



## OVERVIEW

During the uncertain time of the COVID-19 pandemic, it is important to take the time to ensure that children and young people's wellbeing is nurtured and that their views and wishes are heard and considered. There are a variety of ways in which we can be more child centred in our approach.

The Institute of Child Protection Studies has developed a series of resources for all adults who work with and support children and young people based on the Kids Central Toolkit.

The series includes an overview and a range of tip sheets based on the Kids Central principles.

Find these tip sheets on the [Safeguarding Children and Young People Portal](#)



## Kids Central Tip Sheets for COVID-19

### Introduction

Welcome to our new tip sheet series based on the Kids Central Toolkit.

Kids Central aims to help adults who work with and support all children and young people to place them at the heart of what they do. All activities in this series have a strong focus on creating and maintaining safety and wellbeing.

Kids Central is based on six key principles:

1. **Keep Me Safe**
2. **I'm One of a Kind**
3. **My Family Is Special**
4. **Make It Fun**
5. **Keep me in the loop**
6. **Who Else Matters?**

The [Kids Central Toolkit](#) has loads of tools and tips for talking with children and young people about tough stuff, scenarios and activities that can be used to build on your current approaches.

We have created a new suite of tip sheets based on the principles with practical ideas on how to implement child-centred practices and how to overcome challenges or barriers that may arise. The tip sheets also include pulse checks that adults can use to reflect upon and develop new and innovative ways of working in child centred ways.

The best thing about the Kids Central principles is that they are contemporary and relevant to the issues facing children and young people in these unsettling times.

## BACKGROUND

The Kids Central Toolkit was developed in response to a research project conducted by the Institute on experiences of homelessness for accompanying children and young people. For over 18 months, staff from the Institute met with children and young people and talked to them about what life was like for them when they were homeless, what they felt their families wanted and needed and how they thought children and young people might be better supported.

## How can I use the tip sheets?

It's up to you how you use the tip sheets. Here are a few suggestions:

- an opportunity for a conversation starter/relaxed chat
- an opportunity to redirect a conversation if the child or young person has started sharing their thoughts and feelings and have become stuck or lost for words
- an opportunity to chat while they are doing something creative – when children and young people are engaged in a practical activity that involves their hands, they might talk more openly and share their thoughts and feelings more easily.

The tip sheets and the entire Kids Central Toolkit are available on the [Safeguarding Children and Young People Portal](#) and can be printed.

You can use the specific activities we share with you week by week or choose different appropriate activities from the Kids Central Toolkit to suit the needs of the child or young person you're working with.

## Who can use the tip sheets?

The activities are simple enough to be completed individually by the child or young person, or with the support of an adult (the parent, carer or a support staff member).

They can help you and the children and young people you work with during this time address their anxiety and fear about what's currently happening. And they can strengthen your relationships with children and young people and help to keep them safe.

## Can I adapt the tip sheets?

All of the activities are flexible and adaptable to the child or young person's culture, age, location or environment. All the following elements can be adapted:

- language to meet their developmental level
- activities to be culturally appropriate, including Indigenous children and young people
- themes to relate to their lived experience.

