

Resources about COVID-19 to support children, young people, parents and professionals

### **Resources for parents**

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Emerging minds guide: Supporting children and young people with worries about COVID-19:

[https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.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/>

4 expert videos on how to help kids manage anxiety around the Coronavirus:

<https://gozen.com/coronavirus-anxiety/>

3 tips on how to talk about coronavirus to your children - by Dr Ehrenchein-May

<https://vimeo.com/398065042?ref=twshare>

BBC Parenting Podcast on children and coronavirus

<https://www.bbc.co.uk/sounds/play/p085rjkm>

How to talk to children about COVID-19

<https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

World Health Organisation (WHO) Q&A video with Clinical Psychologist (on COVID-19 and mental health):

<https://www.youtube.com/watch?v=zDx1LKkk5c4>

Helping children cope with changes resulting from COVID-19 (by NASP, US):

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

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Parent's guide to resilience - Why Try free resilience (daily videos on facebook):

<https://resilienceguidе.org>

Parenting courses available online – (needs payment £72.00 per course per family)

<https://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/>

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### **Specific resources for children with special needs and their parents**

International OCD Foundation – advice for parents of youth with OCD:

<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

Selection of useful autism specific resources:

<https://resourcesforautism.org.uk/covid-19-update/>

Supporting Neurodiverse children in challenging times such as during self-isolation:

<https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

How to explain coronavirus to a child with ADHD and anxiety:

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

What to do when your child with ASD's routine is disrupted by the coronavirus:

<https://themighty.com/2020/03/covid-19-autism-routine-disruption/>

Social story about COVID-19

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>

Social story about the Pandemics and the Coronavirus:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Covid-19 and ASD (Curly Hair Project free webinar):

<https://www.youtube.com/watch?v=Sf1KT8-Y4Ic#action=share>

### **Resources for adolescents/young adults**

WHO facts about COVID-19 and ways in which it can be prevented

<https://www.youtube.com/watch?v=mOV1aBVYKGA&t=216s>

Youngminds – what to do if you're anxious about coronavirus

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

MIND - Coronavirus and your wellbeing

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

### **Resources for children**

Washing your hands as a 'superhero' (video by Dr Forrest and her children)

<https://www.youtube.com/watch?v=uBJKklMTV-s&feature=youtu.be&app=desktop>

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BBC newsround: is everything you've heard true or just a myth?

<https://www.bbc.co.uk/newsround/51387017>

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### **Resources for younger children**

Covibook (a guide for younger children to help explain and draw emotions that they might experience during this pandemic):

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

Nanogirl Live (couple of videos explaining COVID-19 and why it is important to wash your hands etc.):

<https://www.nanogirllive.co.nz/coronavirus-soap-experiment>

Story about social distancing

[https://youtu.be/DA\\_SsZFYw0w](https://youtu.be/DA_SsZFYw0w)

Book to help children feeling worried about the Coronavirus outbreak:

<https://www.imperial.nhs.uk/~media/website/patient-information-leaflets/childrens-services/coronavirus/dave-the-dog-is-worried-about-coronavirus.pdf?la=en>

### **Activities to help children with self-isolation**

10 indoor activities for children

<https://www.babygaga.com/coronavirus-self-isolation-quarantine-activities-for-kids/>

BBC Bitesize: Advice on home learning

<https://www.bbc.co.uk/teach>

BBC Bitesize: home activities:

<https://www.bbc.co.uk/teach/five-ways-to-keep-your-kids-learning-at-home/z4966v4>

### **Resources to keep children safe online (during isolation)**

Safetynet Kids – staying safe online:

<http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>

NSPCC / Net Aware:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Net Aware (guide for parents and carers with information and advice on the most popular social networks and interactive apps and games used by children and young people):

<https://www.net-aware.org.uk/>

Internet matters:

[www.internetmatters.org](http://www.internetmatters.org)

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Digital Parenting (offers parents information and advice about latest digital technologies and challenges young people might face in their digital world):

<https://www.vodafone.co.uk/mobile/digital-parenting>

### **Resources for professionals**

BPS tips on talking to children about COVID-19:

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

BPS Coronavirus - Psychological Perspective (several psychologists working actively on response to COVID-19, a growing resource collecting and linking to those contributions):

<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives?fbclid=IwAR1v1N->

[Ly3MsqGyfZN7WAuLd57MrYG\\_6h6ewAYXLk\\_IPd5EclYzLOGPk2co](https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives?fbclid=IwAR1v1N-Ly3MsqGyfZN7WAuLd57MrYG_6h6ewAYXLk_IPd5EclYzLOGPk2co)

Tips by UNICEF on how teachers can talk to children about COVID-19:

<https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

The Centre for Disease Control (General principles for parents and professionals working with children)

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html)

ACP UK Guidance (Advice for remote working in Clinical Psychology):

<https://acpuk.org.uk/wp-content/uploads/2020/03/Advice-for-remote-working-in-Clinical-Psychology-ACP-UK-guidance.pdf?sfn=mo>