



## LIFE AFTER LOCKDOWN: SUPPORT FOR PARENTS & GUARDIANS

Whatever your circumstances, the lockdown period will have been tough and it is important to remember you are not alone. The Safeguarding Team are here to support players of all ages but also to provide advice and guidance to parents and guardians as well during this time.




### 1. Returning to training

Our players may experience a range of different feelings about returning to training after lockdown. They may feel excited and be looking forward to getting back to training, but they also might feel anxious about what to expect for a range of reasons and will be seeking reassurance.

It might be helpful to have conversations with your child about what going back to Staplewood Campus might look like so you can talk through any worries they might have and pass these on to a member of staff if necessary. The Club will be providing factsheets, FAQs and walkthrough videos to all parents and we encourage you to talk through these in detail with players so that they know exactly what to expect when they return to site. This might help alleviate any concerns and explain changes to the site including following new signs for walking around, staying in their allocated bubbles and changes in using the toilet and changing room facilities.

### 2. Looking after your mental health

There is a lot of uncertainty in the world at the moment and if your child is anxious or worried about coronavirus (COVID-19) this may have a negative impact on their mental health. As well as thinking about the children or young people in your care, it is also important to take care of your own mental health and wellbeing. There are many organisations and charities offering a range of support and advice for looking after your and your family's mental health at this time and some of these are listed below.

	<b>Every Mind Matters</b> <a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
	<b>Mental Health Foundation</b> <a href="https://www.mentalhealth.org.uk/coronavirus/talking-to-children">https://www.mentalhealth.org.uk/coronavirus/talking-to-children</a>
	<b>Mind</b> <a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</a>

### 3. Online Safety

During lockdown, children and young people will have spent more time at home and online and this is still the case whilst existing social distancing measures are still in place. While the online world is a great way for children and young people to socialise, stay in touch with their families and friends and continue their training and their education virtually it can also bring risks such as unwanted contact from strangers and online bullying.

Constant updates about COVID-19 on the news and on social media apps may also cause a lot of anxiety among children and young people and it is important to encourage your children to ask questions about the things they see online as some of what they may be seeing could be false or sensationalised information.

The below organisations provide useful guidance on how children and young people can use the internet safely and also offer advice to parents on how they can talk to children about staying safe online.



**Think U Know**

<https://www.thinkuknow.co.uk/parents>



**UK Safer Internet Centre**

<https://www.saferinternet.org.uk/>

#### 4. Experiencing grief or bereavement

Experiencing the loss of a loved one can be an extremely difficult and challenging time and even more so in current circumstances. Grief can affect children and young people in different ways depending on their age and their level of understanding. It can also be challenging to support a child as a parent when you are grieving yourself. The NHS can offer supportive guidance to families coping with a bereavement.



**NHS**

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

#### 5. Additional support and resources for parents & guardians

##### Support from Southampton Football Club

If you ever have any worries about your child's wellbeing or behaviour please do come and speak with a member of the Safeguarding Team using the contact details listed below. We work closely with the Player Care Team who will also be able to provide support to players across all teams and age groups at the Club.

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**Girls & Women's Teams**

**Safeguarding Lead**

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##### Support from external organisations and charities



**Childline**

<https://www.childline.org.uk/>



**Barnardo's**

<https://www.barnardos.org.uk/what-we-do/helping-families/mental-health>



**NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>



**Heads Up**

**Sporting Chance – Heads Up**

<https://www.sportingchanceclinic.com/heads-up>