

Covid-19

Supporting Children in the Early Years



Swansea Council
Early Years, Play and Inclusion
Team



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Introduction

The current COVID-19 Pandemic has changed the way that our services provide support to children and their families.

This document has been produced by:

- Flying Start Additional Learning Needs Team
- Flying Start Speech and Language Therapy Team
- Play Development Team
- Family Information Service, Swansea
- Swansea Educational Psychology Team

Its aim is to provide parents and carers of young children with advice and activity ideas as well as information on ways to access further support.

Swansea Family Information Service can be contacted on:

Email: fis@swansea.gov.uk

Tel: 07827 822729

07741 145411

Please also follow our social media platforms for more tips and ideas to support you and your child:

Facebook



Swansea Family Information Service

Best Start Swansea

Swansea Play on Wheels

Swansea Children's Centre

Twitter



@BestartSwansea

@Swanseafis

[Where to find the latest information on COVID-19](#)

With information on COVID-19 being all around us, it is important to make sure the information we are reading is accurate.

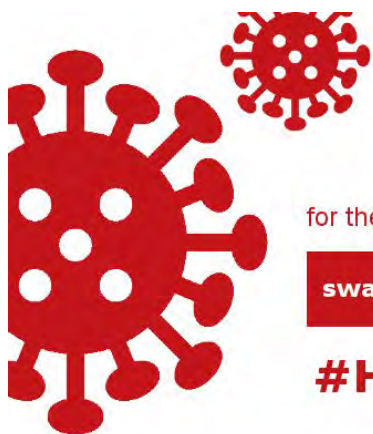
The following sites are the most reliable and up to date sources of information on the Pandemic itself and information on our local services within Swansea Council.



**For the latest updates on
Novel Coronavirus (COVID-19)
in Wales, please visit:**

phw.nhs.wales/coronavirus

CORONAVIRUS
PROTECT YOURSELF
OTHERS & THE NHS




**Coronavirus
COVID-19**

for the latest from Swansea Council visit:

swansea.gov.uk/CoronaVirusAdvice

#HereForSwansea



By following the Government guidelines on social distancing (reducing our social contact with other people) we can all help to slow the spread of COVID-19.

How can I help slow the spread of the virus?



Stay at home
no unnecessary journeys
or social contact



Only leave home for
essential shopping
or **medical needs**



You can also go out to
exercise once a day



Travel to and from work only if
absolutely necessary



Public gatherings of
more than two people are banned -
excluding people you live with



Police could fine you
if you don't follow the rules

Public Health Wales explains that you should only leave your home for:

- Essential shopping for food or medicine
- Medical needs
- Work purposes, if you cannot work from home
- One form of exercise a day, within walking distance of your home

You should not visit other people's houses, even if you are related.

If you have to leave your home for any of the reasons above, you should make sure that you stay 2 metres apart from other people.

BBC

Keeping your hands clean is also extremely important. You should make sure you wash yours and your child's hands thoroughly, regularly throughout the day.

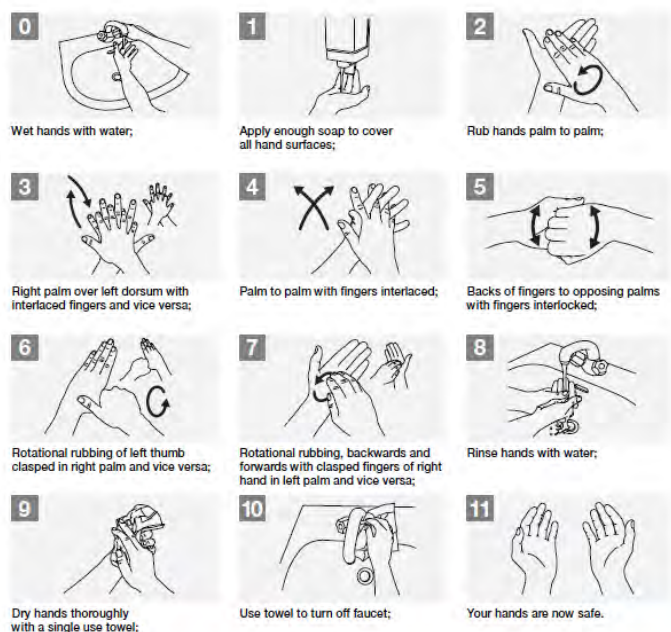
It is also important to wash your hands before leaving and upon returning to your home.

Try not to touch your face, eyes or mouth with unwashed hands.

How to Handwash?

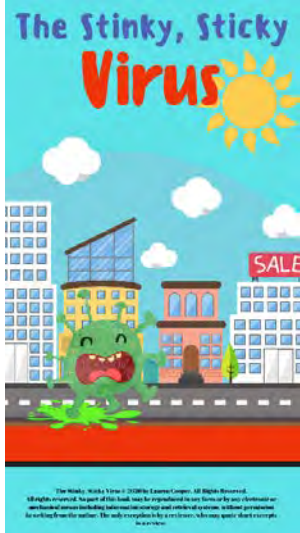
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds



How to help Young Children Understand COVID-19

Young children may find hearing about the Coronavirus overwhelming. Below are a selection of child friendly resources that help to explain COVID-19 to children in an age appropriate way.



Story available in English and Welsh: **The Stinky, Sticky Virus**

Cymraeg:

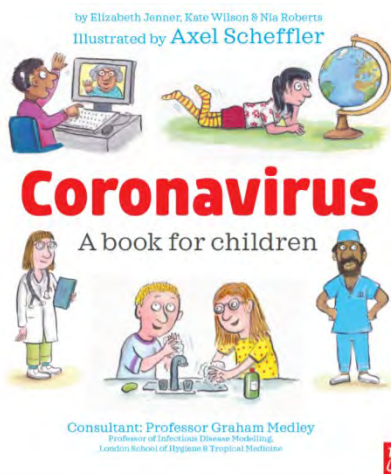
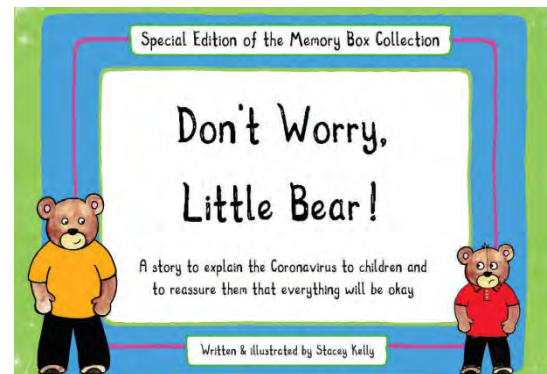
<https://drive.google.com/file/d/1UibPTF00PlpgDqGZ7Hxz8DvfGE47W4J/view>

English:

https://drive.google.com/file/d/1cUfmXkCYOOikRXSbfGN5LrjMnXYQBX_Z/view

Don't Worry Little Bear

<https://subscriptions.earlyyearsstorybox.com/wp-content/uploads/2020/03/Dont-Worry-Little-Bear-Book.pdf>



A book illustrated by The Gruffalo illustrator, Axel Scheffler

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Advice for Parents and Carers on Supporting Wellbeing

Swansea Educational Psychology Service has put together some advice and guidance for parents and carers about how to support the wellbeing and learning of their children during the coronavirus outbreak.

Our Top 10 Tips

1. **Self-care** – look after your own wellbeing and mental health first. Children pick up quickly on their parent's mood so if you are feeling stressed it is more likely your child will be feeling stressed too.
2. **Have fun** – don't feel under pressure to recreate the classroom at home. Take this time to play and have fun with your child - make a den, bake, build, do a puzzle, cuddle up with a film or book, do arts and crafts – try to make the most of this opportunity to spend time together.
3. **Take time to talk** – it is important to talk to children and young people about the Coronavirus outbreak so that they don't imagine the worst and become overly anxious.
4. **Connect** – although we need to keep physically distant from others, we can still help children to connect with others socially through social media such as email, phone and apps like Zoom, What's App, FaceTime and Google Hangouts.
5. **Switch off** – set limits around the use of social media, the news and screens. Try to limit how much time you spend looking at the news/social media as this can increase anxiety. Make time each day to switch off from screens, especially in the evening, as too much screen-time can lead to poor sleep.



6. **Routine** – try to keep to a familiar routine or schedule each day as this helps children to feel stable and secure.
7. **Keep active** – a healthy body supports a healthy mind! Try to build physical activity into each day for you and your child e.g. go for a walk or bike ride, play a game in the garden, do an online PE or Yoga session such as Cosmic Kids Yoga or PE with Joe Wicks (both on YouTube).
8. **Stay positive** – try to focus on the positives and the things that you and your child can do to help others, for example, spend some time each day helping your child to think of things that make them happy, or think of ways in which you could help others.
9. **Reading, Writing and Maths** – for school aged children, doing a little bit of this every day will help your child to maintain and develop their skills in these areas so that they haven't forgotten them when they return to school.
10. **Ask for help / keep in touch** – it is important to keep in regular contact with your child's health visitor, nursery or school and to ask for help if you are experiencing difficulties at home.



Public Health Wales have developed a site with lots of information on maintaining your wellbeing.

This information can be found here:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/>

SELF-CARE: LOOKING AFTER YOUR OWN WELLBEING

As parents/carers, it is important to recognise your own feelings and needs in response to this challenging and uncertain time. You may find yourself in new and unexpected situations, like trying to juggle child-care, home-schooling and your own work. It's important that you look after your own mental health:

- Remember that everyone responds differently to significant events, so remind yourself that how you are feeling is normal and OK.
- Try not to put too much pressure on yourself – remember that you are trying to adapt to a challenging situation.
- Think about how news/social media updates make you feel - it may be better to limit this and plan to check for updates a few times a day. Be mindful of where information comes from, some sources are not always trustworthy.
- Take breaks and plan in times to relax and do something you enjoy.
- Take regular exercise. Look online for tips - there are many exercise videos and apps online.
- Have fun together – set up regular family times to play games, have film nights, exercise together, etc.
- Connect with friends and family using social media (e.g. using WhatsApp, Skype, Facetime, Zoom etc.) Connecting with others can remind us that we have support, reassure us that loved ones are safe, as well as giving us time to talk.
- Don't be afraid to ask for help.

For further information and ideas:

- Mind UK: Coronavirus and your wellbeing
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- ZerotoThree: Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care: <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>
- Mindkit: 5 ways to wellbeing: <https://www.mindkit.org.uk/5-ways-to-wellbeing/>
- Headspace: Mindfulness and Guided Meditations (currently has a free trial):
<https://www.headspace.com/>

HELPING CHILDREN AND YOUNG PEOPLE TO MANAGE ANXIETY

As the situation is changing and uncertain, it may be that some (but not necessarily all) children and young people feel anxious. It can be helpful to recognise and validate anxious feelings and then think of ways to help. Below are some links resources that aim to build resilience and strategies for reducing anxiety in children.

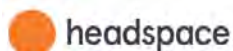
For younger children



1. Explanation of Anxiety, 'The Guard Dog and the Owl': Cosmic Kids Zen Den (Primary): <https://www.youtube.com/watch?v=so8QN9an3t8>
2. Puppy Mind: A Story to Help Young Children Manage their Thoughts <https://www.youtube.com/watch?v=Xd7Cr265zgc>
3. Be the Pond: A Short Meditation for Young Children to Help Manage Emotions by Cosmic Kids: <https://www.youtube.com/watch?v=wf5K3pP2IUQ>



4. Save the Children: Relaxation exercises to do at home - <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home#coronavirus>



5. Headspace for Kids - <https://www.headspace.com/meditation/kids>

For older children



1. Young Minds: What to do if you are worried about Coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>



2. MIND: Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



3. The Anna Freud: a list of self-care activities: <https://www.annafreud.org/selfcare/>



4. Worry and OCD: Coronavirus survival tips: <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>



5. Free Mindfulness Resources from Calm: <https://www.calm.com/blog/take-a-deep-breath>

Home Activity Ideas

During this time, it can be extremely overwhelming as our opportunities to go outside have reduced. It can be stressful and exhausting when entertaining a toddler or young child. The Early Years Team have put together some activity ideas that can help to keep little minds occupied and also give you an opportunity to have some fun too.

All of these activities will also help your child's speech and language development as they learn from listening to you talking whilst you play!

You do not need lots of expensive toys or equipment. Everyday objects you have around your home will often be enough to keep toddlers entertained. With a few tweaks, you can also add an extra bit of magic!

Treasure Baskets



A treasure basket is a collection of everyday objects that babies and toddlers can explore. The objects can be anything that may take your child's interest, as long as they are safe and do not pose a choking risk.

You could alternate the objects within the basket or group them in themes:

Natural Objects	Wooden Objects	Metal Objects	Textiles	Objects of Natural Materials	Paper & Cardboard
<ul style="list-style-type: none">fir cones,large pebbles,natural sponge,shells,large feathers,a lemon,an apple,pumice stone,Loofah	<ul style="list-style-type: none">Wooden spoonsClothes pegs,Curtain rings,Wooden beads on a string,Egg cupsSmall rolling pinHoney spoon	<ul style="list-style-type: none">Small whisk,Spoons (various sizes)Tea strainerLengths of chain,Sieve,Bunch of keysBells,Small tins,Lemon squeezer	<ul style="list-style-type: none">Velvet powder puff,Pompoms,Small cloth bags (these could contain lavender, thyme etc),Piece of sheepskin,Leather purse,Bean bagColoured ribbon,	<ul style="list-style-type: none">Shaving brush,Wooden nail brush,Small wooden cosmetic mirror,Little baskets,Raffia matsToothbrush	<ul style="list-style-type: none">Greaseproof paper,Small cardboard boxes,Small note book,Tin foil,Tubes from kitchen rolls/wrapping paper,Sandpaper

Pasta Play

Pasta can be used in a variety of ways with young children and toddlers. From simply filling a tub for babies to explore and shake, to painting and making pasta necklaces. The opportunities are endless!



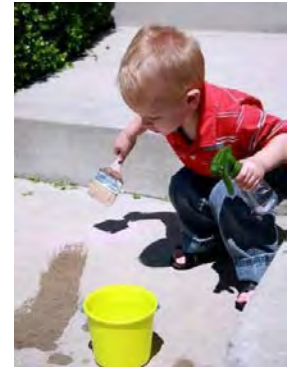


Scooping and Pouring

Using pots, pans or Tupperware you have in the kitchen, make a scoop and pour station for your toddler. Try using cereal or rice, or if outdoors, sand or mud!

Water Play

Toddlers love water! Here are some fantastic ideas of how to use everyday objects to keep little ones entertained. You can also try adding bubble bath or having the water at different temperatures to make it even more exciting!



Mess free painting!



Squeezing and transferring sponges!



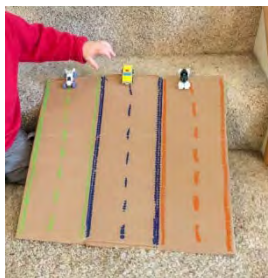
Cleaning station!



Tea party!

Cardboard Boxes and Tubes

Young children love a cardboard box! Here are some easy DIY play ideas you can make in minutes!



If you have more time, use boxes to make castles, dolls houses, beds for teddies or turn them into cars or even a rocket ship and fly to the moon!

Lego and Duplo

Sometimes, having some structure or giving a child a goal can be useful when playing with things like Duplo or building blocks. You can help your child sort, match, count or learn their colours, letters or numbers using these items.



Older children could be given a challenge!

	Captain Hook needs a new pirate ship and wants you to build it!	You are the new Ruler of Swansea! Design a flag for the city!	Astronauts are stuck on the moon! Build a rocket to save them!	Fairies have come to stay. Make them a cosy castle to live in.	Build your dream house!
	Aliens from out of space need to get home! Build them a space ship!	Build the fastest car you can!	We need some animals for our Zoo. Can you build some?	Build a tower as tall as you! How many bricks did you use?	Uh oh! The bridge has fallen down! Can you build a new one?

For more ideas and challenges, have a look at the Lego website!

https://www.lego.com/en-gb/letsbuildtogether?icmp=HP-SHQL-Standard-NO_QL_Letsbuildtogether_HP-OP-NO-48P8GMCXF2

TODDLER INDOOR ACTIVITIES



- Use Cookie Cutters with Playdough
- Have Fun with a Tub of Rice
- Use Flashlights in the Dark
- Paint on Newspapers
- Create Something Out of Salt Dough
- Draw on a White Board
- Make Bath Time Glow
- Create an Obstacle Course
- Provide Water for Pouring
- Toss Balloons
- Paint with Q-Tips
- Cut Scraps of Paper
- Thread Plastic Straw Pieces
- Paint with Tea Bags
- Color on Junk Mail
- Put Stickers on Paper
- Paint with Watercolors
- Drive Cars Through Shaving Cream
- Stack Blocks
- Wash Plastic Dishes
- Freeze Water and Paint on It



Online Activities



Purple Mash

Free during the school closure period. Each week, a selection of daily activities is produced on different subjects.

<https://2simple.com/purple-mash/>

Phonics

<https://www.phonicsplay.co.uk/>

Cbeebies

Activities to support problem solving, number games and more

<https://www.bbc.co.uk/cbeebies/puzzles>

Early Years Movement on You tube

Busy Feet are broadcasting sessions every Monday, Wednesday and Friday live on you Tube

- <https://www.youtube.com/user/busyfeetHME>

There are also Welsh movement classes on you Tube on Cyw S4C's channel

- Dance with Huw
https://www.youtube.com/channel/UCxh6yggqPVS_DSa5coHGLrg

Screen Time

Whilst technology is helping to keep us all connected, entertained and is supporting the education of our children, it is important to try to build in time that does not involve screens. This is important for our own wellbeing but also for your child's learning and development.

Messy Play

Easy Playdough Recipe

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>



Shaving Cream
Painting



Foam Play

Shaving foam can be used for lots of different activities and in lots of different ways. Add cars, animals, building blocks or dolls. Add paint and get little ones to use their fingers or spoons to make patterns.

Edible Finger Paint

A lovely activity from 6 months plus! Find the recipe here:

<https://www.learning4kids.net/2014/10/07/homemade-edible-finger-paint/>



For lots of other recipes and DIY messy play ideas:

<https://theimaginationtree.com/category/make/playrecipesmake/>

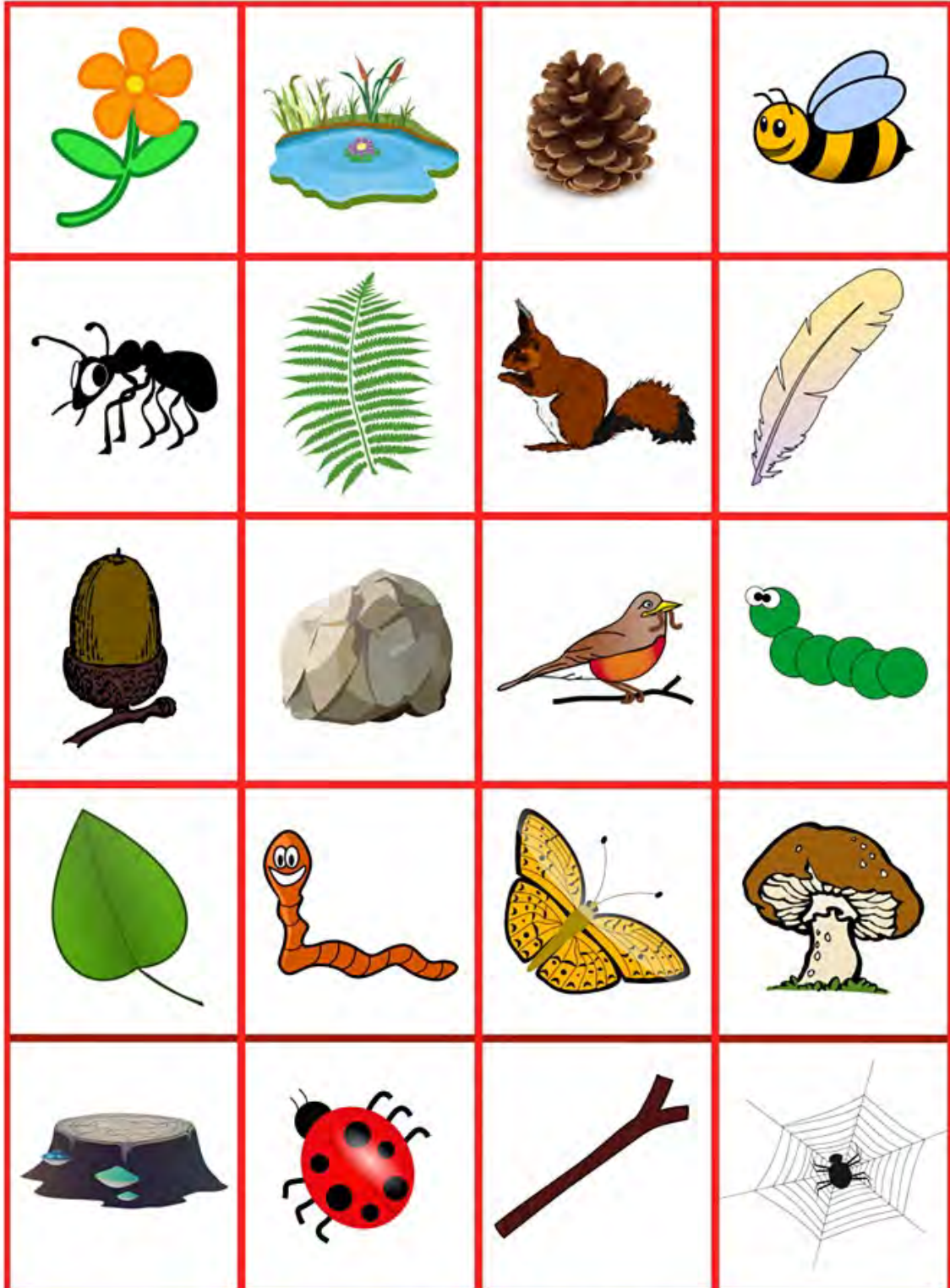
<https://www.bbc.co.uk/cbeebies/makes/lets-go-club-messy-makes>

The Great Outdoors

Whilst our opportunities to get outside have now reduced, make the most of it when you can. Every trip outside can be an adventure!

NATURE SCAVENGER HUNT

How many of these can you find?



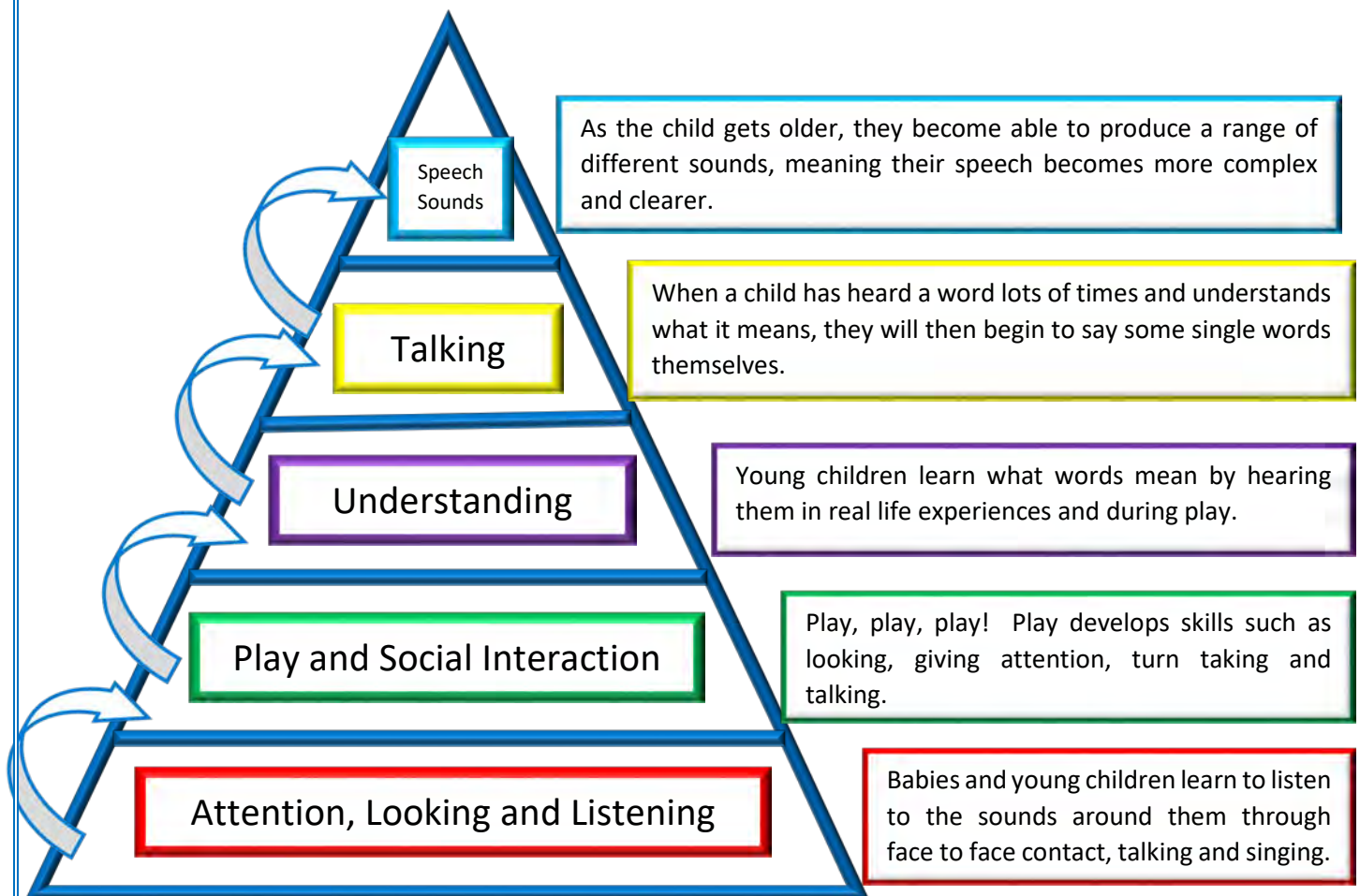
Supporting your Child's Speech and Language Development

Developing language skills is the building block to all of our future learning and babies start to learn these skills from before they are born as their hearing develops whilst in the womb.

Babies, toddlers and young children rely on the people around them to help learn how to communicate. Parents, carers, siblings and extended family all play a crucial role in developing these skills.

Learning to Talk

Children learn to talk by watching, listening, playing and interacting with people and the world around them. There are important building blocks that a young child needs to develop, before they will learn how to talk.



Communicating

Communication is more than just talking. Babies and young children communicate with others without using words – they may cry, move their hands or body in a way that tells us something. It is important that we pay attention to this for us to be able to respond to their needs.

Activities to support Speech and Language Development

Lots of ideas on how to support infants, toddlers and young children to develop their speech and language skills can be found at the BBC's website **Tiny Happy People**:

<https://www.bbc.co.uk/tiny-happy-people/activities/zjh8hbk>

Babies 0- 12 months

Babies and very young children are born to be inquisitive! They learn to listen to the sounds in their environment (washing machine, dog barking, Hoover) and then begin to tune into people's voices.

There are lots of everyday activities that you can do with babies and young children to help them develop these skills.

Feeding time



Babies love to look at faces and will look directly at you whilst they are feeding. Talk to your baby or try singing a familiar song or nursery rhyme.

Listening to the sounds of a familiar voice helps young children learn to look and listen and is a lovely way to bond with baby.

Talking through your day

Talking as you do things around the house helps your baby to tune into your voice. The more you talk, the more they learn! This will help your little one learn to listen and give their attention to your voice as well as helping them to learn what words mean. These are some of the most important building blocks they will need for developing talking as they get older.

Peek a boo

Babies and young children love to play Peek a Boo and it is a great way to start teaching them about the world around them. Siblings can also be involved which will help their talking too! You can use scarves, blankets or cushions to hide behind as well as your hands.



Books and Stories

Children are never too young to share a story. Listening to the sound of your voice can help young children to calm and relax. Stories can be an important part of your daily routines. By listening to stories, children begin to learn words and look at pictures. Books with different textures for babies to explore can also be useful. Talk about what they are experiencing as they explore.



Exploring Senses

Babies and young children love to explore the way things sound and feel. You can give little ones lots of opportunities to explore different objects that will allow them to experience different sensations – rough, smooth, bumpy, cold, warm, soft, hard, dry, or wet. When doing so, use the words to describe what they are feeling.



Playful Copycat

This activity does not necessarily require any physical items or toys. All it takes is having the adult and child ready to interact with each other. The basic idea for this activity is to have the adult playfully copy what the child is doing, such as copying the sounds young babies make (cooing, gurgling) to the babbling sounds older babies make. Look happy and excited when you copy them and make sure they are looking at you! As your child gets older, you can copy movements or for toddlers, get them to choose an action and copy what they are doing. Before you know it, you will be taking turns!

Some lovely things to do to encourage baby talk:

→ Write down and share with their parents the first words babies say – this is an exciting milestone.

→ Respond to the baby when they point, gesture or make noises. Interpret what they are saying and let them know in words, E.g. “You want a spoon?”

→ Use actions with words. Try waving as you say “bye-bye” or

holding your hands out to the baby and saying “up” – this will help them understand the words and encourage them to join in.

→ Sing action songs like ‘This little piggy went to market...’ and play games like ‘peek-a-boo’ to encourage communication and concentration.

→ Get on their level to play, listen and talk with them.

→ Babies learn language through play, interaction and repetition, so anything that does this is good – E.g. ‘ready, steady, go’, with balls and ‘all fall down’ with brick towers.

→ Babies love treasure baskets, full of things they can explore and tell you about – let them show you what can be done and talk to them about what they are doing.


Activities to support Speech and Language Development

12 months to 5 years


Play, Play, Play!

The best way to support young children to learn how to talk is PLAY!


Here are some top tips to remember, when playing with your child



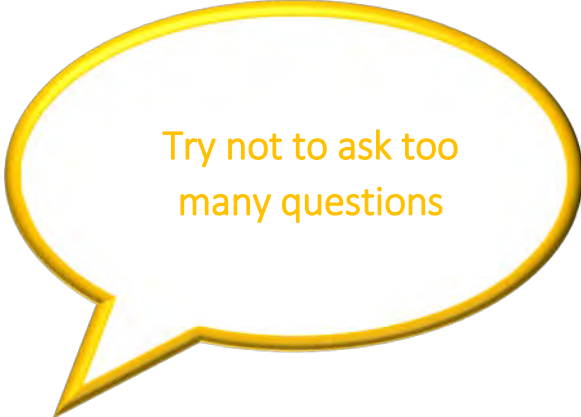
Always get down on
the floor with your
child



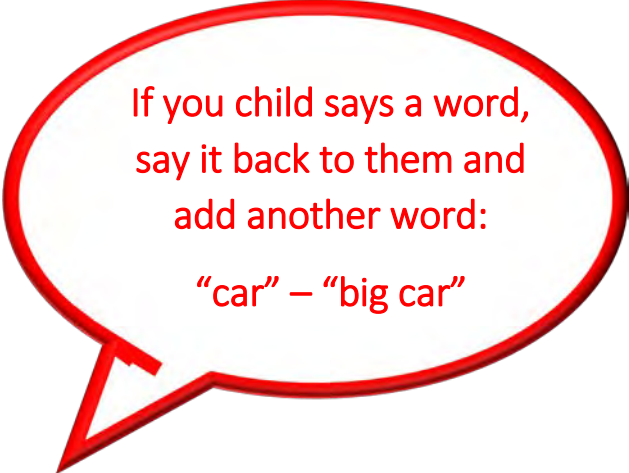
Follow your child's
lead – let them be
in charge of how
they want to play



Watch, listen and
comment on what
they are doing

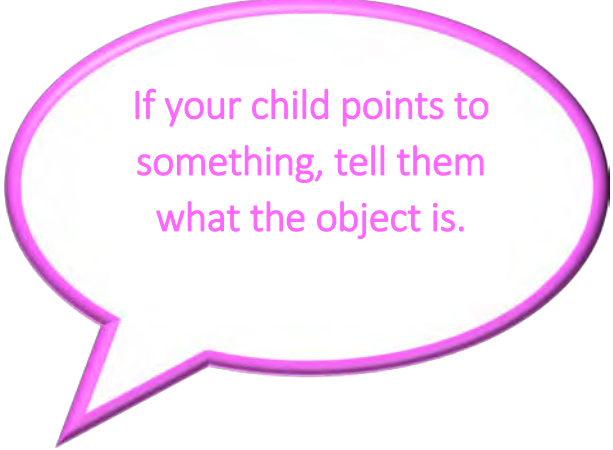


Try not to ask too
many questions



If your child says a word,
say it back to them and
add another word:

“car” – “big car”



If your child points to
something, tell them
what the object is.

Most important of all is to HAVE FUN!

Activities to support Speech and Language Development

Looking games: sit opposite each other and blow bubbles. Wait for eye contact and vocalisation from your child before blowing more

Turn-taking: roll cars/balls to each other. Build towers that your child can knock down on "Ready, steady... go!"

Get messy: sandpit, water tub, bath time. Have different objects in the water/sand your child can feel and play with.



Action rhymes/songs: sing songs or rhymes with lots of actions, eg, "Row, row, row your boat" and "Incey wincey spider."

Tea party: using a tea set pretend to have cups of tea and cake. Use toy foods or cut out pictures.

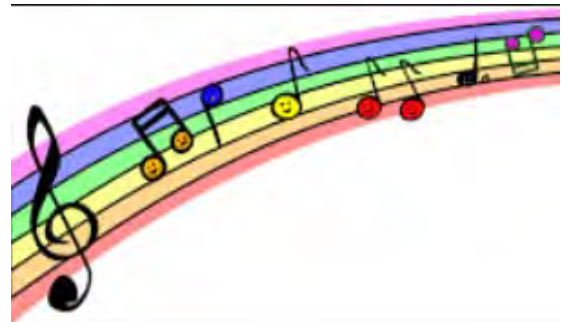


Everyday activities: play together with different but interesting toys and act out everyday activities. E.g. Eating, washing, running.

Remember - *Follow your child's lead, encourage them to take turns and use language that they could copy.*

Music, Songs and Rhymes

Children learn language through repetition. They learn what words mean by hearing them over and over again, eventually leading to them being able to say these words. Familiar songs and nursery rhymes are a great way to support this. For older babies, you can introduce action songs, such as wheels on the bus or Row, Row, Row Your Boat.




Activities to support Speech and Language Development

Some lovely things to do to encourage toddler talk:

- Add words to children's sentences to show how words fit together. For example, if a child says "brush dolly hair" you can say "Lucy is brushing dolly's hair. Lovely".
- Share books and talk about the story and characters. Have children join in with stories to make them more interactive, E.g. joining in with repetitive lines of stories.
- If children say words that are not clear, the best way to help is to repeat what they have said using the right words and sounds. There is no need to make them say it.
- Songs and rhymes are good to use at this age as they help children to learn the patterns of speech and language, important skills when learning to read.
- Have conversations about real things with children. Let them start the conversation, listen carefully to what they say and follow their interests.
- Keep the talk going by, nodding, smiling, encouraging them to tell more through comments "really..." "wow..." "a spiderman outfit...", rather than asking questions.

Everyday routines such as mealtimes and bath time are full of opportunities to support your child's language. The information below is taken from [Speech Link](https://speechandlanguage.info). Lots of information and activity ideas for parents can be found on their website:

<https://speechandlanguage.info/parents/activities>



BATH TIME

Routines are one of the most effective ways to build language skills, with lots of predictability, repetition and contextualisation, and bath time is a perfect example of this. Bath time is a great time to provide one-to-one, face-to-face language enrichment with a captive audience, and it's already a part of your day. Make the most of this multisensory experience which provides opportunities for developing a whole host of different language skills.

What can we talk about in the bath?

- **Model new vocabulary** – use your time in the tub to expand your child's vocabulary. This can be adapted to meet your child's current level of development. You can model verbs while you're carrying out the actions, e.g. washing, drying, pouring, splashing, blowing bubbles, filling, emptying, pulling/pushing the plug, floating, sinking, capsizing.
Try to use lots of descriptive language, e.g. slippery bath, shiny taps, damp mat, fluffy towel, tiny duck etc.
- **Demonstrate concept words in context** – you can explore key early concept words like wet/dry, full/empty and hot/cold, and use bath toys to take this further for example by exploring same/different, big/little, light/heavy.
- **Talk about prepositions and location vocabulary** – use bath toys or everyday objects to illustrate preposition words such as:
in - "the water is **in** the bath"
on - "the duck is **on** the water"
under - "the soap is **under** the water"
next to - "the shampoo is **next to** the taps"
behind - "the sponge is **behind** you"
- **Offer choices** – encourage more talking by asking your child to choose, for example, "do you want the blue towel or the white towel?"
- **Follow your child's lead and expand their utterances** – use your one-to-one time with your child by giving them a good model for how they can extend the language they are already using by combining more words. You can repeat what your child says and try to extend their utterance by adding more words, e.g. if your child says "bubbles" you could say "yes, big bubbles", or if they say "boat sinking" you could say "the boat is sinking under the water".
- **Use commentary talking** - talk about what you are doing and what your child is doing while the actions are happening to provide good quality models of language.

Useful Websites

www.bbc.co.uk/tiny-happy-people	Contains lots of videos and engaging information on how to support children's language development from pregnancy to 5 years old
https://www.icommunicatetherapy.com/wp-content/uploads/2012/09/The-importance-of-play-and-speech-and-language-development.pdf	Examples of play activities to support speech and language development
https://speechandlanguage.info/parents/activities	Activities from Speech Link UK
www.afasic.org.uk	Advice, guidance and resources for use at home
www.ican.org.uk	Practical help for parents
www.literacytrust.org.uk	Resources and tools for early language development
www.thecommunicationtrust.org.uk	Resources, information and advice
www.talkingpoint.co.uk	Resources, information and advice

If you are concerned about your child's speech and language development, please contact your Health Visitor who will be able to advise you further.

Further Support

If you need any further support, the following organisations can be contacted to offer help wherever needed:

Child care

- If you are a key worker and are interested in applying for Welsh government funding for childcare at this time please visit:
<https://www.swansea.gov.uk/covidchildcareassistancescheme>
- [Call Swansea Family Information Service on](https://www.swansea.gov.uk/covidchildcareassistancescheme) 07827 822729 for information on which childcare settings are currently open to support key worker children

Child and Family Information, Advice and Assistance

- Anyone can contact the Child and Family Information, Advice and Assistance (I,A&A) service to have a discussion and get help. A qualified social worker will listen to you and let you know what information, advice or assistance can be provided and who can help from social services, health, youth offending service, education, police, early intervention and prevention services and the third sector. How much we can talk to you about a specific child will depend on the reason for your call and the circumstances.

Telephone: 01792 635700

Email: access.information@swansea.gov.uk

Website: <https://www.swansea.gov.uk/cfiaa>

Child Disability Team

- The Child Disability Team is a specialist team who look after the specific needs of children and young people with disabilities. It is one of the services provided by Child and Family Services in the City and County of Swansea. The team is made up of social workers and family support workers. They work closely with lots of different professionals including; health visitors, health support workers and occupational therapists

Telephone: 01792 635180

Website: <https://www.swansea.gov.uk/cdt>

Food Banks

- <https://www.swansea.gov.uk/foodbanks>

Further Support

Info-Nation

Info-Nation offers information, advice and specialist support across a range of issues, to young people, aged 11-25, and their families. The service arrangements are as follows:

- There is no drop-in, but information, advice and support enquiries can still be made online:
 - Info-nation@swansea.gov.uk
 - DM www.facebook.com/infonationswansea
 - (online chat available 12-3pm, Mon – Fri)
 - DM www.info-nation.org.uk/contact-us
- The BAYS+ duty team is available and can be contacted on 01792 460007.
- A duty service will operate from the Dynevor Centre, across the road on Dynevor Place, for young people who have an appointment that has been arranged with their worker, or is in a crisis situation.
- Please use the door buzzer if you need to speak to a member of staff.
- Choices can be contacted on 01792 472002.
- Cam Nesa staff can be contacted on their mobiles. Any difficulties contacting Cam Nesa staff, then use the Info-Nation contacts above and we'll pass them on

Website: www.info-nation.org.uk/coronavirus

- Posters and advice about staying mentally well

[Keeping Fit – PE with Joe](#)

[CEOP Activity Packs](#)

[Children in Wales – Wellbeing Resource](#)