

BUILDING A CORONA VIRUS LOCKDOWN PERSONAL NETWORK

Many children will feel very unsettled by the change of routine and lack of social contact that has been thrust upon them. They will have lost a lot of people who they are used to having day to day contact with who listen to them, believe them and help them feel valued and safe. It's a kind of bereavement. Some of the children affected in this way may not be children who ordinarily experience any additional challenges or difficulties.

Almost every child who attends a Warwickshire primary school has the benefit of something called Protective Behaviours curriculum. This helps children to identify when they do not feel safe or comfortable. Part of that work includes helping children to identify their personal network of trusted adults, who they could talk to if anything was worrying them or leaving them feeling unsafe.

The Corona virus lockdown is challenging everybody in all sorts of different ways, many of which we may never have anticipated. That includes children.

May I therefore ask you to encourage and support your child/children to build a new personal network for the duration of the lockdown. The 'rules' are slightly different from what they have been taught before where face to face contacts were important.

A personal network is a group of people chosen by the child who they trust. It includes people who they love to tell their good news stories to, as well as emergency services and anyone else who could help them if they needed it. They can draw around their hand & follow the guidelines here.

We know children will often prefer to check worries out with people other than their parents because they don't want their parents to worry about them, or they fear they may feel disappointed in them or get cross! At school, teachers are asked not to influence who children choose to be on their personal network. It is important that your child feels free to choose the adults they want on their network.

Please enable and encourage your children to have video and phone contact with those who are important to them during this time at home.

Please reiterate how to call the emergency services, how to ask for help, give their address etc. There have been lots of publicised examples of children as young as 3 years calling 999 when a parent has been ill or got into other difficulties. Perhaps you could role play to practise this?

Thank you for all you are doing to help your child/ children feel safe at this extraordinary time. Hoping you all stay well and safe for the duration.

Best wishes,

Ann Seal

Taking Care Scheme Manager, WCC Education Safeguarding Service.

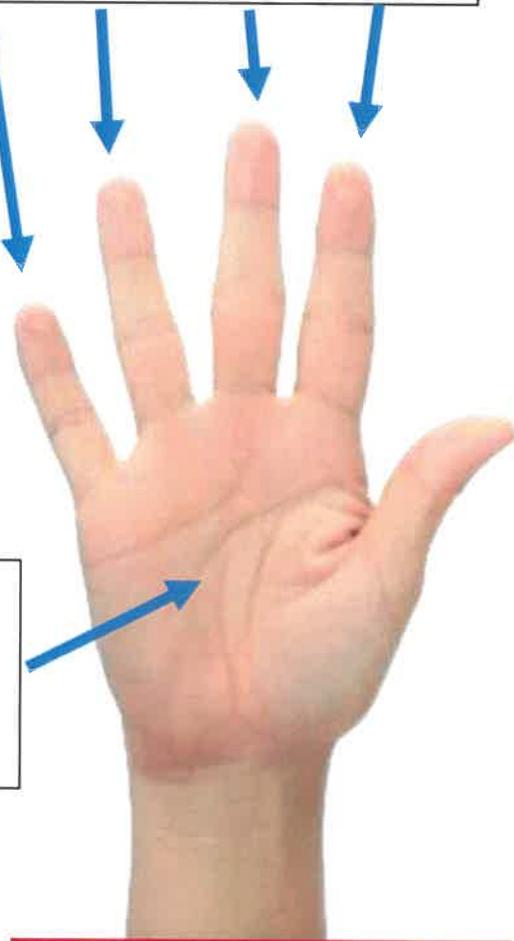
MY CORONA VIRUS LOCKDOWN PERSONAL NETWORK

People I may choose to be on my personal network during lockdown are any adults at home and any other adults I could contact by phone, text, email or social media

Any adults I can contact by phone, text, email or social media

Any adults at home I choose

Pets, toys, imaginary friend, gods/goddesses, important people to me who have died



EMERGENCY CONTACTS
999
Childline: 0800 1111