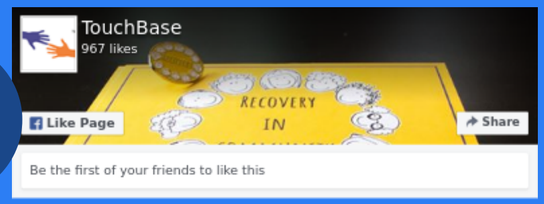
Support through this season

TouchBase™

Supporting those impacted by relational trauma & loss
...Learning security

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 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

- Breath in and out as you trace around your hand with your finger, up breath in, down breath out
- Count slowly to 10 and then backwards from 10-0
- Breath 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

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

MY OWN SOCIAL DISTANCING

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

MY KINDNESS & GRACE

OTHER PEOPLE'S MOTIVES

Clipart: Carrie Stephens Art

TheCounsellingTeacher.com

tothegrowlery.com

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

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

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.

Staff Wellbeing

Firstly...

Charlie Mackesy 2020

Staff Wellbeing Advice

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

intensive care society 50 YEARS
proud to be the voice of critical care since 1970

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
Pre-phase: **No cases on unit**	Anticipatory anxiety about what's on its way. Inability to think clearly, feeling overwhelmed, planning. Communication errors. Tension in working relationships. "Readiness" burnout.	Increase a sense of control - the team are in a safe pair of hands. Reassurance and planning. Communication updates are key (you may be thinking ahead, they are thinking now). Escalation plan. Support to managers who are making plans and holding the stresses.
Initial phase: **Case 1**	Starting to get going, lots of trying out, lost time, repetition and frustration. Further anticipatory anxiety	War room - planning central to allow centralised communication. Management are visible and available. Regular communication bulletins and open forums. Have runners in PPE areas. Promote peer support. It's okay to say you are not okay - Senior staff to model this. Rotate workers from high-stress to lower-stress functions. Small pre-brief and debrief the day. Partner inexperienced workers with their more experiences colleagues. Psychological first aid - drop in sessions for staff with employee wellbeing if you have it. Ensure the basics: Breaks, Facilities (food trolley in staff room), Sleep, Days off. Manage visitors
Core Phase: **Full scale -Multiple cases**	Biggest risk period. Fear infection and implications for families. Overwhelming workload. Full go mode- adrenalin and automatic pilot. Exhaustion. Moral distress as healthcare rationed. Distress linked to personal or family experience of COVID-19. Experience fear or stigma when out in public.	
End Phase: **Immediate aftermath**	Exhaustion and post trauma recovery / stress	Debriefing. Staff 1-1 and group sessions. Learning and preparation for the future. Organise thanks and reward. Look out for signs of PTSD in staff: • on edge and hyper arousal, poor sleep • flashbacks or re-experiencing • avoidance of reminders.
Long term	Some ongoing PTSD Reflection and learning	

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

www.ics.ac.uk

SELF-CARE DURING COVID-19

intensive care society 50 YEARS
proud to be the voice of critical care since 1970

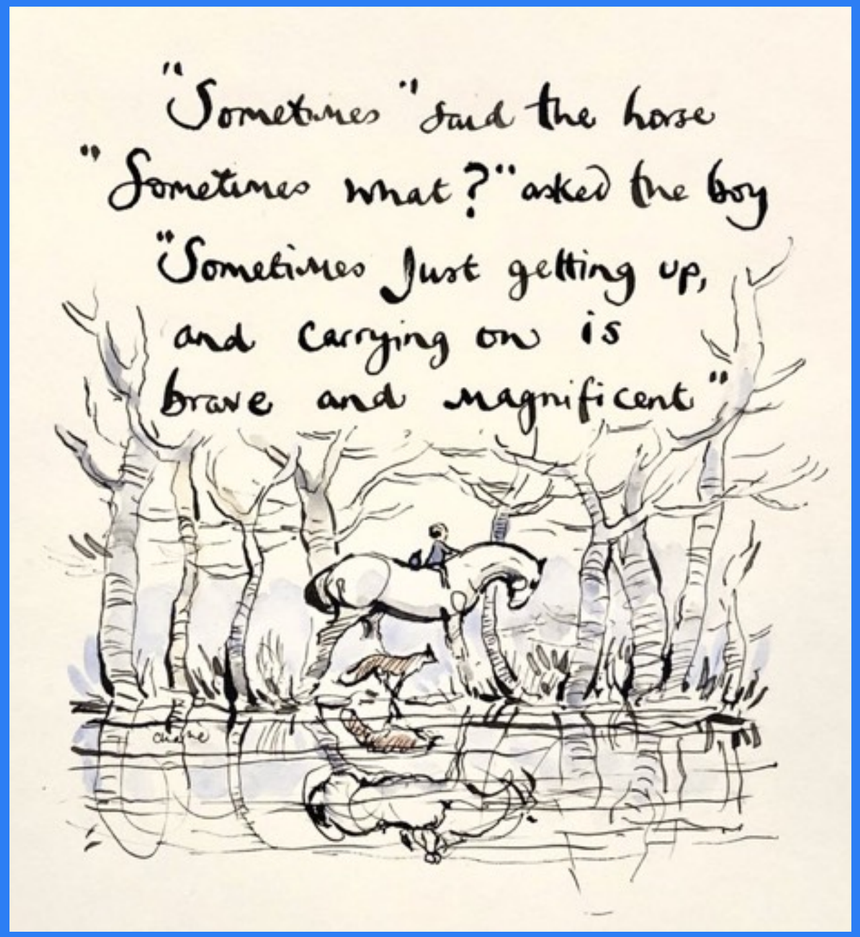
Most importantly this is unprecedented: It is okay to not be okay

- 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
- 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



Charlie Mackesy

A Note on the Learning Links

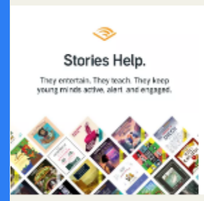
There is a reason this information is at the end of the guide. You and your children will be adjusting to lots of changes right now. Remember that you are their parents, carers or family members, NOT their teachers. **The best thing you can do is be with them, show them that everything will be OK.** 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



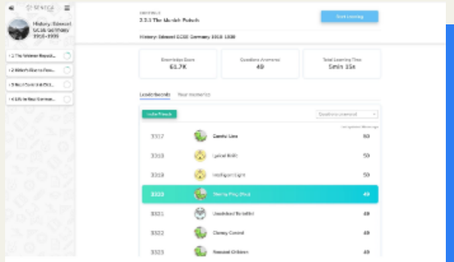
Audible Stories

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.



Seneca Learning

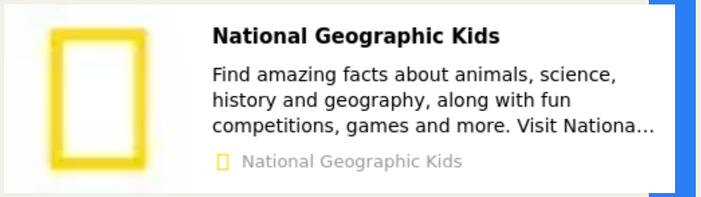
Free revision for your GCSE & A Level exams. Join over 2,750,000 students learning 2x faster across 250+ exam board specific A Level, GCSE & KS3 Courses.

Seneca.Learn

SENECA

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

Links for Learning Ideas

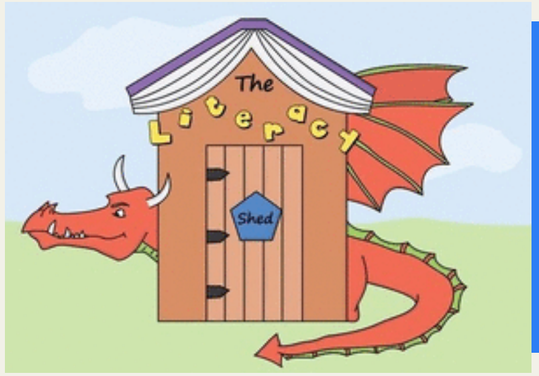


NATIONAL GEOGRAPHIC KIDS

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
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.

NATURE DETECTIVES

Activities for the garden or woodland.

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.

BRITISH COUNCIL

English language learning.

BHP

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

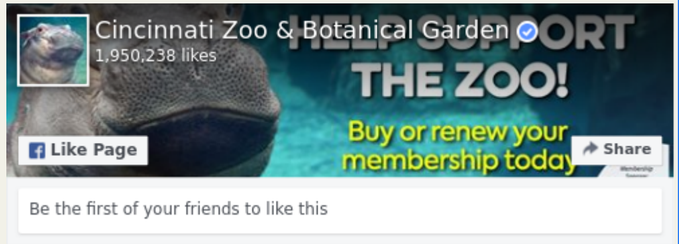
BIG HISTORY PROJECT

Self-guided history activities for secondary aged children.

Links for Learning Ideas

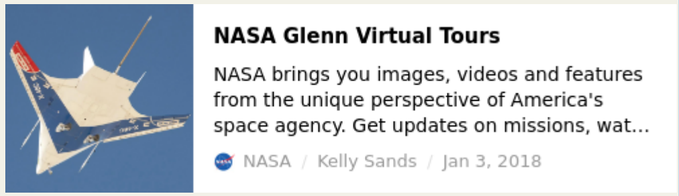
IMAGINATION TREE

www.imaginationtree.com
Creative activities for the youngest children.



CINCINNATI ZOO

Hold live streams at 7pm UK time.



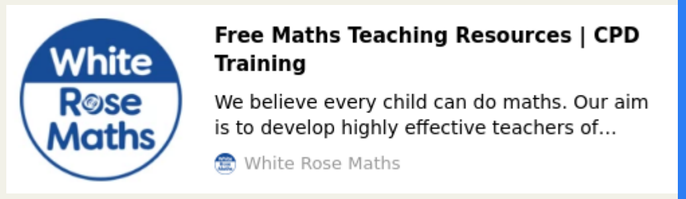
NASA

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

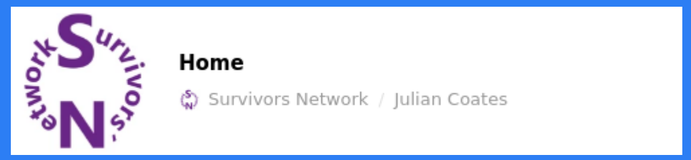
A free downloadable escape room!

With thanks to all the providers included, and:

CARDIFF & VALE CHILD HEALTH PSYCHOLOGY

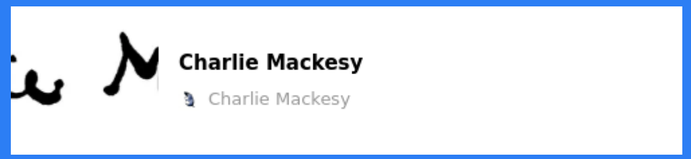
Psychological Support for Children Coping with COVID-19

SURVIVORS NETWORK



CHARLIE MACKESY

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



THE TOUCHBASE TEAM

TouchBase™

Supporting those impacted by relational trauma & loss ...Learning security

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