

Coronavirus COVID-19

Minding our Young Pavees

COVID 19 is having an impact on everyone, including our young Pavees. This is a new and strange situation for them. Their routine has been affected; they are not in school and they cannot see their friends and family. This leaflet shares some tips to help you support the wellbeing and mental health of young people in your family during this time.



1. KEEP A ROUTINE

Keep your children in a routine. This can help children to feel more settled and calm.



2. DO A BIT OF SCHOOLWORK EVERYDAY

Encourage your children to do some schoolwork every day. Don't put yourself under a lot of pressure. Use the RTE2 Home School Hub [11am – 12noon, Monday to Friday]. Check messages from their school for tips. Ask their older brothers or sisters for help. Use the resources on this leaflet.



3. TAKE BREAKS

Use rewards like a break to play to keep children motivated. Make sure to take a break for yourself.



4. STAY SOCIALLY CONNECTED

Help children to stay in touch with their friends and family by sending cards, messages or using video calls. They can post or send videos to their cousins and grandparents of their art pieces, jokes or dances.



5. EXERCISE

Try to get outside for some fresh air every day and go for a walk or do exercise. You can let your children outside to play, do goal practice or skipping in your own yard or bay or do some online exercise classes from our resource list.



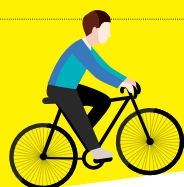
6. BE CREATIVE

Ask your child to make up a poem or song. Bake or make dinner with them. Play jigsaws, board games or cards. Let them feed the birds or plant some seeds in your garden or yard. Show your child traditional Traveller crafts like paper flower making or tinsmithing and talk to them about Traveller history and culture. Get your children to ask their grandparents about games they played when they were young like Bobby House, Tip the Coal or Chuckety Chock.



7. USE TECHNOLOGY

Download audiobooks to listen to and talk about the story you are all listening to. Let your children play educational games online – use the resources in this leaflet. Ask other parents to share ideas and support in a Whatsapp group.



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RESOURCES

SUPPORT FOR PARENTS

- Parents Centre is a resource providing supports for parents during the COVID 19 (coronavirus) emergency - www.gov.ie/en/campaigns

SCHOOL WORK

- RTE2 Home School Hub - www.rte.ie/learn
- Maths games for primary school children - **IXL (Ireland)**
- **Twinkl** – A learning resources site offering free logins due to coronavirus
- Learn about science, geography and history - kids.nationalgeographic.com
- Primary learning resources for parents and children during school closure - [www.schooldays.ie](http://www schooldays.ie)

MENTAL HEALTH

- www.yourmentahealth.ie



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AUDIOBOOKS AND VISUAL TOURS

- Download audiobooks for children for free - stories.audible.com/start-listen
- Dublin Zoo is giving virtual tours and free activity books - www.dublinozoo.ie

ART

- Learn to draw illustrations - www.youtube.com/user/Willustrator
- Ms Brown Art lessons and resources - www.mrsbrownart.com

GAMES AND ACTIVITIES

- Ideas for indoor games to play - www.todaysparent.com
- Free parent pack of activities and worksheets to download - **mash.ie**
- Let's Play is a government led initiative aimed at promoting play for all children living in Ireland during the COVID 19 emergency - www.gov.ie/en/campaigns/lets-play-ireland

EXERCISE

- Joe Donovan boxing classes: www.youtube.com/JoeDonovan
- Joe Wicks P.E classes for children at 9am every morning: www.youtube.com/JoeWicks

