

## Supporting parents as lockdown restrictions change

The COVID-19 outbreak has significantly disrupted the lives of young people. The routines and boundaries for many young people will have been significantly altered due to the lockdown measures that have been in place. As lockdown measures are expected to be gradually lifted over the coming weeks and months it is possible that children and young people will wish to make the most of potential new freedoms.

### Our Tips for Supporting Children

There are a number of things we would recommend as lockdown restrictions are lifted and young people have increased freedoms and changes in routine.

- Have a clear agreement with children about expectations when they are out
- Consider extending the curfews that have previously been in place
- Agreed to complete increased check ins when they are out
- Make sure you know who they are with and have contact numbers for them

### A Message from Cheshire Police regarding Missing Children

The police are entitled to expect parents and carers to accept normal parenting responsibilities and undertake reasonable actions to try and establish the whereabouts of the individual. This includes:

- Make attempts to contact them
- Call friends or family
- Visiting areas they frequent
- Visit place known to be attending (for example friend's house or party)
- Checking to see if any items are missing from the home.

Once those enquiries have been completed, it may be appropriate to record the child as missing and take actions set out in national police guidance. Children who are breaching parental discipline should not be dealt with by police unless there are other risks.

### Increased Risks during COVID-19 and Parent Resources

Young people are spending more time online during the COVID-19 outbreak as a means of staying in touch with friends, entertainment and for education. While the internet can be a positive tool to support young people during this period, they can be targeted by perpetrators and exploited. It is essential that young people are effectively monitored and supported. You can find online safety support here:

[National Online Safety](#)

[CEOP](#)

[O2 NSPCC Parent/Child Resources](#)

Many parents will be juggling childcare with working from home. This blog post includes [Top tips for parents working from home](#).

The NSPCC has created an information and advice resource for parents/careers of young people with anxiety about Coronavirus which can be accessed [here](#).