

Dear Parents/Carers,

We know that many of our families will be finding the enforced isolation challenging. Please try to remember children are just as scared as we are right now. They not only hear everything that is going on around them, but they feel the increase in tension and anxiety. Like us, they have never experienced anything like this before. Although the idea of being off school for several weeks sounds like a dream come true, they are probably picturing a time when they can have fun with friends and perhaps go on trips out, whereas the reality is being trapped at home and not seeing their friends or extended family for an unknown amount of time.

Over the coming weeks, you may see more meltdowns, tantrums or oppositional behaviour which will undoubtedly be as a result of increased anxiety, or anger that they can't do things as normal. This is to be expected under these difficult circumstances.

What we all need, but particularly the children, is a sense of structure and routine. Some simple things we can do are to not allow them to stay in bed all day, wear their pyjamas and spend all day on screens. Please look on our website for some suggested routines appropriate for your child.

Children also need to feel reassured, and get a sense of comfort. Try to ensure you keep a routine but when needed play outside and get some fresh air. Are you be able to bake cakes, paint pictures, play board games and watch a film? Or perhaps try a science experiment together or find virtual field trips to the zoo. Maybe start a book and read together as a family. Definitely snuggle under warm blankets and try to make the most of this enforced family time if you can.

At the end of all of this, your children's mental health will be more important than anything, how they felt during this time will stay with them for a long time. So support them, work with them and focus on the important parts of life. Stay safe and know that CWA is here to support you.

Kind Regards

The CWA Team

CEO: Mr Ian McCaul

Wendover Campus, Church Lane, Wendover, Buckinghamshire, HP22 6NL

Tel: 01296 622157, Email: office@chilternway.org

Prestwood Campus, Nairdwood Lane, Prestwood, Great Missenden, Buckinghamshire, HP16 0QQ

Tel: 01494 863514, Email: office@chilternway.org

Bierton Campus, 3 Bierton Road, Aylesbury, Buckinghamshire, HP20 1EE

Tel: 01296 622157, Email: office@chilternway.org