

# Supporting children and young people with additional needs at home during COVID 19

## A parent/carer guide

Developed by Leicestershire Educational Psychology Service



Managing the whole family being at home, as well as the anticipation of returning out of lockdown into educational settings, are both as equally as challenging for parents and carers.



Factors such as: reopening of schools, hygiene and quarantine all add to feelings of uncertainty and worry for all CYP. This can be even more challenging for CYP with identified special educational needs such as ASD, ADHD and those who are struggling with anxiety.

Leicestershire EPS want to support CYP, and their families, to minimise this impact.

## Where can I look for advice?



We are mindful of 'information overload' during this time, so rather than produce more information, the purpose of this resource is to simply signpost parents and carers to useful websites, if and when they want to access them.

We feel the following resources are able to offer practical strategies as well as additional information around more specific needs (e.g. ASD or anxiety).

## Helpful links:

### 1. NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/>

### 2. The Royal College of Paediatric and Child Health

This has many useful links including the following for condition and situation specific resources section, which includes advice for families and children with autism and ADHD. <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers#condition-and-situation-specific-resources-for-families-and-children>

### 3. Anna Freud National Centre for Children and Families

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>

### 4. National Autistic Society

Advice for parents and carers who have children with autism. <https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>



### 5. Young Minds

Advice for parents and carers who have children experiencing anxiety. <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic#supporting-your-child-if-theyre-feeling-worried>

### 6. Good Thinking

Advice for parents and carers who have children with ADHD. <https://www.good-thinking.uk/coronavirus/advice-for-parents-children-attention-deficit-hyperactivity-disorder-adhd/>

### 7. Zero to Three

Advice for parents for children in the early years. <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

## Finally...

Do not forget that this is a really challenging time for everyone. We recognise and appreciate that parents and carers are experiencing a sudden change in their lives—and are having to balance children being home full time alongside employment, and potential health worries, financial concerns and care for distant family. This will be stressful.



So, it is important to look after yourself, and know that 'good enough' is ok. You can't pour from an empty cup.

If you need to talk to someone to seek further advice about how to support your children at home during the COVID 19 pandemic you can call Leicestershire Educational Psychology Service (LEPS) Helpline. The LEPS Helpline is available daily during the coronavirus pandemic to offer telephone advice and support to all parents/carers and professionals.

**Telephone 0116 305 5100 (Mon to Fri, between 9am - 11:30am including school holidays).**

<https://resources.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/support-for-schools/educational-psychology-service-for-schools>

