

Kentmere Safeguarding Bulletin February 2021

Keeping Safe in a Lockdown



Supporting your family

Coronavirus might have a big effect on people you're close to, you might be worried about:

family getting ill, especially if they're older or vulnerable
your family going back to work, or having to work as key workers
not being able to help or see people.

Whatever your worry, it's important to talk about it. You could start by asking someone you trust questions about what's happening or ways that you can help.

Even if you can't help in a practical way, letting people know that you're worried can be a good way to show them that you care.

Coronavirus (COVID-19) has changed a lot for families with children in the past few weeks. And we know parents and carers might be worried about balancing working from home with family life, from creating structure to coping with difficult feelings. We've got tips and advice to support you and your family – whether you want to try something new today or just start thinking about changes to make over the coming weeks.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-parents-working-from-home/>

Help stop the spread of the virus

Experts all over the world are working on ways to stop the spread of coronavirus. But there are things we can all do to help:

wash your hands regularly with soap and water for at least 20 seconds
cover your mouth and nose when you cough or sneeze, and wash your hands as soon as you can afterwards
wear face masks if you're told you should, and on public transport
avoid hugging or touching other people
try to stay at least 2 metres away from people you see outside or in public places
talk to an adult you trust if you have questions.

You can find out more about how to stop coronavirus spreading on the [NHS website](#).

Watch the video and see what happens when you contact Childline?

Update from Childline

They're working a little differently because of coronavirus. You can still start a 1-2-1 chat with us from 9am - 10:30pm. Or you can call 0800 1111 for free from 9am - 3:30am.

You can also send an email using a Childline account any time, and we'll usually reply within a day.

<https://www.childline.org.uk/get-support/>

