**Caring for children during the COVID-19 period**

Caring for children during the COVID-19 period might seem like a daunting task but the good news is that the internet has lots of practical guidance and free resources.

We’ve brought some of these together below. We’d love to hear whether you find them useful and if you’ve got suggestions for other resources we can highlight – please contact the keeping well team, via the HMPPS comms mailbox.

In the meantime, our best advice is to:

* **Be kind to yourself** - keep calm and look after your own wellbeing - connect with other people in similar situations but only where this is helpful to you;
* **Be realistic** - establish new routines for you and for the child(ren) in your care with realistic expectations - help them manage their stress and worries;
* **Be open** – discuss with your manager about what you can achieve whilst caring for children at home and any adjustment that might need to be made to performance expectations; and

**Mainstream News Media**

BBC :[Coronavirus: How can parents help with home schooling?](https://www.bbc.co.uk/news/uk-scotland-52120553)

ITV: [Coronavirus: How to educate your children at home during the Covid-19 pandemic](https://www.itv.com/news/2020-03-23/how-to-educate-you-children-at-home-schooling-coronavirus-covid-19/)

**Major Children’s Charities**

Children’s Society: [Coronavirus Covid-19 information and support](https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/)

* Support for mental and emotional well-being
* Covid-19 news and young people's stories from our blog

NSPCC: [Coronavirus (COVID-19) advice and support for parents and carers](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-parents-working-from-home/?_t_id=fQNyEPQR-FDN-Q1Av7oz8Q%3d%3d&_t_uuid=dzAHQpTJT7mQ-uQQvtzEXw&_t_q=covid-19&_t_tags=language%3aen%2csiteid%3a7f1b9313-bf5e-4415-abf6-aaf87298c667%2candquerymatch&_t_hit.id=Nspcc_Web_Models_Pages_StandardPage/_9bdd8fa3-1578-40fc-a3f9-432ab2014269_en-GB&_t_hit.pos=1)

* Talking to children worried about coronavirus
* Working from home
* Keeping children safe from abuse
* Staying home alone
* How to cope with tantrums
* Online Safety

Chatter Pack: [Home Learning Resources List for Schools and Families](https://chatterpack.net/blogs/blog/resources-list-for-home-learning)

* Links and ideas for free home learning:

**Official Advice**

GOV.UK: [Guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus (COVID-19) outbreak](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak)

* Looking after your own mental health
* Helping children and young people cope with stress
* How children and young people of different ages may react
* Children and young people who are accessing mental health services
* Children and young people with learning disabilities
* Autistic children and young people
* Children or young people with physical health issues
* Children and young people who care for others
* Bullying
* Money worries

GOV.UK: [Coronavirus (COVID-19): guidance on vulnerable children and young people](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people)

* Children supported by the children’s social care system
* Children with education health and care (EHC) plans
* Children in alternative provision (AP) settings

Children and Family Court Advisory and Support Service: [Family and Young People’s Board: COVID-19 guidance for children and families](https://www.cafcass.gov.uk/grown-ups/parents-and-carers/covid-19-guidance-for-children-and-families/)