

Friday 20<sup>th</sup> March

Dear parents,

We understand that in this unprecedented time and you may be feeling anxious about the Coronavirus and your child will have a very different experience than the one you were expecting for the next few months. Whilst we are closed for the foreseeable future, the staff at Tunstall Nursery will be sending out advice, activities and ideas for things you can do at home to support you and your child.

Children know that their life and routines are changing and will have heard about the Coronavirus on the TV, radio or the adults hear it. In order for them not to become anxious about it, the advice is keep it simple and stick to the facts. We have attached a document that explains what the Coronavirus is for children, which does this. Try to limit the discussions you have in front of the children, instead wait until they are in bed.

Here are some top tips for helping you and your child's wellbeing:

- Have a consistent routine, where possible similar to your current one – keep awake, bed and meal timings roughly the same each day
- Have a consistent routine for different activities across the day, i.e. a set time for crafts, some free play and time to share books
- Try to do some daily exercise, there are many videos online which are directly aimed at children, we will be providing links to these
- At the moment the advice is that you can still go out, so whilst playgrounds should be avoided, parks and woods allow you to get fresh air and time outside of the house
- Mindfulness is proven to support your mental health, we will be giving ideas you can do with your children. Here are some apps that offer online meditations for you:
  - Apps: insight timer (this is free), Headspace, Calm
  - Websites:
    - <https://www.tarabrach.com/guided-meditations/>
    - <https://www.mindful.org/>
- Use video contact to see and speak to people your child is use to seeing regularly
- Children find time hard to imagine, and at the moment we do not what is going to happen. Be honest and say you do not know how long, but it will be a long time, you can stretch your arms out and say this long, show them bedtime is this long away by moving your hands much closer together.
- Find the positives in each day and share them with each other – it could be listening to a story together, how comfortable your bed is or opening a window for fresh air!

We will be maintaining communications with families, if you have any questions or queries please do not hesitate to contact us.

From all of the staff at Tunstall