

EPAS NEWSLETTER

Part 2 of 7

07/05/20

EDUCATIONAL PSYCHOLOGY ADVISORY SPECIALISTS (EPAS)

Self-Care

As parents/carers, it is important to recognise your own feelings and needs in response to this challenging time. Having spent a great deal of time trying to set up routines and systems during the lockdown, we are now thinking about returning to school and work.

The first step in times of change is to look after your own wellbeing and mental health. Children pick up quickly on their parent's mood so if you are feeling stressed it is more likely your child will be feeling stressed too.

If you haven't already, think about which parts of the 'school routine' you could start re-introducing now. Reminding children of the structures they will return to in small, manageable phases will help children to feel stable and secure.

Try not to put too much pressure on yourself to get it all 'perfect'—remember that you have been living through a challenging situation and readjusting to new routines takes time.

ASK FOR HELP / KEEP IN TOUCH It is important



to keep in regular contact with your child's school and to ask for help if you are experiencing difficulties with preparing for returning to school.

Inside AND out

Taking good care of ourselves includes many ideas. Many of the coming pages will focus on how to keep your 'inside' healthy, especially your mind and how you feel. But let's not

forget— a healthy body supports a healthy mind! Try to build physical activity into each day for you and your child. Go for a walk or bike ride, play a game outside, do an

online PE or Yoga lesson (see links below). Use physical exercise to structure parts of your day back to 'school routine' times so that you are easing back into it gently.

For more information and ideas about self care visit:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

<https://www.headspace.com/>

<http://www.adamspychologyservices.co.uk/coronavirus.html>