

# Ideas for supporting your early years child's wellbeing during COVID-19



Cyngor Bwrdeistref Sirol  
**MERTHYR TUDFUL**  
**MERTHYR TYDFIL**  
County Borough Council



STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR

Produced by the Merthyr Tydfil Early Years Team and Educational Psychology Service, April 2020



Photo by Eye for Ebony on Unsplash

## Talking to your child about COVID-19

### You can help your child by:

- Explaining why things are happening
- Helping them focus on things they can control to keep themselves safe, like washing their hands and keeping their distance
- Using pictures and stories to help them understand; young children can find abstract ideas tricky
- Being patient and answering the same questions over and over again; your child might need to ask you the same questions lots of times
- Giving simple, straightforward answers, answering just what your child has asked about; they will ask if they want to know more
- Reassuring them that you care about them and will try to keep them safe
- Sharing positive, child-friendly news and trying to have adult conversations away from the children. Do not share your own fears with children of this age.
- Helping them to talk about how they are feeling, starting with the four basic emotions; happy, sad, frightened and angry. You could use pictures, or puppets to help.
- Following a routine; this is to keep their days predictable, which helps them feel safe

**What is  
coronavirus?**



Coronavirus is a new illness. It is also called COVID-19. It makes some people very poorly, but other people won't feel ill.

What is lockdown?

Lockdown is when we all stay at home, apart from our daily exercise, food shopping or to get medicine. Lots of grown ups are working at home and children are staying home too and not going to nursery or pre-school.



Why can't I see my friends and family?



You can't see your friends and family because being around other people can help the virus to spread. Especially if we cough or sneeze. You can call them, have a video chat or even draw pictures to post to them.

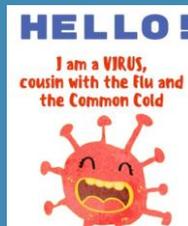
## Stories:

Hover on the titles below to find the link

Don't worry little bear!



Hello! I am a virus...



Piperpotamus learns about Coronavirus



Playmobil story about coronavirus



Cymraeg

Y Firws Drewllyd



English

The Stinky, Sticky Virus



# Activities to support your child's wellbeing...



Photo by [Marisa Howenstine](#) on [Unsplash](#)

**Play** is an excellent way to process information

- Children of this age will express emotions in their play.
- Observe your child's play and play alongside them
- Having resources such as dressing up clothes, small world characters and puppets can be helpful.

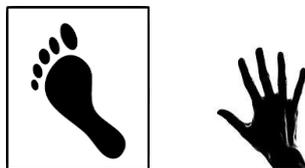


## Calming games

### Cotton ball hockey



### Drawing around...



### Eye signals

Hold hands facing each other. Blink for the number of steps to take. Use the left eye to show you want to go left, and your right to go right.

### Popping bubbles

How quickly can you pop them?

Can you pop them with your ...nose?

### Row your boat

Add your child's name: "X is such a dream!"



### Crawling race

Try to catch each others' feet!



# Useful websites



## Flying Start Merthyr Tydfil

<https://m.facebook.com/FlyingStartMerthyrTydfil/>

For daily activity ideas



## RCT Family Information Service @familiesRCT

<https://www.facebook.com/familiesRCT/>

Activities from  
Talk and Play and  
Parenting services



<https://www.playwales.org.uk/eng/news/1288-playing-actively-in-and-around-the-home>

Parents and carers are facing a worrying time as schools and activities that normally keep their children active are closed. Despite this new stress, children will still want and need to play.



## Andy's Wild Workouts

CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.

<https://www.bbc.co.uk/programmes/po6tmmvz/episodes/player>



<https://www.youtube.com/user/CosmicKidsYoga>

A set of YouTube videos to a variety of stories to promote relaxation and movement through mindfulness and yoga.

**EPS Support Line:** a support service for parents run by the Educational Psychology Service. Email: [EPS@rctcbc.gov.uk](mailto:EPS@rctcbc.gov.uk) to arrange a call