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**Headteacher**

**Mrs Victoria Abbott, BEd Hons, NPQH**

## **ELSA Newsletter – Monday 27<sup>th</sup> April 2020**

### **Parents and how we can help are children with their worries.**

During this period of social isolation and social distancing our children may be feeling confused and bewildered by what they are experiencing. This may lead to levels of worry and anxiety for our children and ourselves as we try to parent them.

### **These are signs that may indicate something is bothering or worrying us:**

- Tantrums may increase
- Mood swings are more intensive
- Reluctance to Separate / Never wanting to be alone
- Constantly questioning and pestering / Seeking reassurance all the time
- Tiredness / Crankiness

Parents / carers are not exempt from feelings of worry and anxiety. How we deal with these feelings can be mirrored in our children.

Sometimes as parents we make a mistake. Do not be too hard on yourself. If you get it wrong, acknowledge this and move on.

Remember to congratulate yourself for small successes. I find that a chocolate bar, small or large, is a great reward.

If the painstakingly planned out home routine disintegrates into thin air, take a deep breath and try again tomorrow.

### **Small things we can do to help our children during this time:**

- This first one I find is the hardest - Model by example. Remain calm and try to have a positive outlook.
- Remind your children that small things count, washing hands or changing footpath to maintain social distancing.
- Acknowledge that worrying about things will not change the outcome. Find a solution and act on it, share the worry (with another adult), or put it in a box to be dealt with another day. Procrastination, occasionally, can sometimes be the answer.
- Try to focus on the present, deal with what is directly in front of you such as a five-year-old having a tantrum before tackling mammoth tasks like cleaning out your top drawer.

**Useful links:**

How to talk to your child about the coronavirus:

<https://www.psychologytoday.com/intl/blog/anxiety-is-not-the-boss/202002/how-talk-your-anxious-child-about-the-coronavirus>

We are at home right now: <https://www.elsa-support.co.uk/we-are-at-home-right-now/>

**Help for Parents:**

Surrey Educational Psychologist Telephone Hotline

01483 517179 (Available from 1-4pm)

Telephone consultation for parents and school staff.

Online Free Counselling: <http://www.childline.org.uk>

Next weeks ELSA newsletter will be about strategies that children can use themselves to lower feelings of anxiety and worry.

Please do not hesitate to contact the school or myself if you feel we can help and support you.

Take care and stay safe,

Karen Sutton

Home School Link Worker / ELSA

Moss Lane School

Work Mobile 07776203580 (Monday to Thursday, 9am to 4pm)