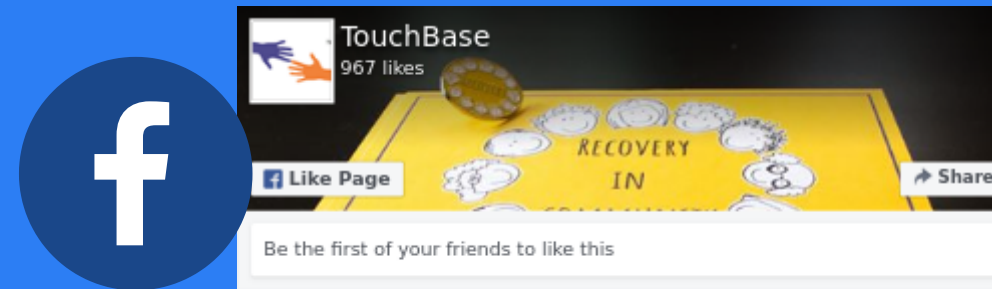


# Support through this season



**TouchBase Centre  
CiC**



@touchbase\_UK

@theyellowkite

@tie\_gb



FOR PROFESSIONALS, PARENTS,  
CARERS, AND CHILDREN.

# Overview

## WHAT WE'RE COVERING

This is a signposting resource for professionals, key workers, parents, carers, children and young people. Bringing together information, services and resources to help you connect emotionally and socially, whilst being physically distant during this time.

# Updates

## TOUCHBASE IS NOW OFFERING...

- Regular updates on social media
- A YouTube channel for foster and adoptive parents – look out for 'Louise Michelle Bomber'
- Low cost webinars
- Low cost therapeutic consultations

Contact [info@touchbase.org.uk](mailto:info@touchbase.org.uk) for more information

“

## WORDS TO INSPIRE

The most powerful buffer in times of stress and distress is our social connectedness; so let's all remember to stay physically distant but emotionally close...Reglate, Relate, Reason.

DR BRUCE D. PERRY

# Support for parents and carers

**GO EASY ON YOURSELVES!**

First things first – ease your own anxiety. Think about how to support yourself so that you are in a physical and emotional position to support others. So, for your own sanity, see the tips and resources below:



## FOR YOUR SANITY!!

- Open a window and take 10 deep breaths.
- Write down 10 things you're grateful for.
- Limit how much news you're taking in.  
Watching in the morning may be better than just before you go to bed.
- Prepare for your house being messier!  
More people in the house = more mess!

# Quick Stress Calmers

- Breathe in and out as you trace around your hand with your finger, up breathe in, down breathe out
- Count slowly to 10 and then backwards from 10-0
- Breathe in and out and as you let out your long breath, roar like a dinosaur or sing a long note
- Suck some iced water from a frozen water bottle or through a straw
- Chew some minty gum
- Tense shoulders up to your ears, tense and release , tense and release
- 10 Star Jumps
- 5 Wall pushes - legs into a deep lunge, hands flat on the wall and PUSH !
- Press your hands together really hard
- 3 chair push-ups
- Place a pencil in between your teeth and do a wide SMILE
- Eat something crunchy (carrots, celery crisps) or chewy (caramel bar) as you chew, focus on the smells, textures and tastes.



# Self-care strategies for parents



## The Embodied Awakening

You. Are. Enough.

 The Embodied Awakening / sarahbullock

Free movement and meditation...in hard times...dance!



## Experience Calm

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life

 calm

"Sleep more, stress less, live better"



# Self-care strategies for parents

[www.64millionartists.com](http://www.64millionartists.com)

Create to connect! A 2 week creative challenge to help you at home.

<http://www.spielzeugz.de>

Play with liquid particles - click on 'lab' and scroll down on the webpage to 'liquid particles'. A soothing distraction.

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE  
ACTIONS  
OF  
OTHERS

MY POSITIVE  
ATTITUDE

TURNING  
OFF THE  
NEWS

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW I FOLLOW CDC  
RECOMMENDATIONS

LIMITING MY  
SOCIAL MEDIA

PREDICTING  
WHAT WILL  
HAPPEN

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

HOW  
OTHERS  
REACT

OTHER  
PEOPLE'S  
MOTIVES



Clipart: Carrie Stephens Art  
TheCounselingTeacher.com

# tothegrowlery.com

A Counselling and therapy  
website with lots of  
inspiration and support via  
their blog



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object



breathe

practice 4-7-8



distract

find all the square

### Six Different Types of Grounding Exercises for Anxiety & Intense Emotions — The Growlery

When we're in the middle of an anxiety attack or flashback, our frontal lobe goes out the window. It feels impossible to focus or think clearly about anything. Grounding is a...

 The Growlery / Apr 19, 2017

## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date

 THE GROWLERY

## WHAT'S RIGHT FOR YOU

When we are faced with change, uncertainty or worry – focusing on what remains the same, and what is certain, for example using structure, can help.

**Parent's and  
carer's care of  
children and  
young people**



# Top Tips...

- It's about getting a balance - having a structure and integrating some fun!
- Create a daily schedule, children will love being involved in this and it will give them some control and predictability. Make it visual if you can, and stick it on the wall. See the example below...
- Get washed & dressed as normal, eat at set times, distinguish weekdays and weekends, have busy/active times, and quiet/sitting activities.
- Have a range of activities for children to choose from. Creative time, physical activity, time in the garden, time for jobs, etc. See examples below for indoor and outdoor activities. Focus on ticking off tasks each day.
- Open windows and curtains to get natural light.

# Examples...



## At Home Learning Schedule (Editable)

Use this at home learning template to guide your learning from home during extended breaks from school or use the editable version to make your own! There are student learning from home schedules...

 Teachers Pay Teachers / School with Jules / \$0.00



# Time Well Spent

## ACTIVITY IDEAS FOR CHILDREN AND YOUNG PEOPLE

- Draw a map of your local area, workout where friends live, make some postcards and post them through letterboxes.
- Give children jobs to do so that they feel part of the routine – for example; helping to prepare food, set the table, vacuum, tidy, and make their bed.
- A lot of siblings will not be used to being together all day, and that's an opportunity to build and strengthen your family relationships – but it will come with lots of ups and downs!
- Have a family film afternoon. Or give teenagers some private time to Skype or WhatsApp their friends.

# Time Well Spent

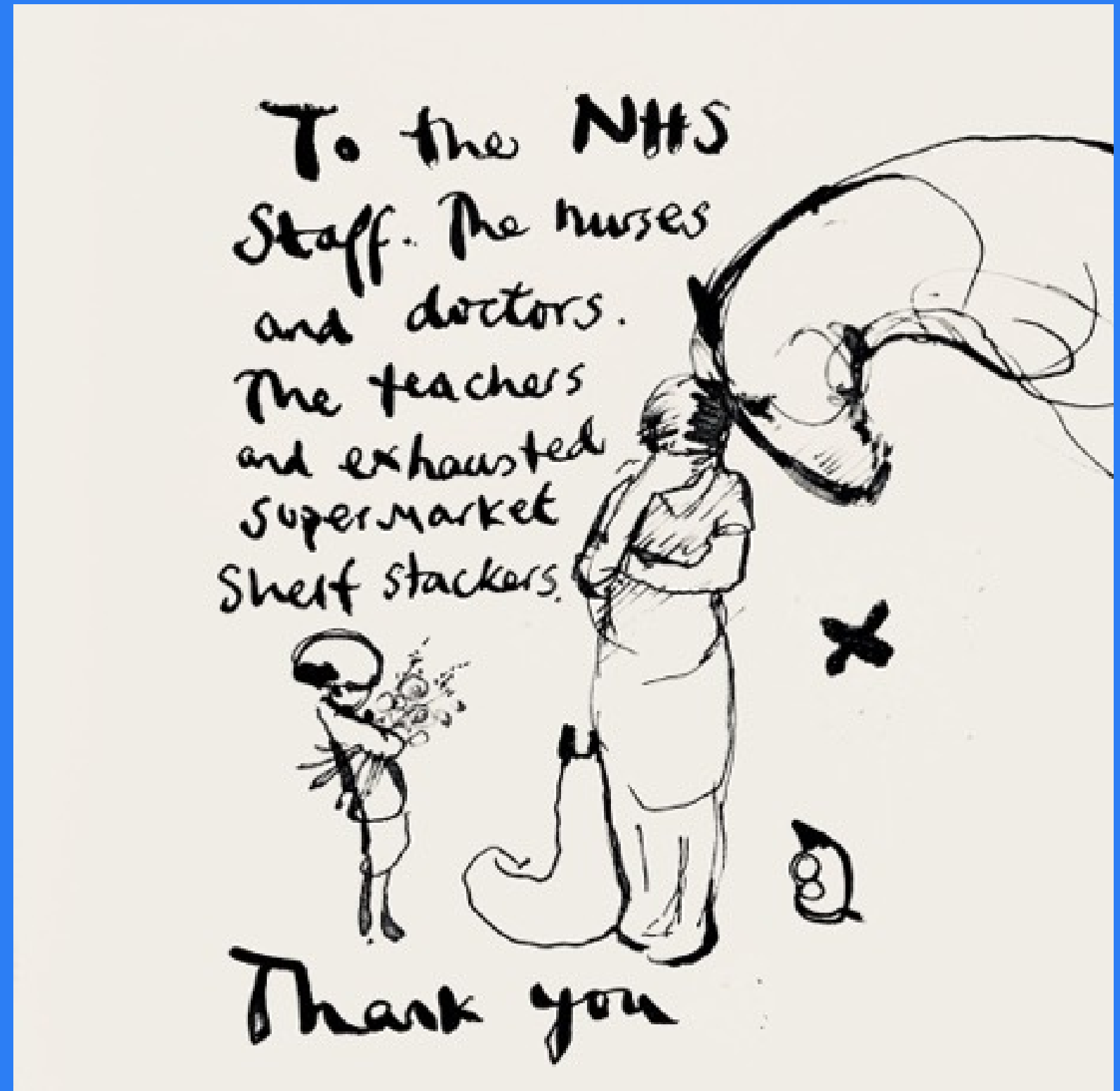
## ACTIVITY IDEAS FOR CHILDREN AND YOUNG PEOPLE

- Make a den.
- Doodle and draw.
- Put on music and dance.
- Watch 'GoNoodle'; or 'Joe Wicks Workouts' on YouTube.
- Look at old photos, make an album.
- Listen to audio books – Audible have free books.
- Plan and research future adventures.
- Play board games.
- Junk Modelling.

Firstly...



# Staff Wellbeing



*Charlie Mackesy 2020*



# Staff Wellbeing Advice

## ADVICE FOR SUSTAINING STAFF WELLBEING IN CRITICAL CARE DURING AND BEYOND COVID-19



The anticipated needs of staff will vary across each of the phases, consider the following support mechanisms:

| Phases                                                  | Issues and likely impact                                                                                                                                                                                                                                                                                                   | Needs and recommended approach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pre-phase:</b><br><br><b>No cases on unit</b>        | Anticipatory anxiety about what's on its way.<br>Inability to think clearly, feeling overwhelmed, planning.<br>Communication errors.<br>Tension in working relationships.<br>"Readiness" burnout.                                                                                                                          | Increase a sense of control - the team are in a safe pair of hands.<br>Reassurance and planning.<br>Communication updates are key (you may be thinking ahead, they are thinking now).<br>Escalation plan.<br>Support to managers who are making plans and holding the stresses.                                                                                                                                                                                                                                  |
| <b>Initial phase:</b><br><b>Case 1</b>                  | Starting to get going, lots of trying out, lost time, repetition and frustration.<br>Further anticipatory anxiety                                                                                                                                                                                                          | War room - planning central to allow centralised communication.<br>Management are visible and available.<br>Regular communication bulletins and open forums.                                                                                                                                                                                                                                                                                                                                                     |
| <b>Core Phase:</b><br><b>Full scale -Multiple cases</b> | Biggest risk period.<br>Fear infection and implications for families.<br>Overwhelming workload.<br>Full go mode- adrenalin and automatic pilot.<br>Exhaustion.<br>Moral distress as healthcare rationed.<br>Distress linked to personal or family experience of COVID-19.<br>Experience fear or stigma when out in public. | Have runners in PPE areas.<br>Promote peer support.<br>It's okay to say you are not okay - Senior staff to model this.<br>Rotate workers from high-stress to lower-stress functions.<br>Small pre-brief and debrief the day.<br>Partner inexperienced workers with their more experiences colleagues.<br>Psychological first aid - drop in sessions for staff with employee wellbeing if you have it.<br>Ensure the basics: Breaks, Facilities (food trolley in staff room), Sleep, Days off.<br>Manage visitors |
| <b>End Phase:</b><br><b>Immediate aftermath</b>         | Exhaustion and post trauma recovery / stress                                                                                                                                                                                                                                                                               | Debriefing.<br>Staff 1-1 and group sessions.<br>Learning and preparation for the future.<br>Organise thanks and reward.<br>Look out for signs of PTSD in staff: <ul style="list-style-type: none"><li>• on edge and hyper arousal, poor sleep</li><li>• flashbacks or re-experiencing</li><li>• avoidance of reminders.</li></ul>                                                                                                                                                                                |
| <b>Long term</b>                                        | Some ongoing PTSD<br>Reflection and learning                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

Author: Dr Julie Highfield, Consultant Clinical Psychologist, Cardiff Critical Care

[www.ics.ac.uk](http://www.ics.ac.uk)

## SELF-CARE DURING COVID-19



**Most importantly this is unprecedented: It is okay to not be okay**

- Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports can cause anyone to feel worried. Get the facts. [www.gov.uk](http://www.gov.uk)
- Feeling stressed is an experience that you and many of your colleagues are likely going through. It is normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak.
- Managing your stress/psychosocial wellbeing during this time is as important as managing your physical health.
- Take care of your basic needs and ensure rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with family and friends.
- This is an unprecedented scenario, don't try to learn new strategies, use the ones that you have used in the past to manage times of stress.
- This is likely to be a marathon - pace yourself
- Consider your psychological energy levels - you will need to "fill up" after "emptying the tank"
- Be aware of your "bandwidth"- it might take longer to think things through and make sense of things if you are feeling overwhelmed
- Beware dramatic language that might panic your colleagues.
- Avoid using unhelpful coping strategies such as tobacco, alcohol or other drugs.
- Some workers may unfortunately experience avoidance by their family or community due to stigma or fear. If possible, staying connected with your loved ones including through digital methods is one way to maintain contact. Turn to your colleagues or team leader for social support - your colleagues may be having similar experiences to you.

**STOP, BREATHE, then THINK- slowing your breathing slows the stress cycle and re-engages your frontal lobes - then you can think.**

Author: Dr Julie Highfield, Consultant Clinical Psychologist, Cardiff Critical Care

[www.ics.ac.uk](http://www.ics.ac.uk)

# A Note on the Learning Links

"Sometimes" said the horse  
"Sometimes what?" asked the boy  
"Sometimes Just getting up,  
and carrying on is  
brave and magnificent"



*Charlie Mackesy*

There is a reason this information is at the end of the guide. You and your children will be adjusting to lots of changes right now. Remember that you are their parents, carers or family members, NOT their teachers. **The best thing you can do is be with them, show them that everything will be OK.** Do things with them, do the washing-up and sing a song, dance in the kitchen, let them help with the laundry. Also, give them space and time alone. Your teachers will help them when they are back in school. For now, be a family.

# Links for Learning Ideas

For when your children are ready to learn...



## PE WITH JOE WICKS

Live, every day at 9am



**Stories Help.**  
They entertain. They teach. They keep young minds active, alert and engaged.



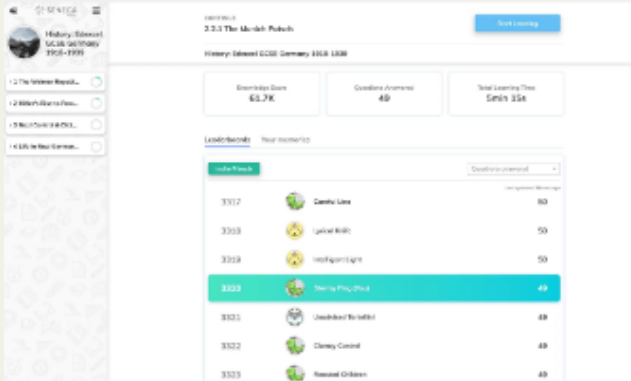
**Audible Stories**

Free stories for kids of all ages. Audible Stories is a free website where kids of all ages can listen to hundreds of Audible audio titles across six differen...

 Audible.com

## FREE AUDIO BOOKS

A great collection of stories across six different languages.



| Course | Progress |
|--------|----------|
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| 3304   | 100%     |
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**Seneca Learning**

Free revision for your GCSE & A Level exams. Join over 2,750,000 students learning 2x faster across 250+ exam board specific A Level, GCSE & KS3 Courses.

 SenecaLearn

## SENECA

Free learning resource for KS2, KS3, GCSE & A Level.

# Links for Learning Ideas



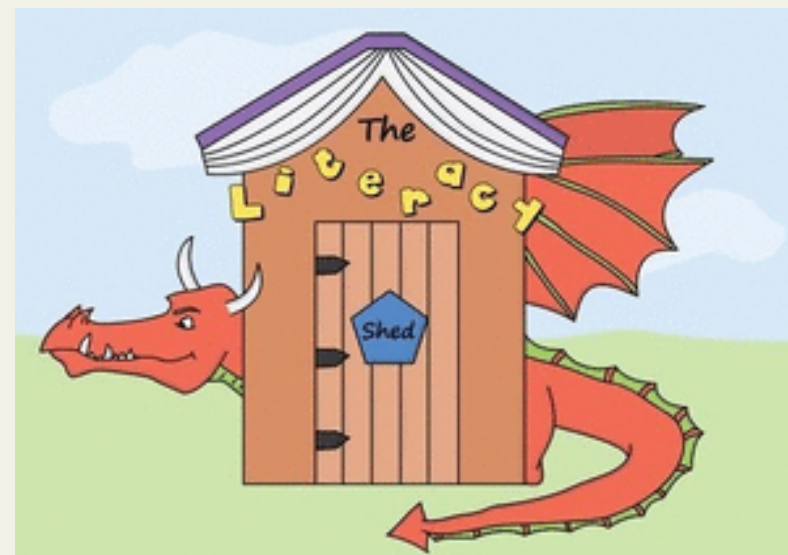
## NATIONAL GEOGRAPHIC KIDS

Games, quizzes and resources.



## FREE VIDEO MATERIAL

TKSST's video selections are driven by wonder, enthusiasm, and "wow!" moments. There is a special focus on STEAM science, technology, engineering, art, and math.



## THE LITERACY SHED

[www.literacyshed.com](http://www.literacyshed.com)

Visual resources and teaching ideas for KS1 – KS3.

# Links for Learning Ideas



## **Nature Detectives**

Learn more about how we inspire children to become Nature Detectives and encourage a lifelong love of trees, woods and wildlife.



## **Find classroom resources | British Council**

Choose from a wide range of resources to give your class a glimpse into other cultures and provide a base to develop international partnerships.



## **Big History Project**

Big questions about our Universe, our planet, life, and humanity. From the Big Bang to where we are going in the future, Big History cover...

 BigHistoryPro

## NATURE DETECTIVES

Activities for the garden or woodland.

## BRITISH COUNCIL

English language learning.

## BIG HISTORY PROJECT

Self-guided history activities for secondary aged children.

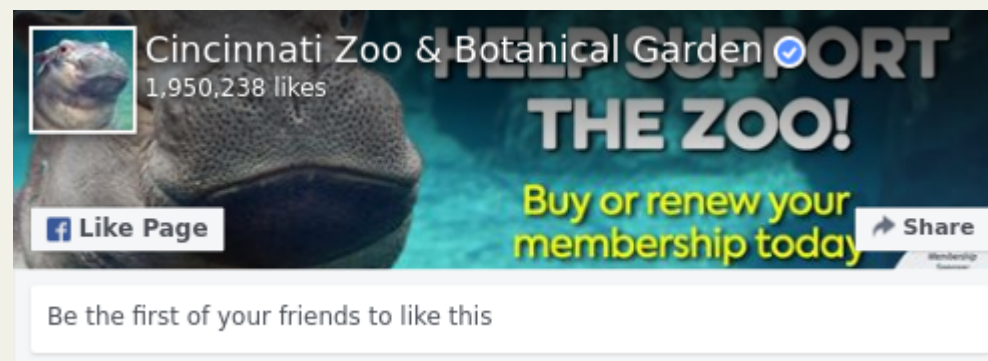
# Links for Learning Ideas



## IMAGINATION TREE

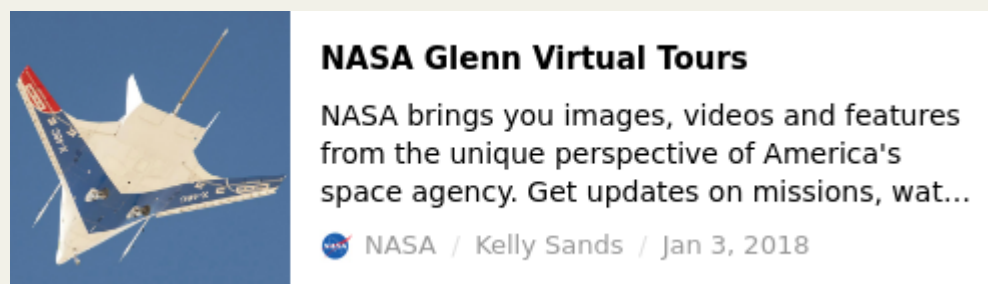
[www.imaginationtree.com](http://www.imaginationtree.com)

Creative activities for the youngest children.



## CINCINNATI ZOO

Hold live streams at 7pm UK time.



## NASA

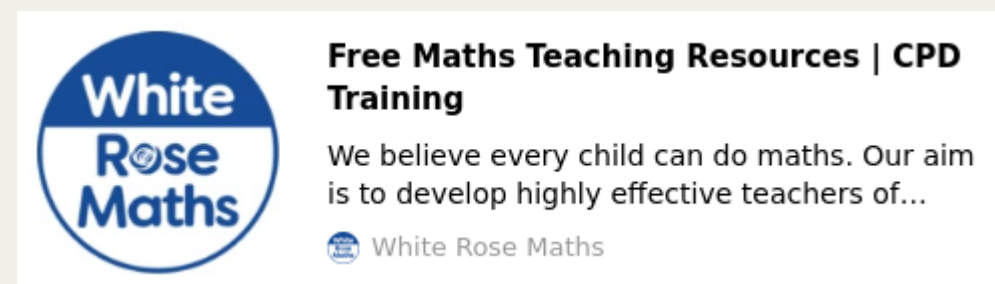
Visit NASA through virtual tours.

# Links for Learning Ideas



## FUTURE LEARN

Free access to 100s of courses from 14+.  
Younger pupils can use a parent account.



## WHITE ROSE MATHS

Home learning from Early Years to Y8.



## THE ENIGMA EMPORIUM

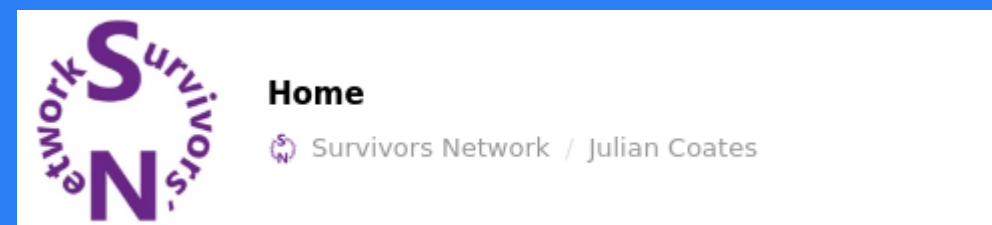
A free downloadable escape room!

With thanks to all the providers included,  
and:

CARDIFF & VALE CHILD HEALTH PSYCHOLOGY

Psychological Support for  
Children Coping with COVID-19

SURVIVORS NETWORK



CHARLIE MACKESY

*Artist and author of 'The boy, the mole, the  
fox, and the horse.'*



THE TOUCHBASE TEAM



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[@theyellowkite](https://twitter.com/theyellowkite)

[@tie\\_gb](https://twitter.com/tie_gb)