

## THURSDAY 9<sup>TH</sup> APRIL 2020 EASTER SUPPLEMENT 3 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

### Knowledge and understanding of attachment and trauma

#### *Individual and collective grief and loss – Developing empathy*

We shall continue to reflect on individual and collective grief and loss today. Watch Karen's short video again if you need to remind yourself of the message:

<https://www.youtube.com/watch?v=n9a79NeUARo&feature=youtu.be&app=desktop>

#### **A question for reflection**

What losses are the children in your care experiencing?

Both children currently at home, and those who are still in school because of vulnerability or parental role constitute 'children in your care'. Look at the visual representation you made on Tuesday (Easter Supplement 1). Do you want to add anything in relation to the children in your care?

Most children are extremely social animals, and this is particularly true of teenagers. Karen speaks of the loss of social groups. For children and teenagers, this could mean Brownies, Dance Class, Football Teams, Martial Arts... The list of extra-curricular activities that children take part in these days is endless! So as you reflect, think about all the losses currently being experienced by children today, not just the 'big' ones, like loss of a loved one through death, loss of formal education and school attendance, but all the 'small' losses too.

How can you support the children today, whether they and you are at school or not? What will they need from you in the future? Remember what we learned yesterday about empathy. How will you avoid giving false reassurance? How can you ensure that you do not minimise those 'small' losses? Do you have the courage to stay with the child's pain and be truly empathic?

There is no urgency at this time to develop a Returning to School Policy, but it will be of benefit if leaders and all staff begin to think about how we are going to have a truly attachment and trauma informed return, and we shall focus on this after the Easter break.

What is your self-care today? Please share with me by email, text or on social media. Have a good day, keep safe and healthy and ring or email me to chat if that would help. *Jenny x*