

NEWS



The Walking With You parent support group meetings were once again ran via Microsoft Teams, due to the current social distancing and lockdown rules.

The morning and afternoon sessions had a slightly different focus. The morning session was based around anxiety and isolation, home schooling and returning to school. The afternoon session was more about help and support in other areas.

Anxiety/Isolating

- Encourage routines
- Their bedroom is their safe space
- Try to increase the frequency of them leaving their room
- Allow them some space when they do come out of their bedroom, try not to overwhelm them
- Ask what interest/activities they would like to do
- If they are reluctant to take part in an activity they would normally enjoy, continue to do it, it might encourage them to join in
- Be clear on what your expectations are of them of doing an activity eg watch the same film and talk about it later or maybe watch a film together or watch the same film in separate space. Let them take control of how they want to take part in the activity
- Make a pro's and con's list of their particular anxieties and talk it through. This will allow them to problem solve their worries or identify that it is something that they've overcome before

Parent suggestion

Netflix series, Lost in Space is a great series to share with the family

Home Schooling

- Maybe start the day with some physical activities, run up and down the garden, star jumps, bike ride, go for a walk etc.
- Create a slightly different environment for school time, this will help them to differentiate
- If bed times have become difficult and too late, draw it in by 5 minutes per night to where you feel it should be
- Talk through the work that needs to be done and let them help make the time table
- Breakdown the learning schedule into manageable time slots (10/15 minutes), try and be creative

Books

Get out of my life by
Tony Wolf and Suzanne
Franks

CAMHS are running a 24/7 Helpline including bank holidays and weekends:

Children: 01865 904998
Adults: 01865 904997

CAMHS Self-Referral

Email: oxfordhealth.
bucksCAMHSSPA@nhs.net
Tel: 01865 901951

Celebra

Sleep hygiene service
www.cerebra.org.uk

Local PDA group

Pathological demand
avoidance
PDAgroup@harveys-
home.me.uk

Sendias

Can help and advise
with the process of an
Educational Health Care
Plan
sendias@buckinghamshire.
gov.uk
Tel: 01296 3837854

Mrs Bun the Baker Cookery School

www.mrsbunthebaker.net

- If possible, vary the day. Shoot some hoops, star jumps, short jog, go for a walk

- Reward them when they complete a task

School returns

- Talk through with them what their school has planned should they be returning

- Talk to the school/SENCO about what is expected and how their return can be managed

Aspire – Hospital Teaching Service, home tutoring

Aspire provide tuition for children of compulsory school age who, because of their health needs are unable to attend school and are away from school for 15 days or more, whether consecutive or cumulative. Pupils with health needs are defined as:

- Pupils who are physically ill, injured or recovering from medical interventions
- Pupils with mental health problems
- School-age mothers/mothers-to-be

Referral via GP/medical advisor and school to: office@aspireap.org.uk

Article 12

Article 12 is a youth forum where young people have the right to express their views, feelings and wishes in all matters affecting them. Join us if you are 11-25 years and would like to be involved with Article 12 Young People's Council, please contact Roxy Uritescu, Participation Lead Roxana.urtescu@barnardos.org.uk you can also participate by liking our Facebook pages for Article 12.

ASD

Social stories can be used in targeted ways to prepare individuals for social interaction and to prepare individuals with autism for public events.

Useful links

Useful links providing support information during Covid 19 and the Corona virus outbreak.

[Autism tool box](#)

[Autism-diagnosis-coronavirus](#)

[Autistica – Make-the-most-of-a-telephone-appointment](#)

[ADHD resource](#)

[Family Support Team](#)

[BPS guidance – Talking to Children About Coronavirus](#)

[BACP guidance – How to cope if you're feeling anxious about the outbreak](#)

[Anna Freud: Video for parents](#)

[Anna Freud: Video for children & young people](#)

[Liverpool CAMHS resource – Supporting Children during social distancing](#)

[National Autistic Society – Covid-19 guidance and helpline for parents, young people and staff](#)

[Mencap – Easy Read guide to Coronavirus](#)

[Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing](#)

[Young Minds – Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing](#)

