

Helpful online resources for young people & families

- <https://emergingminds.org.uk/> resources advice for parents on how to Support children/adolescents through this difficult time.
- Anna Freud Centre advice for young people/parents & carers/schools & colleges <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus>
- Mental Health advice – looking after your mental health during the coronavirus outbreak. <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-healthduring-coronavirus-outbreak>
- WHO info for children:- <https://www.who.int> -helping children cope with coronavirus.
- Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus>
- Place2Be – Coronavirus: wellbeing activity ideas for families (place2be.org.uk)
- 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/#ten-tips-from-our-parents-helpline>
- NDCS National Deaf Children Society: new guidelines for children with hearing needs. <https://www.ndcs.org.uk/covid-19-coronavirus-support-for-deaf-children/>

Secondary school age children:

- 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/>
- Headspace- Meditation for children: <https://www.headspace.com/meditation> for kids.

Primary aged Children:

- Social stories for Primary age children: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- Educational book aimed at younger children <https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- 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>
- Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

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/advice-and-guidance/topics/coronavirus>
 - 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>