

Dear Parents & Carers,

Covid-19 is understandably causing a lot of stress and anxiety, meaning that things may feel very uncertain right now for you and the children you are caring for.

In this time of social distancing and lockdown, sometimes things can feel hard to manage. Most of our children and young people will need more time to talk than they usually might. Give them time to talk about their worries and concerns, both for themselves and for those they love.

For a few children, during this time of uncertainty, they may seek to focus on aspects of their lives that they can control. For some children this may relate to food. Here are some signs to look out for.

If you have any concerns regarding your child's health, it is important to seek help and professional advice. Please don't hesitate to contact the healthcare professionals listed on the attached leaflet who are there to support you and guide you to the most appropriate care.

Wishing you all well, keep safe.

Regards,