



Coping under Covid

by

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MAKE THE MOST OF LIFE WITH LIMITS

CHILDREN'S EMOTIONAL WELLBEING UNDER COVID 19

Stockport families tell us what really works

COVID 19: THE IMPACT ON THE EMOTIONAL WELLBEING OF CHILDREN IN STOCKPORT PRIMARY SCHOOLS



<https://www.stockport.gov.uk/mental-wellbeing-support-coronavirus>

EMOTIONAL WELLBEING



75% of children have experienced changes to their wellbeing



12% feel calmer and happier



52% are more easily upset and quicker to feel frustrated



Almost 20% of children had no real-life social contact with other children though lockdown. Almost a third kept in touch online

Thinking about returning to school, children were most worried about...



1. Catching Covid 19
2. Schoolwork
3. Missing their parents
4. Friendships changing

BEHAVIOURAL CHANGES



Over 40% of children's sleep patterns have changed, with disturbed sleep, bedtime struggles and sleeping in later



40% find concentrating much harder at the moment



43% increase in challenging behaviour at home



36% of parents say relationships are more positive at home

SIGNIFICANT EVENTS



19% of families have experienced a bereavement between March and September



Changes in household income with around 30% of families impacted through furlough and redundancy



45% of children have not attended school at all since March

FEELING ANXIOUS, STRESSED OR LOW?

There's support in Stockport to help you.

EMOTIONAL WELLBEING HUB

Call 0161 217 6028
Mon - Thu 830-5
Fri 830-430
(up to the age 25)

SHOUT
Text SHOUT to 85258
Chat with trained crisis volunteers by text message

Greater Manchester Bereavement Service
Call 0161 983 0902
Mon-Fri 9-5




SOURCE:
Stockport Behaviour Support Service and Primary Jigsaw
Emotional Wellbeing Survey for parents/carers (641 responses) Sept 2020
behavioursupportservice.co.uk
[@StockportBSS](https://twitter.com/StockportBSS)





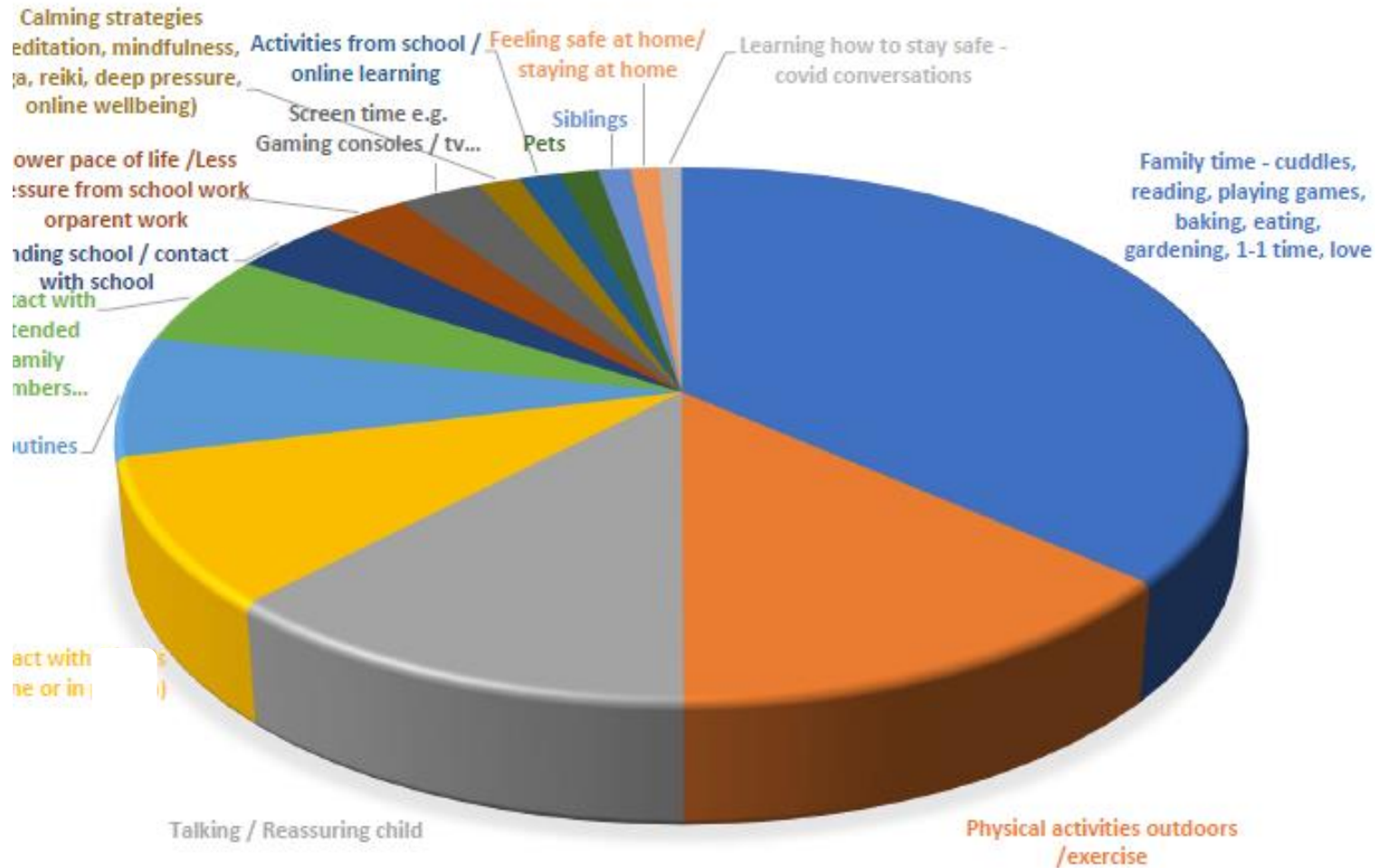
Life with limits...

- Covid 19 is with us for longer than anyone would have wanted or predicted, and we continue to live with the possibility of further restrictions.
 - Our survey has highlighted the emotional toll that Covid continues to have on our children's emotional wellbeing.
 - However it has also shown us the amazing capacity of families to help their children live positively under limits.
 - Parents have told us that they liked the survey as an opportunity to share their experiences at this time.
 - We have made this booklet to highlight the things you have told us help to make the most of life with limits.
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You told us
what helped
your child's
emotional
wellbeing
during
lockdown



What has helped your child feel calm and happy during this time?



Parents told us the main things that help their children stay calm and happy. We noticed that these fit in well with the 5 Ways to Wellbeing.

“Lots of snuggles, lots of films and making the most of the lockdown situation with lots of walks and outside time”



“Walks, bike rides and outdoor activities in general”

“Mindfulness and relaxation exercises. Using a mood and feelings book with youngest. Listening to them talk and say how they feel”

“Spending time as a whole family and doing different activities, learning through different mediums, being out in nature learning practical life skills”

“He loves home life, we have exercised regularly and done kind things for others like baked and delivered cakes. He has enjoyed parts of school-work but also enjoyed relaxing with a film!”

1

Connect

Talk & listen

Be there

Be connected

- Family time: cuddles, activities, reading, playing games, baking, eating, gardening, 1-1 time
- Talking with and reassuring their child
- Contact with extended family (online/ in person)
- Helping them to socialise with other children in person or online
- Playing with siblings
- Having pets
- Worship and prayer
- Rewards and incentives for positive behaviour
- Good relationships at home
- School support eg small group work, 1-1 support, pastoral care
- Playtime with friends

2

Be Active

Do what you can
Enjoy what you do!

- ▶ Bike riding
- ▶ Walks
- ▶ Trampolines
- ▶ Gardening
- ▶ Being in nature

“Being outside, being on our bikes, in the park, having trips out with family.”

“Going out for walks, as we don’t have a garden.”

“Exercise and maintaining a routine..youtube sessions”



3

Take Notice

The simple things
that bring you joy

Slower pace of life
Decrease pressure from
school-work, parent
work

Calming strategies
(meditation,
mindfulness, yoga, reiki,
deep pressure, online
wellbeing)

Staying at home

Focus on emotional
wellbeing

Mindfulness

Rewards and incentives
for positive behaviour

Positive mindset



4

Keep Learning

Embrace new things

See opportunities

Surprise yourself

- Attending school / contact with school
- Gaming consoles / tv / films / tablet
- Learning how to stay safe - covid conversations
- Activities from school / online learning
- Extra help with school-work
- Learning new skills such as musical instruments or cooking

5

Give

Your time

Your words

Your presence



Call

Call a friend or family member to offer to help them with something



Thank

Thank someone for helping you



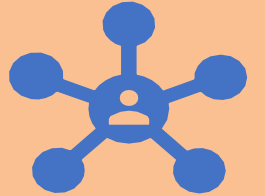
Check in

Check in on a neighbour safely



Listen

Listen to someone's problems without offering to fix them



Link up

Link up with social media groups for the community and offer support where you can

Make your own Family Action Plan

We recommend using a solution focussed approach to family life under Covid.

If we have time to reflect on what is working as a family this can be really helpful. Try using this as a way to support emotional wellbeing. If you are stuck try to choose from the ideas that our parents have told us really help.

What shall we...	Examples	Our Plan
Stop	Watching the news constantly	
Start	Taking daily walks	
Continue	Spending time with the children before bed, talking through the day and what has gone well, what challenges they have overcome	

This survey came about because at Behaviour Support Service/Primary Jigsaw, we wanted to find out how we could more effectively help our Stockport children, families and schools.

If you would like more information on our work or this survey then please:-

- ✓ Look at our website
- ✓ Follow us on Twitter
- ✓ Contact Anna Purvis (Primary Jigsaw) or Heather Newton (BSS)

