

COVID-19 Information

If your child has to self-isolate



My child doesn't have symptoms but there was a positive case at school, and they have been told to self-isolate. What are they allowed to do?

-  Your child should follow government guidelines which means not to leave the house except to go in the garden and not to meet anyone from another household
-  No other members of the household have to isolate unless your child (or anyone else) gets symptoms themselves
-  If your child (or anyone in the house) doesn't have symptoms other siblings can still go to school as normal
-  The usual safety measures of social distancing and hand washing should be maintained
-  Its important that the child completes the 10-day self-isolation period even if they are tested and get a negative result
-  They cannot partake in extra-curricular activities or socialise outside of the household
-  If the child or anyone else in the household develops symptoms they will need to get tested and the whole household will need to self-isolate

More information on self-isolation can be found here:
www.bit.ly/3606SqR

Will my child still be given work to do?

Yes. Children and young people should continue with home learning as instructed by their school. This will enable them to keep up with their learning and interaction with teachers and school friends will also help support their emotional health and wellbeing.

My child has only just gone back to school, how can I best support them at this time?

Supporting the emotional wellbeing of children will also be important as it will not be easy for children having to stay at home for 10 days and not see friends, particularly having only just returned to school after such a long break.

Ideally parents should encourage children to talk about their feelings and remain calm and supportive at times when children may be displaying frustration, anger or low mood due to their situation.



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Top tips to support children and young people



Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.



Support them through difficulties

Pay attention to their emotions and behaviour and try to help them work through difficulties. It's not always easy when faced with challenging behaviour but try to help them understand what they're feeling and why.



Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.



Build positive routines

We know it has not been easy recently, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college

More useful information for supporting children and young people's mental health and emotional wellbeing can also be found at:

www.cypsomersethealth.org/news&id=348



We're all in it together