

Helpful resources relating to Coronavirus

Talking to children about Coronavirus:

Child Mind Institute:

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

Anna Freud Centre advice for young people/parents & carers/schools & colleges

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

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/>

Amaze - information pack for parents:

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

Secondary students:

Young Minds advice for young people who are anxious about Coronavirus:

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

Mencap - Easy Read guide to Coronavirus:

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

Primary aged Children:

Social story for Primary age children:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VIKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

An additional social story:

<https://www.ppmid.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

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>

Families of Early Years

Advice for families:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Activity guides:

<https://www.zerotothree.org/resources/3264-at-home-activity-guide>

Other helpful resources and websites

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)

Carers UK - Guidance for carers:

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

Public Health England have produced an easy read version of their Advice on the coronavirus for places of education:

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

Advice on handwashing for people with sensory needs:

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

Headspace App:

<https://www.headspace.com/covid-19>

Resources about Coronavirus from Southend Educational Psychology Service that have downloadable social stories about Corona Virus:

<http://www.southendlearningnetwork.co.uk/educationalpsychology>

Supporting older children/ adults

AFSP Protecting your mental health during the coronavirus outbreak:

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjjLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8>

American Psychological Association (APA) has information about social distancing, anxiety and perspectives about coronavirus information sources:

<https://www.apa.org/helpcenter/pandemics>