



Economic
and Social
Research Council

Findings from Co-SPACE and what you can do to support your children

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University of Oxford



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About the Co-SPACE study

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Findings

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Practical parenting

04

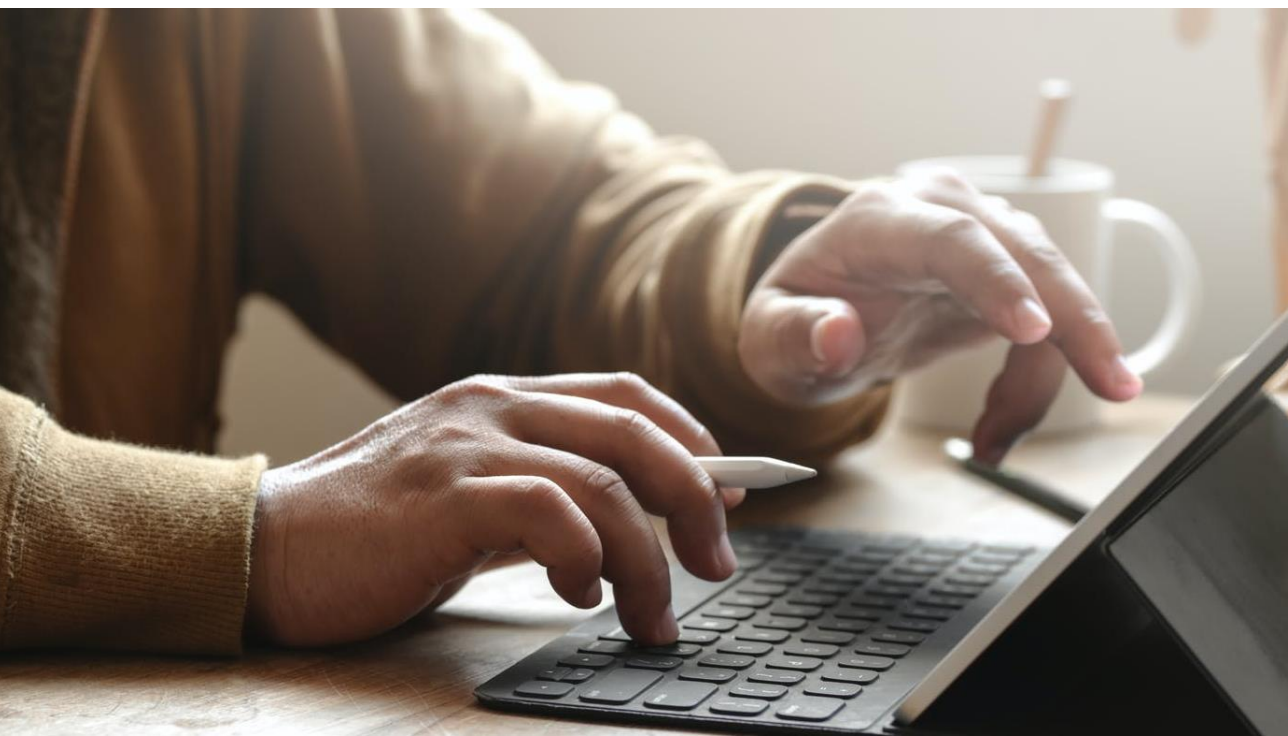
Resources

C^o-SPACE study

COVID-19: Supporting Parents, Adolescents
and Children during Epidemics



Parents & carers of children aged 4-16 years



Young people aged 11-16 years self-report

30th March
Start of
Co-SPACE

Monthly
survey

Monthly
survey

Monthly
survey

Monthly
survey

Until one month after
schools are fully open

23rd March
Lockdown in
UK

Parents/carers of children aged 2-4: www.cospice.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

A close-up, warm-toned photograph of a person's hands typing on a laptop keyboard. The person is wearing a brown, textured sweater. In the background, a white coffee cup with a wooden stirrer is visible on a wooden desk. A dark blue rectangular box is overlaid on the center of the image, containing white text.

More than 10,000 parents/carers have taken part so far...



Department
for Education



England



Department
for Work &
Pensions



Public Health
England



Department
of Health &
Social Care

Findings regularly fed back to policy makers & professionals

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

NEWS WEBSITE OF THE YEAR

The Telegraph Coronavirus News Politics Sport Business Money Opinion Tech Life & Style


UK news ▾ World news ▾ Royals ▾ Health Defence Science Education Investigation

Children's behaviour has got worse during lockdown with a rise in temper tantrums, Oxford study finds

There has also been a rise in children disobeying their parents and failing to do what they have been told, researchers found

By **Camilla Turner**, EDUCATION EDITOR
16 June 2020 • 9:39pm

Related Topics
Education News, Primary
Education, Secondary education,
Coronavirus



BBC RADIO 5 live **Sunday Breakfast**

Home Episodes Clips Get in touch



This programme will be available shortly after broadcast



Polly Waite
Psychologist, University of Oxford
BBC BREAKFAST

Media Coverage

THE TIMES Today's sections ▾ Past six days Times Radio

The Funday Times: a guide to home learning

A leading psychologist reveals how to keep children motivated and happy studying in lockdown




Listen now **BBC RADIO 2** **Jeremy Vine**

17/06/2020

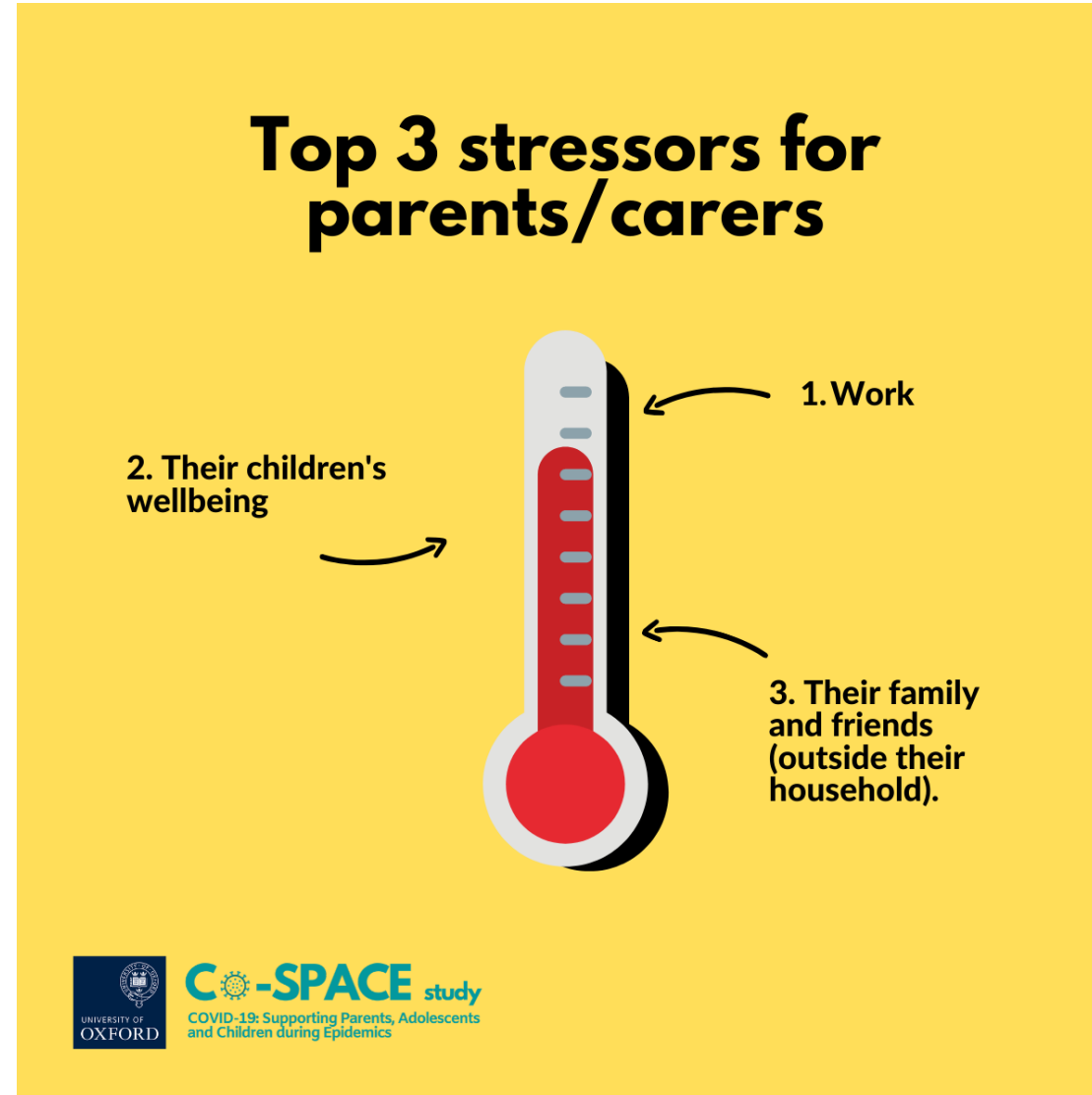
Jeremy and guests discuss the news headlines and talk to the people making them.

16 days left to listen
🕒 1 hour, 57 minutes



06:23

02 Findings



Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

02 Findings



EMOTIONAL,

BEHAVIOURAL, &

RESTLESS /
ATTENTIONAL
DIFFICULTIES

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

02 Findings

Parents/carers of **primary school age** children
taking part in the survey report an **increase** in their child's ...



EMOTIONAL,



BEHAVIOURAL, &



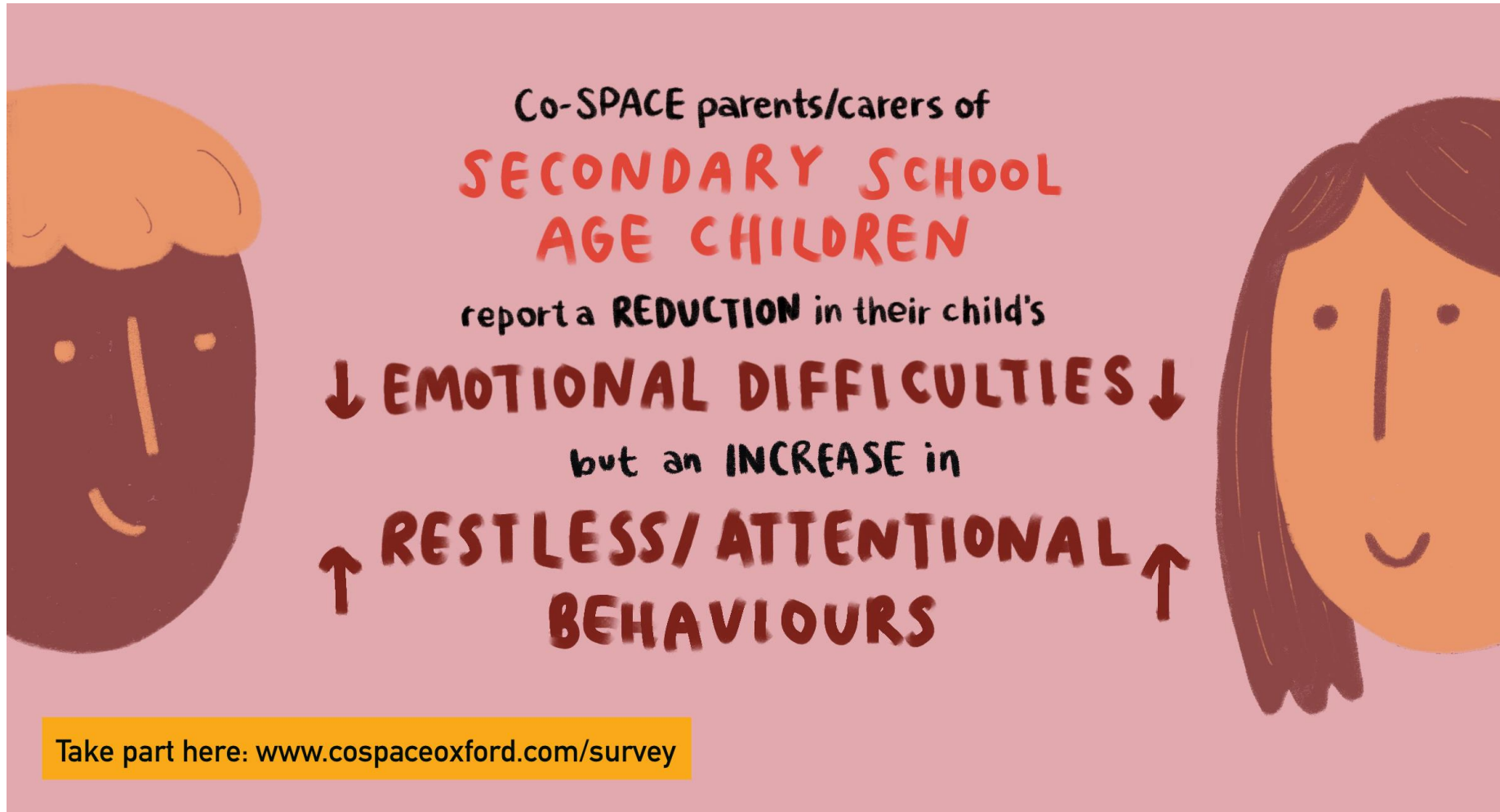
RESTLESS /
ATTENTIONAL
DIFFICULTIES

Take part here: www.cospaceoxford.com/survey

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

02 Findings



Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

Co-SPACE reports

To keep updated on the Co-SPACE study so far, please see our reports below:

Co-SPACE Survey - 1st Report

Co-SPACE Survey - 2nd Report

Co-SPACE Survey - 3rd Report

Co-SPACE Survey - 4th Report

Co-SPACE Survey - 1st Supplementary Report

Co-SPACE Survey - 2nd Supplementary Report

<https://emergingminds.org.uk/co-space-study-supporting-parents-adolescents-and-children-during-epidemics/>

Co-SPYCE reports

To keep updated on the Co-SPYCE study so far, please see our reports below:

Co-SPYCE Survey - 1st Report

**All reports can be accessed through
the Emerging Minds website**

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

03 Practical parenting

WHAT TO DO

- Don't panic



Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

03 Practical parenting

WHAT TO DO

- Don't panic
- **Talk about worries**

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

03 Practical parenting

WHAT TO DO

- Don't panic
- Talk about worries
- **Problem solve and take action**

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey



03 Practical parenting

WHAT TO DO

- Don't panic
- Talk about worries
- Problem solve and take action
- **Reward brave or good behaviour**

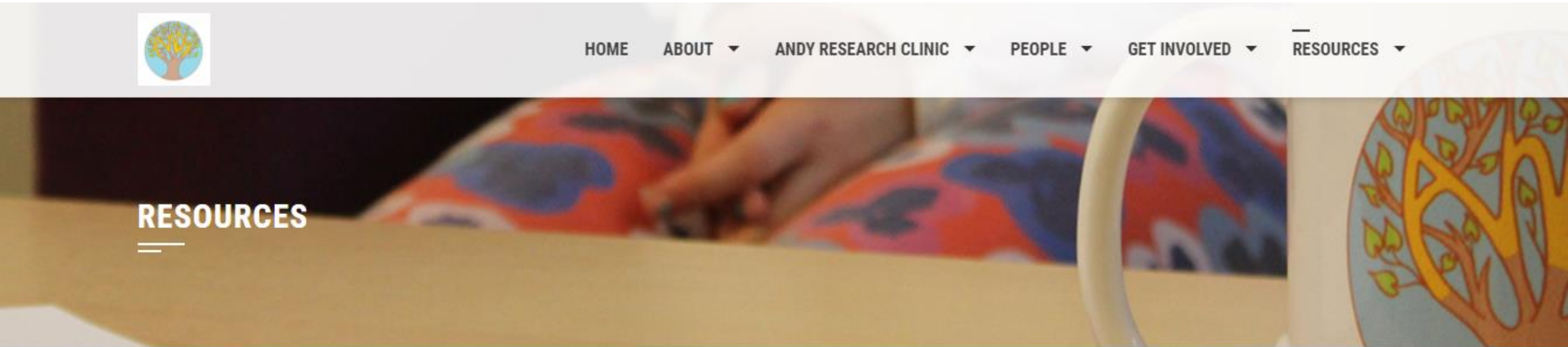
	I have been kind	I have listened to others	I have tidied away my toys	I have cleaned my teeth	I have gone to bed on time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

04 Resources

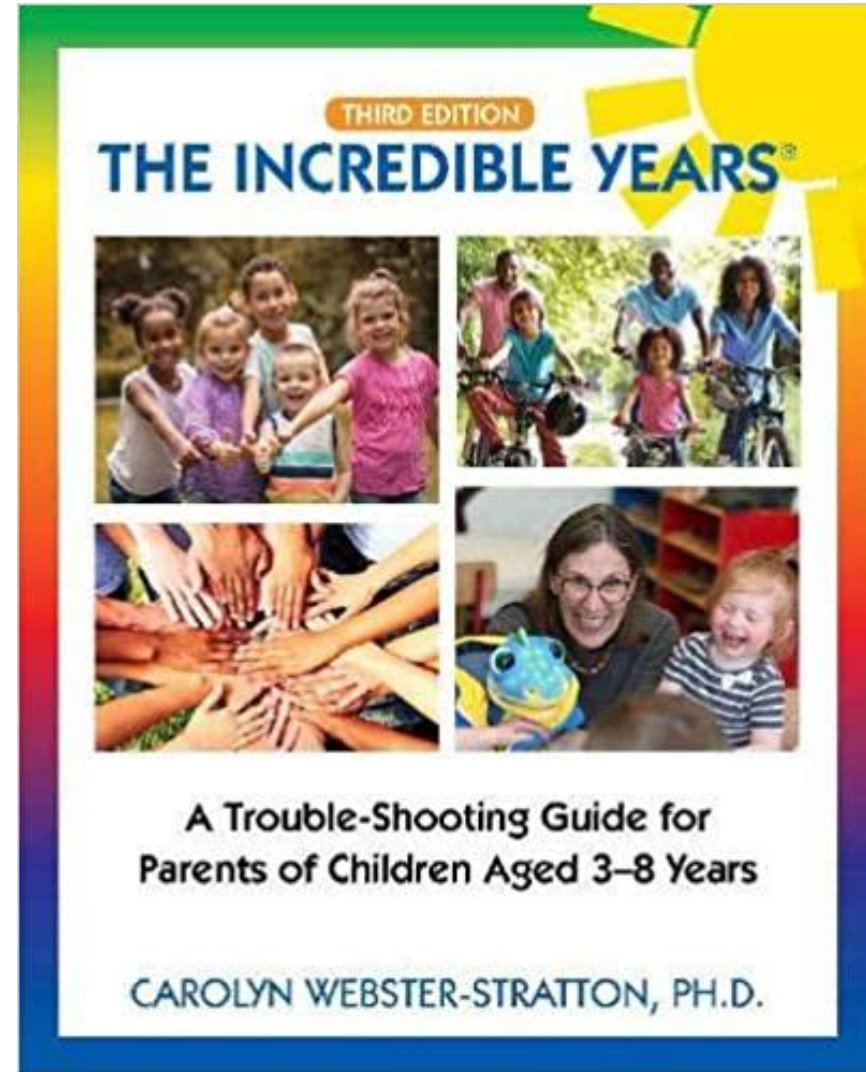
<https://research.reading.ac.uk/andy/resources/>



Resource lists for parents, young people and professionals

Parents/carers of children aged 2-4: www.cospyce.org/survey

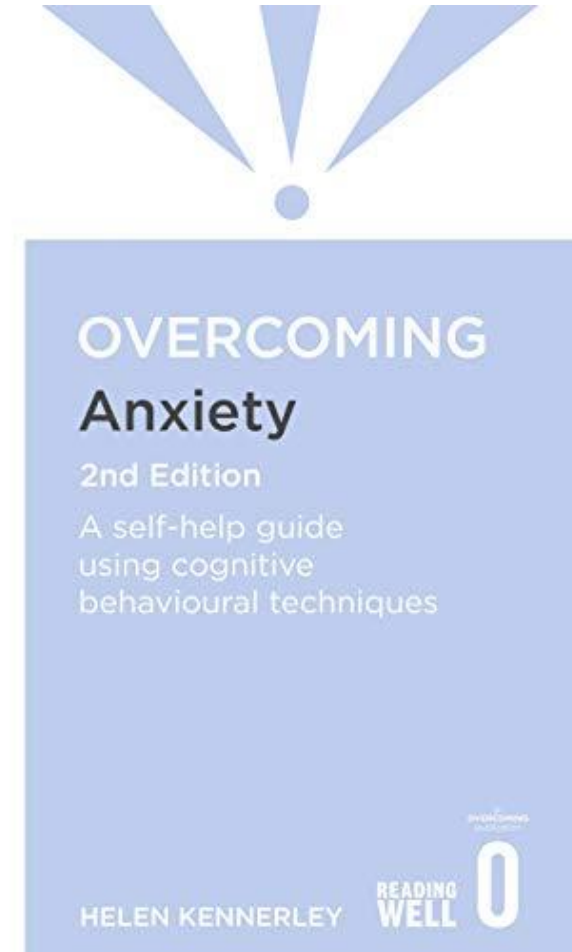
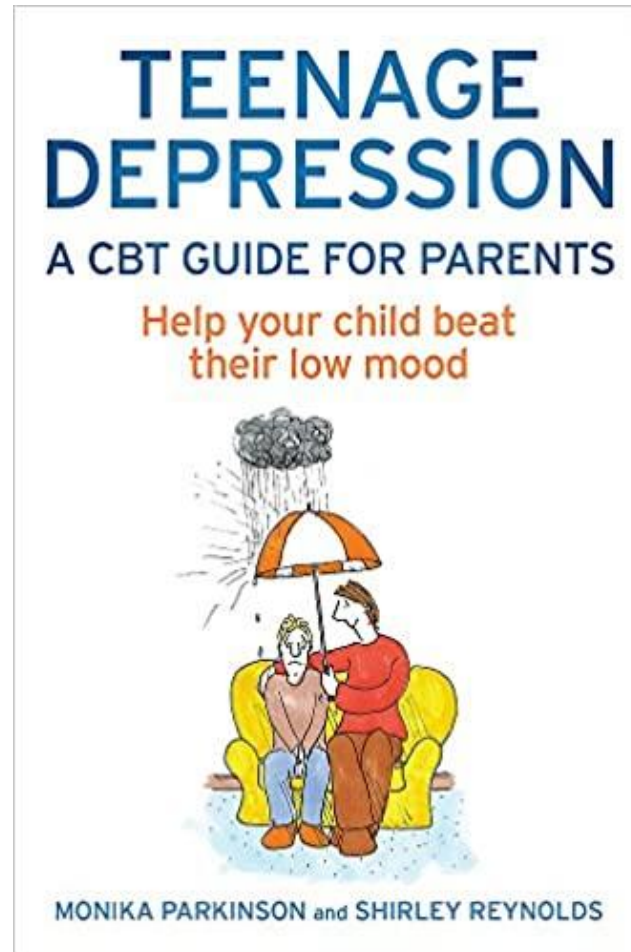
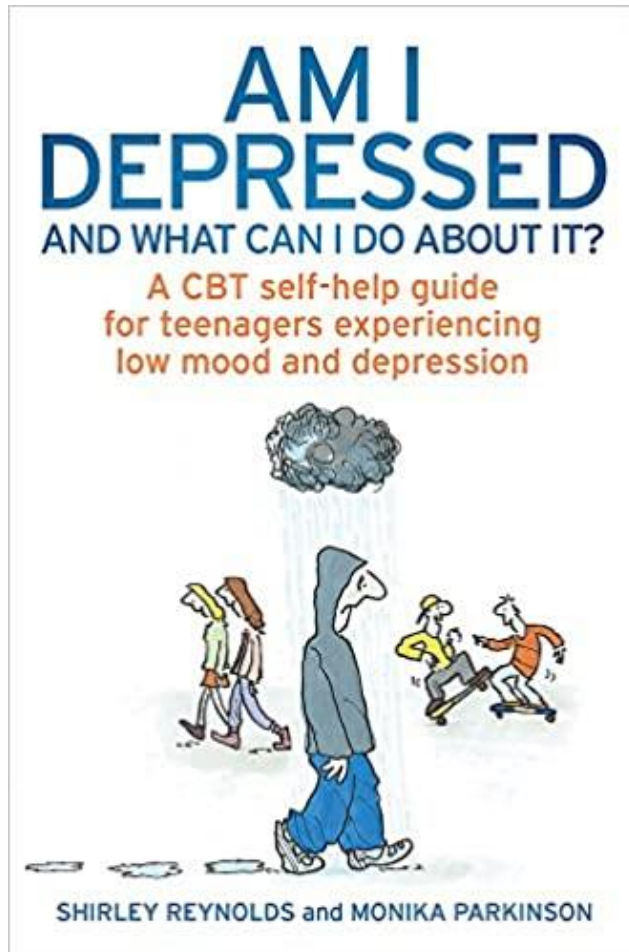
Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey



Resources for parents of children of primary school age

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey



**Resources suitable for young people of
secondary school age and their parents**

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

Supporting children and young people with worries about COVID-19



Advice for parents, carers and people that work with children and young people

NIHR | Oxford Health Biomedical Research Centre

NIHR | Applied Research Collaboration Oxford and Thames Valley



This is a time of uncertainty and a lot of children and young people will be feeling anxious and worried about what is going on. This is a normal response to the situation and below we offer some advice about what adults can do to help and support children and young people.

There is a lot of information becoming available - this is great but may also be confusing, so we have pulled together some advice and some of our favourite links in to one place. We hope this will be helpful.

Given that the situation is changing rapidly at the moment we will make updates from time to time which you will be able to find here: <https://emergingminds.org.uk/resources/>



[CONTACT](#) [NEWS](#) [RESOURCES](#) [RESEARCH](#)

Emerging Minds COVID-19 Webinar Series

We are pleased to share details of our **Emerging Minds COVID-19 webinar series** in collaboration with the **Mental Elf**.

We are exploring what research can offer to help us best support children & young people's mental health at this time.

We will be addressing topics and questions that you have told us are important to you right now and will also draw on the [emerging findings of the Co-SPACE study](#).

All webinars are free to join, you just need to book your place via Zoom.

Upcoming Webinars

We will keep you up to date when more webinars are confirmed!

emerging



Free written resources and webinars via Emerging Minds website

<https://emergingminds.org.uk/>

Online Courses / Psychology & Mental Health



Youth Mental Health: Helping Young People with Anxiety

★★★★☆ 4.7 (27 reviews)

Get an introduction to managing anxiety disorders in teenagers, with a course ideal for teachers and healthcare professionals.

Join course for free



[https://www.futurelearn.com/
courses/youth-mental-health](https://www.futurelearn.com/courses/youth-mental-health)

Online Courses / Psychology & Mental Health

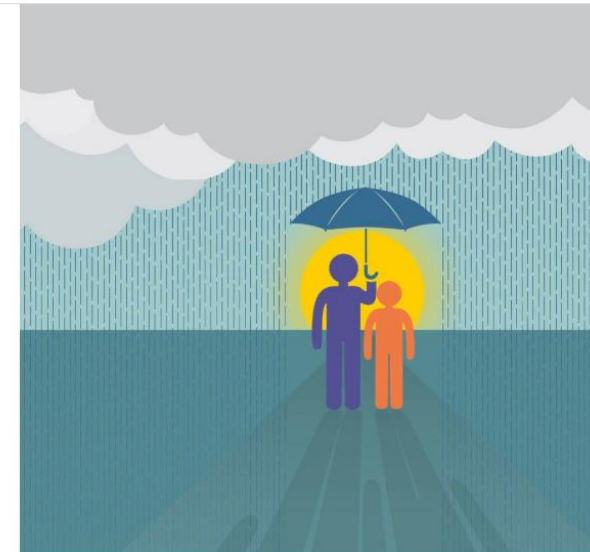


Understanding Depression and Low Mood in Young People

★★★★☆ 4.8 (69 reviews)

Understand how to recognise depression and low mood in teenagers and learn how to help.

Join course for free



[https://www.futurelearn.com/
courses/depression-young-people](https://www.futurelearn.com/courses/depression-young-people)

Free online courses on anxiety and low mood in young people

Parents/carers of children aged 2-4: www.cospyce.org/survey

Parents/carers of children and young people aged 4-16: www.cospaceoxford.com/survey

THANK YOU

