



## Support with Child Mental Health during school closure for COVID 19

It is important children can talk about their concerns and do not bottle up their fears as they see change and worry around them, so **don't pretend nothing is happening**:

- The [Coronavirus series from CBBC Newsround](#) explains what is happening in a child-friendly way
- [Top Ten Tips for 'Talking to Your Children About Scary World News'](#) from the Mental Health Foundation are also excellent
- For under 7s, this [Worry Booklet](#) will help them to explore their feelings
- Understanding the science may help too: Public Health England has [lesson packs for primaries and secondaries](#)
- As **bereavement** will tragically come to many school communities, check out the [resources we made with Child Bereavement UK](#) to support schools with this.