



## Keep Wales Learning: support for parents and carers with English or Welsh as an additional language

The most important thing you can do for your children is to keep them safe and happy. You are not expected to recreate school at home or to be your children's teacher, but there may be ways you can support them.



### Talk about what is going on

See things from your children's point of view, they may be struggling or unable to understand the situation. Talk together about coronavirus and why things have changed.

**#COVIBOOK – Supporting and reassuring children around the world**

[www.mindheart.co/descargables](http://www.mindheart.co/descargables)

**My Hero is You – how kids can fight COVID-19!**

[https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-  
psychosocial-support-emergency-settings/my-hero-you](https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you)



### Encourage

Encourage discussion and play in your children's home language and the language of their school.



### Learn through your home language

Talking about learning in your home language can be helpful for your children. Ask your children to explain the activities school has set. This may also help them understand the activity too.



### Contact your school

You should contact your children's school if you have questions about how to support your children's learning. They will be able to support you or advise you on the best way to get help to suit your and your children's needs.

## Other support



If you are struggling and need additional support to cope with the situation during this time, support can be accessed from the following organisations.

**Welsh Refugee Council** – **029 2048 9800** (Cardiff), **01633 266 420** (Newport), **07918 403 666** (Swansea), **07977 234 198** (Wrexham)

<https://wrc.wales/i-am-an-asylum-seeker-or-refugee/>

**Ethnic Minorities & Youth Support Team Wales**

<http://eyst.org.uk/index.php>

**The Traveller Movement**

<https://travellermovement.org.uk/covid-19>

The information in this document is taken from the 'Parents and carers' section of the 'Distance learning support' area on the Hwb website. These online pages are being updated frequently to include additional information and resources as they become available. Please view Hwb for updates.

[hwb.gov.wales/distance-learning/distance-learning-tools-through-hwb/welcome-to-parents-and-carers-support/](https://hwb.gov.wales/distance-learning/distance-learning-tools-through-hwb/welcome-to-parents-and-carers-support/)

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.  
This document is also available in Welsh.