



Children at home - Covid-19 safeguarding good practice

[Welsh Government](#) is currently asking that every child who can be safely cared for at home should be. We thought that some practical guidance on safeguarding and making educational arrangements might be useful whilst the children are at home.

HEALTH FIRST

Be mindful that children may be carriers of the virus whilst showing or suffering very mild symptoms themselves. Impress upon all children the importance of washing their hands thoroughly (as you sing two verses of 'Happy birthday to you') and frequently, and catching all coughs and sneezes in a tissue, then binning it. Posters and activities on general hand hygiene can be found on the [eBug website](#) (sorry, English only). Welsh poster: [How to wash your hands Welsh](#).

Use a thermometer to check their temperature (chest or back may feel warmer to the touch than usual) for signs of fever. Remember, they **MUST NOT** be allowed to breach someone's self-isolation or shielding arrangements.

PARENT CARE

Parents who want to support their children's education whilst at home do **not** need a teaching qualification (and will find there are many useful resources online, [education otherwise](#) - not bilingual but does offer [duolingo: Learn](#)

[Welsh](#) - and see below) as well as anything the child's school routinely offers using the [HWB](#).

Social isolation and the other changes required for responding to the coronavirus may be difficult for some children to cope with and cause anxiety and stress. Try these tips from Cardiff and Vale Child Psychology Service: [Psychological Support for Children Coping with Coronavirus](#).

The NSPCC also has guidance for [talking to your children about coronavirus](#) and spotting the signs of depression and anxiety.

Childline remains in operation: [Childline](#) and on **0800 1111** for children to talk to someone themselves.

Whilst at home during this period, children may be making more use of the internet than usual. It is extremely important to keep children safe online. If you aren't used to children using computers at home, ensure you set the [parental controls \(NSPCC\)](#), as a minimum, and make use of the information on the [Thinkuknow website](#) or [Hwb diogelwch ar-lein](#) for guidance and support with keeping children safe online.

You can access further guidance on keeping children safe online here: [Get Safe Online](#). There are more links in the resources section below.

Children should be encouraged to take regular breaks from screen time and do other things instead – read a book, do a crossword puzzle or a jigsaw, go outside and play but remain two meters away from anyone other person in the area. In these difficult times, children should be encouraged to **be** children and laugh and play: [PlayWales](#) / [Chwarae Cymru Cartref](#).

Free childcare

The children of critical workers will have access to free childcare through a coronavirus childcare assistance scheme. Councils will be able to use funding from the Welsh Government's Childcare Offer to support registered childcare providers to care for pre-school-aged children of critical workers. Children who are considered vulnerable will also be included in the scheme.

The changes will cover the next three months and provide care for children under five. [Critical worker free childcare](#).

Bullying

Bullying in any form is never right and should always be challenged. Bullying can take place online as well as face-to-face, and between adults and adults, adults and children, as well as child to child. There are resources to help tackle bullying: [Anti-bullying Alliance our work continues](#) or [Com plant Cymru adnoddau gwrth fwlio](#).

Most children are accustomed to classroom conduct rules. Consider creating an agreement with your children about behaviour and how you will all care for and respect each other during the lockdown period. It will be difficult for everyone in different ways. Be mindful that children have a sense of fairness that expects that the rules should apply to adults as well!

Family safety

The pressure of being in isolation, without the usual distractions and access to activities and space, may create tension in the household. There are helplines for people to speak to if they feel stressed by the situations:

- [Samaritans Wales 116 123 jo@samaritans.org](#)
- Welsh Women's Aid [Live Fear Free helpline](#) / [Cymraeg live fear free helpline](#) **0808 80 10 800** for domestic abuse support
- [Age Cymru](#) on **08000 223 444** email advice@agecymru.org.uk
- The Silent Solution system enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted - to inform police they are in a genuine emergency

Useful Links

- [PHS Wales Latest information novel coronavirus covid-19](#) (English) and [ICC gig Cymru gwybodaeth ddiweddaraf am coronavirus newydd covid-19](#) (Welsh)
- [NHS direct Wales symptomcheckers CoronaVirus COVID19](#) (English) and [NHS direct Wales symptomcheckers CoronaVirus COVID19](#) (Welsh)

USING THE INTERNET AND INTERNET SAFETY

- Use [Thinkuknow Parents Helpsheets](#)

EDUCATIONAL RESOURCES

Bilingual or Welsh

- [Twinkl](#) / [Twinkl adnoddau Cymraeg](#) - bilingual resources and worksheets and a designated home learning support kit for nursery to year six pupils
- [BBC Bitesize](#) / [Bitesize cy](#) - free primary, secondary and post 16 bilingual resources
- [Vale of Glamorgan Welsh Medium Education Resources for Parents](#)
- [Amgueddfa Cymru Addysg adnoddau](#)
- [Open adnoddau dysgu am ddim ar gyfer cymru ddwyieithog](#) / [Open Wales free online learning resources bilingual](#)
- [Bangor cymorth cymraeg adnoddau](#)
- [Learn Welsh Cymru digital resources](#)

English only

- [First News](#) is a designated newspaper for young people, great idea to get delivered weekly for literacy skills
- [Primary resources](#) - Free lesson plans and activities available to download
- [2Simple's Purple Mash](#) - great resource for online games and offers a 14 day free trial
- [Naturally learning](#) - Ideas for some outdoor learning for small children (can be done in your garden)
- [Cosmic Kids Yoga](#) - great for mindfulness and easy to follow

- [Joe Wicks](#) the body coach is offering daily PE Sessions from his youtube channel- great to burn off some energy
- [Naturenavts](#) - become a naturenavt with the National History Museum:
- Free Phonicsplay at www.phonicsplay.co.uk and www.jollylearning.co.uk/resource-bank
- [British Council](#) - free English learning activities
- The Science Museum offer [free learning resources](#) or [games and free apps](#)
- [The Book Trust](#) offer books to read at home, free story times videos to watch and games to play
- [The Tate museums](#) offer free online art content for children
- [Oxfam](#) offer the chance to learn about children's rights for children aged eight plus

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