

Supporting children and families through unexpected times of rapid and unpredictable change in the light of coronavirus

The following resources have been collated from a wide range of sources to provide information for anyone to use as they feel would be helpful. They include information relevant to children across the early years and school age range including those with special educational needs and disabilities.

NB They are not recommendations, purely possibilities.

Information on coronavirus for children

The BBC Newsround site <https://www.bbc.co.uk/newsround/51204456> has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means.

Covibook – Supporting children and families around the world – Available in 18 different languages

<https://www.mindheart.co/descargables>

Hello I'm a virus

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf_2

Story books for children about the virus

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03>

Story-about-Coronavirus.pdf

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf?fbclid=IwAR1kx04OhUw9oB2rCNvfk02qaYy12dIN_uh5qp2bwZ99TV_SLvUZTZzFeQ

Carol Gray has produced a social story

(<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>) about coronavirus and pandemics. The social story uses large print pictures and provides contextual information about pandemics and viruses in general.

Information for parents of how to support children though COVID19

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

<http://www.incredibleyears.com/parents-teachers/articles-for-parents/>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Covibook – an interactive resource designed to support and reassure children aged 7 and under to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Anna Freud Supporting young people's mental health through a period of disruption.

<https://www.annafreud.org/coronavirus/>

Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.headspace.com/meditation/kids>

Managing anxiety about the virus as adults

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b>

<https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gl7jSAHOA-cpgM7BPADjmoqN7pRwotNE>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

Boredom Busting Links Page

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2s2uCnzDjmK4az-ft4pvapPGMlwG4hGNINDC-A2KkUQxD7MezcSLYEyWA>