



MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

STAY AT HOME TO STOP CORONAVIRUS SPREADING

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

IMPORTANT

These 4 reasons are exceptions - even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

Information:

There is separate advice about:

- [staying at home if you're at high risk of getting seriously ill from coronavirus](#)
- [staying at home if you or someone you live with has symptoms of coronavirus](#)

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

DO

- wash your hands with soap and water often - do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get back home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

DON'T

- do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy - you could try activities like cooking, reading, online learning, watching films
- do light exercise at home, or outside once a day

Information: For more advice, see:

- [Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)
- [Every Mind Matters: how to look after your mental wellbeing while staying at home](#)
- [strength and flex exercises you can do at home](#)



NEWSLETTER - April 2020

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What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital. If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) - only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

Read more advice about [getting medical help at home](#).

Pregnancy advice

If you're pregnant and worried about coronavirus, you can get [advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists](#).



RESOURCES TO HELP SUPPORT YOUR CHILDREN IN THE EYFS

Rainbows of Hope

Rainbows are used as a symbol of peace and hope as they often appear when the sun follows a heavy rainfall. They serve to remind us that there is hope and light to follow even after dark times. People all over the world have adorned their windows and balconies with colourful pictures of Rainbows as a symbol of hope. Your children may want to join in this trend, if they haven't done so already.

<https://www.bbc.co.uk/news/uk-england-51988671>

Home learning

<https://www.twinkl.co.uk/resources/parents/wellbeing-parents/early-years-3-5-years-home-learning-area>

General Activity Booklet

http://www.tts-group.co.uk/on/demandware.static/-/Library-Sites-TTSSharedLibrary/default/vaea75f5663a038b8658d258fd198e57ce70b35d6/images/homepage/Early_Years_Home_Learning_Collection.pdf?version=1,584,037,589,000

Mental Health and Well-being

Making yoga and mindfulness FUN for kids <https://www.cosmickids.com/category/watch/>

Meditation for children <https://annakaharris.com/mindfulness-for-children/>

Super Movers <https://www.bbc.co.uk/teach/supermovers>

Change 4 Life <https://www.nhs.uk/change4life>

Stop, Breath, Think! <https://www.stopbreathethink.com/>

Wishing all our Children, Parents, Carers and Staff Good Health and Well-being during these unprecedented times,

Penny, on behalf of the Management Team.