

# Understanding the impact of COVID-19 outbreak including self-isolation and social distancing measures, on the lives of young children aged 18 months to 3 years and their main carer via diary keeping.

We would like to invite you to take part in this project. Please take some time to read this information sheet. Ask us if you would like more information. You are free to decide whether or not to take part.

## Why are we doing this project?

The COVID-19 Pandemic has resulted in a sudden and abrupt change to our daily lives and the routines of all children in the UK and most worldwide. Our families are confined to our homes as part of social distancing measures (e.g. working from home, schools and nurseries closure) and for most of us, this means being away from parents, grandparents, siblings and good friends. Some of us are facing uncertainty with our occupation and financial situations, whilst others have to deal with the pressures of having to work from home, without usual the childcare support.

These dramatic changes can impact our well-being and for many of us, cause a great deal of anxiety. However, despite the immense concerns about the on-going pandemic, we might find there are some positive changes happening in our lives, like spending more time with our children.

This project aims to understand the experiences of social distancing and impact of the COVID-19 outbreak on you, and your families.

## Why am I being asked to take part?

- We are interested to hear from parents with young children aged 18 months – 3 years. We believe that the experiences and impact on children within these ages is extremely important, as they are likely to be old enough to understand that something has changed, but perhaps too young to understand exactly what has changed.

## What would I need to do if I take part?

- If you are interested to take part, you will be asked to complete a diary via WhatsApp (see diagram for information).
- Diary keeping has many benefits, e.g. help relieve stress and anxiety, self-reflection (focus on yourself and your feelings), meditation. Completing a diary via WhatsApp allows you to share stories, experiences and feelings in a safe and confidential space (only the research team have access to this information). It is also flexible – you can complete in your own time.
- If you agree, we hope to share other people's experiences and stories with you, as part of a support network.

### Soon after parent expresses interest in taking part:

- Complete consent form
- Complete a short questionnaire
- Complete a diary (reflecting on last 7 days)



### Soon after lock down eases:

- Complete a diary reflecting on the last 7 days
- Complete a brief wellbeing questionnaire



### Between 3-6 months (~late September):

- Complete a diary reflecting on the last 7 days
- Complete a brief wellbeing questionnaire

## What will happen if I don't want to carry on with the project?

- Your participation is voluntary and you are free to withdraw at any time, without giving any reason.

## Is the project confidential?

- All information you give us will be kept confidential and only used for research purposes. Only the research team will have access to this information.
- You will not be identified in any reports/research papers. This means that we will not associate your name with things that have been said or happened during the research, when we write or talk about it. Data will be processed and handled in accordance with GDPR.

If you have any questions that are not answered here, would like any more information or to discuss the project in more detail please contact: 07596658487