

**WE'RE IN  
THIS  
TOGETHER**

**TOP TIPS FROM MALACHI WITH  
LOVE**



# HELP ME TO HELP THEM

A young girl with long, light brown hair styled in several braids is looking upwards with a slight smile. She is wearing a white top. The background is a clear blue sky with a white rope or string hanging down from the top right. The overall mood is bright and hopeful.

**Don't be afraid to discuss the coronavirus**  
Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone

**Stick to routine.** "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now,"

## Keep Talking.

**Deal with your own anxiety** If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

**Take your cues from your child** You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.



# **SUPPORTING CHILDREN WITH COMPLEX DISABILITY / HEALTH NEEDS**

<https://www.wellchild.org.uk/2020/03/18/seven-rules-for-managing-carers-in-the-home/>

<https://www.wellchild.org.uk/2020/03/18/ten-ways-to-keep-my-child-with-complex-health-needs-safe/>

<https://www.england.nhs.uk/south/wpcontent/uploads/sites/6/2017/09/catch-bin-kill.pdf>

<https://www.wellchild.org.uk/wp-content/uploads/2020/03/vulnerable-person-poster.pdf>

# KEEPING FACTUAL ABOUT HEALTH

## FACT NOT FACEBOOK

Check reputable resources to seek the right help  
for your health

<https://111.nhs.uk/covid-19>

<https://www.bbc.co.uk/news>

<https://www.internetmatters.org/blog/2020/03/19/new-parent-guide-to-help-kids-tackle-anxiety-inducing-fake-news-during-coronavirus-pandemic/>





# FACT OR FICTION...?

• MISLEADING

Wow! We'll share! . Imagine Dettol can help in fighting Corona virus and we're ignorant of it. It's written on the container zoom and read 16:10



We have added labels to the screenshots to indicate whether the story has been found to be "misleading", "false" or using an "old photo".



The Sun @TheSun

Horrifying new map shows no country is safe from coronavirus' deadly tentacles



Horrifying new map reveals no country safe from coronavirus' deadly tentacles A HORRIFYING new map shows the unstoppable spread of deadly coronavirus across the globe. The incredible graphic reveals how five million Wuhan resident... thesun.co.uk



SO WE'RE ON LOCK  
DOWN.

LET'S KEEP CALM AND  
REFRAME.

Reframing is a technique used in therapy to help create a different way of looking at a situation, person, or relationship by changing its meaning.



# ENOUGH ABOUT WHAT IS PREVENTING US... HOW COULD THIS SITUATION **EMPOWER** US?

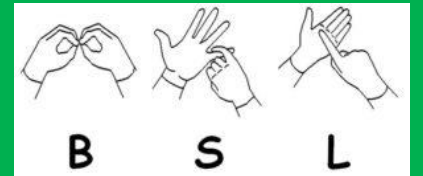
Time to reflect and sloooow down - Insight  
Timer App - <https://insighttimer.com/>



Cooking resourcefully and responsively –  
[https://tasty.co/article/hannahloewentheil/  
19-recipes-that-use-what-you-have-at-  
home](https://tasty.co/article/hannahloewentheil/19-recipes-that-use-what-you-have-at-home)

Exercise at home -  
[https://www.youtube.com/results?search  
\\_query=home+exercise](https://www.youtube.com/results?search_query=home+exercise)

Picking up new skills - BSL offering  
reduced rates for Level 1 Sign Language  
[https://britishsign.queue-  
it.net/?c=britishsign&e=bslbasket&t=ht  
tps%3A%2F%2Fwww.britishsign.co.uk%  
2Fshop%2Fproduct%2Fintroducing-  
british-sign-language-enrolment-  
2020%2F&cid=en-US](https://britishsign.queue-it.net/?c=britishsign&e=bslbasket&t=https%3A%2F%2Fwww.britishsign.co.uk%2Fshop%2Fproduct%2Fintroducing-british-sign-language-enrolment-2020%2F&cid=en-US)





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THANKS

THANKS



THANKS



This is an unusual time where we may be experiencing having to spend lots of time cooped up together.

However the key word there is you are together because in this moment, **you ARE together** and **WELL.**



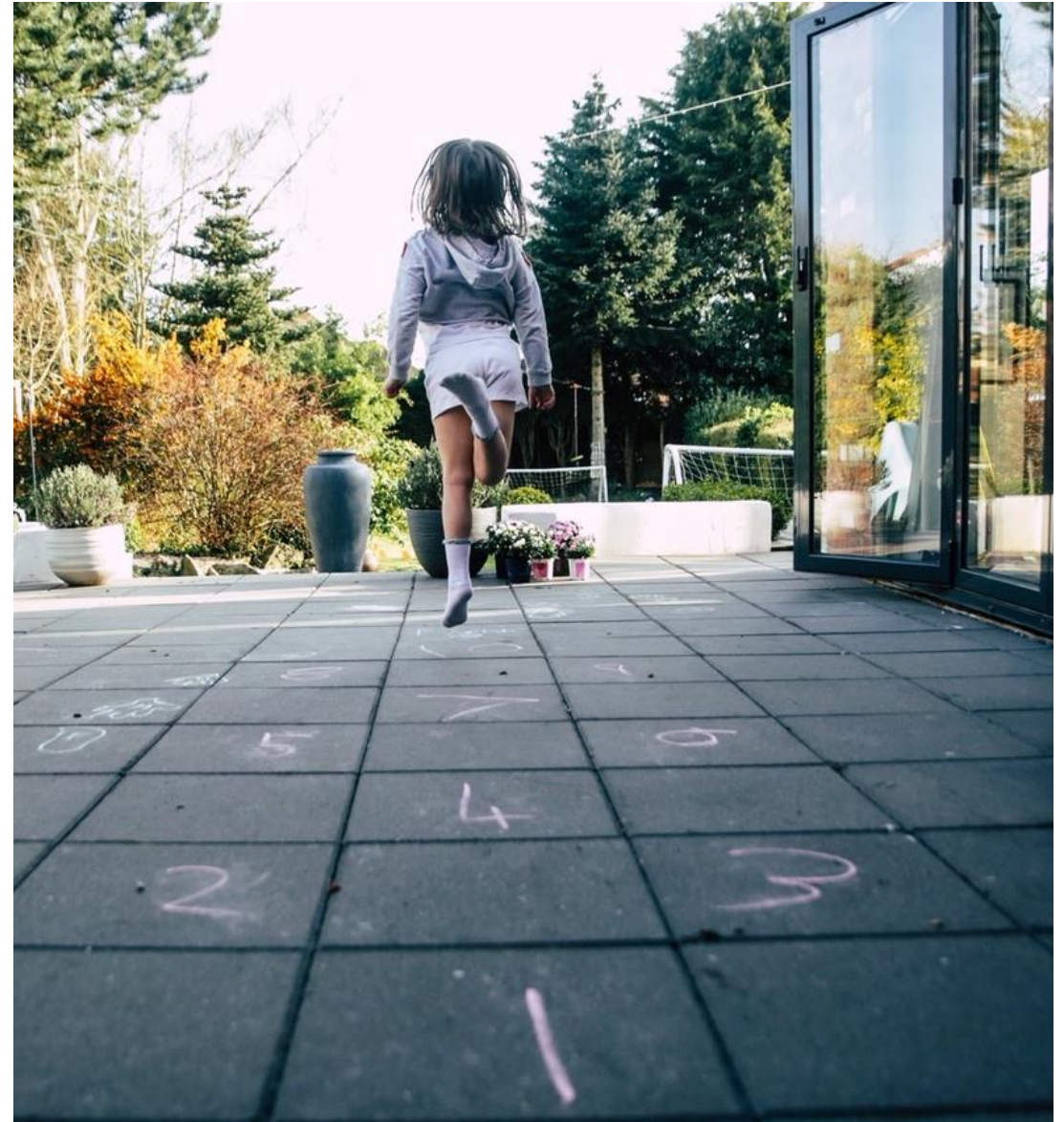
Remember the longer you spend **outside**, the longer you'll spend together **inside**.

Let's stick it out **TOGETHER**

# PRACTISING GRATITUDE

Write down 4 things we are grateful for each day.

Journaling this time in history – writing, art, poetry, photography.



# LIGHT AT THE END OF THE TUNNEL

Written by a teacher in China, reflecting on lock down (23<sup>rd</sup> March 2020)

We are just finishing our 7th week of E-Learning, seven weeks of being mainly housebound and seven weeks of uncertainty. We are healthy, we are happy, and we are humbled.

We are allowed to move around freely now with a green QR code that we show when we get our temperature taken. You get your temperature taken everywhere, and it's just become part of the routine. Most restaurants and shopping centers are now open, and life is coming back to our city.

As we watch the rest of the world begin their time inside; here are some of my reflections on the last seven weeks:

1. Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.

2. Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!

3. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on - who I wanted to call, message and connect with and found the quality of my relationships has improved.



4. Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.

5. Time goes fast. I still haven't picked up the ukulele I planned to learn, and there are box set TV shows I haven't watched yet.

6. As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving, that even we as adults are still learning.

7. You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee in a cafe.

**To those just beginning this journey, You will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.**



Please stay safe and  
take care

