

## International Resources

### WHO

#### **WHO poster: Helping Children Cope with stress during the coronavirus outbreak**

A one-page poster

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

#### **WHO app for Covid-19**

WHO is launching a messaging service with partners WhatsApp and Facebook to keep people safe from coronavirus.

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

### UNESCO

How to talk to your children about coronavirus (COVID-19) Eight tips to help comfort and protect children.

1. Ask open questions and listen
2. Be honest: explain the truth in a child-friendly way
3. Show them how to protect themselves and their friends
4. Offer reassurance
5. Check if they are experiencing or spreading stigma
6. Look for the helpers
7. Look after yourself
8. Close conversations with care

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

## Covid-19 / Coronavirus Resources

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

BACP guidance around managing anxiety - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

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.

Liverpool CAMHS resource - <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3>

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/>

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf). You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

link to 'Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults' Official guidance produced by Public Health England on limiting social interaction to reduce the spread of the Coronavirus: [www.gov.uk/government/publications/covid-19-guidance-on-socialdistancing-and-for-vulnerable-people/guidance-on-social-distancingfor-everyone-in-the-uk-and-protecting-older-people-and-vulnerableadults](http://www.gov.uk/government/publications/covid-19-guidance-on-socialdistancing-and-for-vulnerable-people/guidance-on-social-distancingfor-everyone-in-the-uk-and-protecting-older-people-and-vulnerableadults)

### **Learning disability / Autism / across the Lifespan Resources**

1. Video resource on “Supporting neurodiverse children in challenging times such as during self-isolation” <https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be> from Louise Acker and MDT colleagues at East London NHS Foundation Trust

2. Whilst not specifically for this situation- the HospiChill app developed by psychologists in Scotland, has brilliant relaxation activities/animations which have been very useful and popular with children, young people of a range of abilities and their parents

<https://apps.apple.com/gb/app/hospichill/id1055674907>

The Hand Washing Rap -fun video by Purple All Stars showing good handwashing:  
<https://vimeo.com/134952598>

‘Hand Washing Tips for People With Sensory Difficulties’ (eg aversion to the smells, images, sounds and the tactile sensations of hand washing; problems with balance, tone or coordinating their hand movements; not understand the step-bystep process of hand washing. People can use whichever soap they find easiest, and some people may find an alcoholbased hand gel best. Article with suggestions for encouraging and improving hand washing:

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

Easy read resources on the Coronavirus (COVID-19):

- Mencap has produced an easy read leaflet, available to download from their website: [www.mencap.org.uk/advice-and-support/health/coronavirus](http://www.mencap.org.uk/advice-and-support/health/coronavirus)
- Inclusion North has produced an easy read leaflet, along with an audio copy. Both can be accessed via their website: [www.inclusionnorth.org/coronavirus-easy-read-information](http://www.inclusionnorth.org/coronavirus-easy-read-information)
- Photosymbols have created some posters too:  
[www.photosymbols.com/blogs/news/coronavirus](http://www.photosymbols.com/blogs/news/coronavirus)

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)

Learning Disability England has dedicated a space on their website “Keeping Informed and In Touch during Coronavirus” to share information and resources about the virus, what you can do to stay safe and well, and how people are staying connected/find solutions: [www.learningdisabilityengland.org.uk/what-we-do/keeping-informedand-in-touch-during-coronavirus/](http://www.learningdisabilityengland.org.uk/what-we-do/keeping-informedand-in-touch-during-coronavirus/)

Help using NHS 111: NHSE video to help people with a learning disability, autism or both, to use the NHS 111 service: [www.england.nhs.uk/learning-disabilities/about/resources/help-forpeople-with-a-learning-disability-autism-or-both-to-use-nhs-111/](http://www.england.nhs.uk/learning-disabilities/about/resources/help-forpeople-with-a-learning-disability-autism-or-both-to-use-nhs-111/)

Books beyond Words have a free first draft of a story (adult focused) :  
<https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus>

Save the Children



Family learning activities



### **Bring a Book to Life**

Draw pictures of your children's favorite book characters and cut them out to make puppets. Use the puppets to act out a scene together. Bringing the story to life through dramatic play and retelling the story themselves helps children better understand character development and the storytelling process.



### **Create a Word Jar**

While reading, new words are exciting for children! As you come across new words, write them down on a piece of paper and then flip to a children's dictionary to write their definition on the other side. Collect these new vocabulary words in a Word Jar. At dinner, pick new words and make sentences out loud together. Build on this activity by drawing pictures depicting the new word to extend learning.



### **Fun with Family History**

Did Grandpa fight in a World War? Was Grandma born in a different country or state than you? Write a story together about an important event in your family's history. Illustrate your story and fasten it together into a book for the family library. Knowing where you came from is important to gain a strong sense of identity.



### **Let Your Child Be the Storyteller**

Ask your child to tell you a story. It can be a new story or an old one with new twists or characters. Write down what your child says. Read it back to your child. Save the story to read it again. Let your child's imagination inspire you to come up with your own adult stories to write down and share later.



### **Wake Up, Word Up: Letter of the Day**

Over breakfast, work together to choose a letter of the day. Everyone looks for objects that begin with that letter during the day. You may see this letter everywhere! Or, you may only notice it in a few places (yeah, we're looking at you, X!) Talk about all the things your family observed that day and marvel at the world around you.