

Covid-19 / Coronavirus Resources Version 23.03.2020

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 or endorsements , purely possibilities.

Anna Freud links - Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption There are also three videos, one for school staff, one for parents and one for children and young people which may be useful:

<https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=b6a9958dd5&e=58f0e0f449>

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

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/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

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

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

The **BBC Newsround site** 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: <https://www.bbc.co.uk/newsround>

Hello I'm a virus

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

Storybooks 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=IwAR1kYx04OhUw9oB2rCNvfk02qaYy12dIN_uh5qp2bwZ99TV_SLvUZTZzFeQ

Information for parents of how to support children through 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/>

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>

The **Mental Health Foundation** has some great advice on looking after your mental health during the COVID-19 outbreak including tips and advice for home working, the psychology behind panic buying and how to explain the situation to children: <https://mentalhealth.org.uk/coronavirus>

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=IwAR01ug03efw0BQAxTOorm-zrte5gl7jSAHOA-cpgM7BPaDjmoqN7pRwotNE>

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

The Autism Education – A social story

A social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places: <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

CarersUK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Information for those struggling with OCD

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

General information for young people about managing their mental health

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Information for those with sensory difficulties who struggle with handwashing

<https://www.sensoryintegration.org.uk/News/8821506>