

Parental and Carer Support during the Pandemic

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

The coronavirus (COVID-19) outbreak is affecting everyone's daily lives. Regardless of their age, this may be a difficult time for children and young people. Some may react right away, while others may show signs of difficulty later on. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Negative reactions may include worrying thoughts about their health or that of family and friends, fear, avoidance, problems sleeping, or physical symptoms such as stomach-ache. During this time, it's important that we all take care of our own and family's mental health.

Public Health England have produced some [guidance for parents and carers](#) on supporting children and young people's mental health and wellbeing during the coronavirus outbreak

Guide for parents and carers educating children at home

The PSHE Association has produced some short [guidance for parents and carers](#) to support them to contribute to their child's PSHE education outside of school or through home learning.

Parents/carers are their child's first educator and play a vital role in their personal and social development. Therefore, PSHE education should always be a partnership between schools and parents/carers. This guidance is relevant at any time, but particularly so given current school closures due to the coronavirus epidemic.