



## Educational Psychology Services

### COVID-19 Support

**Does your school have children in the care system? Are you struggling to help them?**

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Northamptonshire Educational Psychology Service...Bringing positive change and growth from the application of psychology through innovation and excellence

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Children and young people in the care system often struggle with academic work, social situations, and regulating their emotions. The outbreak of the Corona Virus and the resultant changes may have triggered 'survival' responses in their feelings and behaviour. They are not being simply naughty or rude. The root of these problems often lies in their early childhood experiences, lack of attachment to a main caregiver or being generally let down by adults. This can apply to some looked after children, some adopted children and some who may now be with their birth families.

If you would like to consult with someone over the phone or via email, because a child, young person or family is struggling at the moment, please email [vadmin@childrenfirstnorthamptonshire.co.uk](mailto:vadmin@childrenfirstnorthamptonshire.co.uk) and ask for John Fardon or an Educational Psychologist to contact you. John is the Educational Inclusion Officer – Mental Health and is part of the EPS. We will listen to your concerns and will be able to help you with ideas and resources. No child names are required. Other pupils may have a range of issues you may wish to address, so look out for regular briefings from the EPS in the coming weeks.

Four websites that we consider particularly helpful for LAC: <https://beaconhouse.org.uk/resources/> <https://touchbase.org.uk/education/> (Louise Bomber) <http://www.innerworldwork.co.uk/> (Helen Townsend) <http://www.safehandsthinkingminds.co.uk/> and specifically for using with any children when COVID-19 is still around <http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/> (Dr Karen Treisman)

Northamptonshire Healthcare Foundation Trust can also offer advice and support via their LAC Mental Health Team 01604658977 or [Lac.Duty@nhft.nhs.uk](mailto:Lac.Duty@nhft.nhs.uk) They have issued a guidance document which includes a therapeutic story and a good round up of activities to do at home. It would be useful to share with families. Email them or us if you would like a copy.

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help

observe

consult

assess

focus

advise

encourage

develop

appreciate