith, Mum and Ellie Smith, aged 8

"The strategies introduced in the worry workshop have been fantastic and I would recommend accessing it to any parent. In many ways, this unusual situation of 'lockdown' has reduced my daughter's worries and anxieties, as we work, learn and play together at home, she has not had to cope with leaving me. With this in mind, I thought we may struggle with the worry workshop – how could we apply this when her worries are not in the here and now? I was wrong, my daughter has begun to use many of the strategies from the workshop, having this time at home has allowed us to practice these, which in turn I'm sure will help us when we begin to return to 'normal life'."

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## Useful Links

**Helping parents and teachers deal with apprehension and anxiety when returning to school** - The charity [Nip in the Bud](#) has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school. [Click here.](#)

**Back to school in a COVID-19 world** - What kind of actions or behaviours might we expect to see in our children? How can we best support them? Useful blog from the Australian Childhood Foundation. [Click here.](#)

**Bertrand the Bored and the Imagination Jar** – Beautifully illustrated online story for children exploring boredom during the time of Covid-19 and how children can harness their imagination to beat the boredom. [Click here.](#)

**Barnardos' See, Hear, Respond service now live and open for referrals** - On Monday, Barnardo's launched the *See, Hear, Respond* service. A range of support is available for young people, families and professionals. A *See, Hear, Respond Hub* was also launched and it includes resources, tools and videos on emotional wellbeing, returning to school, online life and a Young Carers Sub-Hub. [Click here.](#)

## Kindness - A Poem

Helen Taylor, Assistant Head of Saint Lawrence C of E Primary School

This week Helen has shared with us a beautiful and thought provoking poem around the importance of kindness written by one of St Lawrence's parents.

[CLICK HERE TO READ THE FULL BLOG POST](#)

