

Impacts of the COVID-19 pandemic on young children Resources and training to support ELC practitioners

Early research into the wider impact of the COVID-19 pandemic on young children suggests that some children have been negatively affected by the pandemic in a number of ways. Specific impacts reported in a number of recent studies include:

- Decline in sleep ○ Decline in mood ○ Decline/change in behaviour ○ Decline in mental health ○ Decline in concentration
- Change in eating behaviours

It is important that our early learning and childcare (ELC) settings are safe, nurturing and supportive environments, that are responsive to the needs of children and their families. This list of resources is designed to help practitioners understand and respond to the unique needs of each child. Although they have wider relevance, practitioners may find these particularly helpful in the context of supporting the recovery of lost development and learning as a result of the COVID restrictions. This list is not exhaustive and will be updated over the coming months, so please do check back on KHub regularly. These resources should also be used alongside [Realising the Ambition: Being Me](#), which explains how to recognise where children are in their developmental journey and what they need to grow and develop.

Scottish Government ELC Professional Learning Modules

These modules aim to support practitioners' continued professional learning and enhance practice in ELC.

- [Understanding the social factors which may impact on children's outcomes in the early years](#)
- [Supporting parents to further engage in their children's development](#)
- [Supporting the development and progression of children's early language and literacy](#)
- [Building confidence in identifying and responding to additional support needs](#)

Open University

[Supporting children's mental health and wellbeing](#) is a free to access short course focusing on the mental health and wellbeing of babies and young children and its importance.

Trauma Training

The Scottish Government has committed to supporting a trauma informed workforce and services through investment in our National Trauma Training Programme, led by NHS Education for Scotland (NES). This is part of a wide range of actions to support prevention of adverse childhood experiences and trauma across the life-course and to develop trauma-informed responses to support children, young people and adults affected by adversity and trauma.

The ELC sector is categorised as Level 2: 'Trauma Skilled'. Full details relating to Trauma Skilled workers – including managing their own wellbeing - can be found on the [NHS NES website](#).

Key trauma training resources to support ELC practitioners' professional learning in this area include:

- [Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People on Vimeo](#). This video is designed to help anyone who works with children and young people to understand the impact of trauma and adapt the way they work to make a positive difference.
- [Opening Doors: Trauma Informed Practice for the Workforce on Vimeo](#). This resource explains why trauma is everyone's business.
- [It's all about relationships - Animation on Vimeo](#). This resource is about embedding relational, trauma sensitive approaches in education.

Further resources are available from the [UK Trauma Council website](#), including a dedicated [section on the impact of the Coronavirus pandemic](#).

Attachment Resources

The [Why Attachment Matters More Than Ever](#) resource from Scottish Attachment in Action, brings together a number of resources that explore managing anxiety in relation Coronavirus, to help you talk with your children about Coronavirus and to support them through this time.

Education Scotland Resources

Education Scotland have a wide range of resources available on their [National Improvement Hub](#). Resources that may be particularly useful include:

- [‘Being Me through adversity and trauma’](#). The resources in this Wakelet are a sample of those available to help develop understanding of trauma informed, relationship-based practice and nurturing approaches.
- [Supporting young children at points of transition - Wakelet](#). In this Wakelet collection you will find resources and links to materials to help you plan for the multiple transitions our young children, families and staff face over the coming months.
- [Supporting your child’s transition to ELC or P1](#). This Wakelet contains resources to support ELC practitioners support children and families as they transition into ELC or P1.

Children in Scotland Resources

Children in Scotland [learning and events programme](#) includes webinars on early years-related topics. Specific resources include:

- A resource for practitioners to [support children and young people’s understanding of their wellbeing](#), including a useful section on the early learning stage.
- A [leaflet](#) and [card game](#) to help community groups, clubs and other local organisations understand how their work contributes to the wellbeing of children and young people across Scotland.

Parent Club

The Parent Club Website has a range of resources that you may wish to signpost parents to in order to help them with ideas to support their children at home. Below are some examples of advice available:

- [Ideas to help get your toddler to sleep | Parent Club](#)
- [Dealing with difficult behaviour | Primary School Children | Parent Club](#)
- [Eating well at home | Parent Club](#)
- [Keeping active during the coronavirus outbreak | Parent Club](#)

Care And Learning Alliance (CALA) Resources

- [Introduction to Child Protection](#) - This is a basic introduction to Practice Guidance and Child Protection for all staff, volunteers or others who have any contact with Children and Families, including those working within adult services.

- [Supporting Young Children's Behaviour; information and ideas for parents/carers](#) - This module offers advice and support to help parent and carers deal effectively and positively with the behaviour of young children. The focus is on what commonly causes challenging behaviours and share strategies to help you support children effectively.
- [Consulting our Youngest Children Toolkit](#) – It is important that we consult young children on matters that affect their lives. Consultation with young children is more than just asking their views, it's about really listening to them, responding to them and acting on their ideas where possible. The purpose of this toolkit is to provide adults with strategies that will support consultation with young children.