

EPAS NEWSLETTER

Part 5 of 7

07.05.20

EDUCATIONAL PSYCHOLOGY AND ADVISORY SPECIALISTS (EPAS)

Connect

Despite maintaining physical distance from one another during the pandemic, we have found ways to connect and maintain bonds with our friends, family and community. Feeling connected is an important part of keeping emotionally well.

For the past few weeks everyone has been highly accessible to one another online and we have increasingly connected virtually through social media and the phone. As routines, work and school life are reintroduced then the high level of connection we have become accustomed to may shift. This may be more challenging for some than others to readjust to. Ensuring there are opportunities for quality time to connect as



a family or with those who may live far away through social media may help to manage this.

As changes approach and 'normal life' resumes consider how you reconnect beyond the family home and follow social distancing rules. This may be tricky for some children to understand so talking to children about this and showing them examples may help.

Social media has become a large part of our lives, enabling us to connect to others, but establishing some disconnection from social media may help children to reconnect to their typical routine as life

returns to normal. Make time each day to switch off from screens, especially in the evening, as too much screen-time can lead to poor sleep.

Whilst connection to one another is important, it is also important to remember to **DISconnect** from time to time! This will continue to be important as time progresses and the demands of day to day life return. Taking time out to spend on your own, or sharing space with others whilst doing your own thing is important to maintain wellbeing.

Talking to your child about COVID- 19

- <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Activities for you and your family to try

- <https://www.kiddycharts.com/printables/free-covid-19-time-capsule-worksheets/>
- <https://www.familylives.org.uk/advice/teenagers/communicating-with-teenagers/the-importance-of-communicating-with-teenagers/>