**Top Tips for young people at home with SEMH**

**(In no particular order)**

**It’s really hard to find that our usual way of life is being restricted so that we can reduce the risk of catching or transmitting the disease to others or our own loved ones. It is vitally important that we remain indoors for this reason. Here are a few tips to share with your children that will hopefully make this a little easier.**

**Mental Health**

Every person in the household is likely to feel the strain of the restrictions and it may appear in different ways in every household. Anger, worrying, boredom and a desire to carry on doing their own thing are likely to be apparent. This is normal and the following measures should support people if they appear. Try to look at the positives that will emerge and don’t dwell on the negatives. Spending more time with loved ones, keeping contact over the phone or by texting, doing some of the things you always wanted to do but had no time are now possible.

**Keeping Active**

Break the day into segments and take a break after each. Drawing, reading, playing games, board games, baking, taking up a craft are all things that can be interspersed with the TV or video. Don’t forget that you can do one walk a day remembering to keep physical distance between people is also possible.

**Have a structure**

Build the routines of the day into a structure around basic needs; mealtimes, bath times, bed times. Make a chart to help young ones plan the day. Have times when all will help to do a job in the house, such as contributing to preparing for meal times.

**Keep informed**

There are lots of sources of information keeping families up to date with what is happening. We may have lots of personal opinions about what is happening, including young people in our homes, but as long as we DO the right thing, anyone can have an opinion. There are lot of resources on line and we have also put together some packs to help families manage through this time. It is important to allow young people time to talk about their worries and for the families to be able to carry out the instructions. Remember, we can control what we do, and if we all follow the guidelines the risk will be reduced. Try not to worry about the things that are beyond your control.

**Diverting and Distracting**

If your child displays their unease by escalating behaviour a quick strategy to avoid contributing to it escalating is to divert them and distract them away from the issue. Teaching our children to control themselves is far more effective than trying to control our children:

* Model instead of manipulate
* Lead instead of intimidate
* Support instead of shaming
* Encourage instead of threaten
* Guide instead of punish
* Listen instead of lecture