

## Helpful resources for families during COVID-19 pandemic

### Health for Kids and Health for Teens Information on COVID-19

Following the recent coronavirus outbreak, the **Health for Kids** and **Health for Teens** websites have been updated with information about the coronavirus.

These webpages provide children and young people with **age-appropriate information to explain the coronavirus** and the things they can do to help stop the spread of the virus and look after themselves physically and emotionally during this unsettling time.

If you having a **ChatHealth conversation about coronavirus** with a service user, these pages are a **useful signposting tool** which you can link to in your messages.

#### Health for Kids

<https://www.healthforkids.co.uk/staying-healthy/what-is-coronavirus/>

#### Health for Kids: Grownups

<https://www.healthforkids.co.uk/grownups/healthy-minds/talk-children-coronavirus/>

#### Health for Teens -

<https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>

<https://www.healthforteens.co.uk/health/coronavirus/3-ways-to-stay-up-to-date-with-schooling/>

<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>

#### School nurses:

**Parentline:** Southwark & Lambeth Parents/Carers can contact school nurses directly via text for confidential health advice and support: **07520 631 130**

[www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)

**ChatHealth:** Southwark & Lambeth Young People aged 11-19 can contact a school nurse via text for confidential advice and support or to make appointments: **07507 332 150**

[www.evelinalondon.nhs.uk/chathealth](http://www.evelinalondon.nhs.uk/chathealth)

#### Doctors of the world translation of NHS information on COVID-19

Doctors of the World have produced Covid-19 guidance for patients in 15 languages.

So far we have: English, Albanian, Dari, French, Pashto, Portuguese, Bengali, Vietnamese, Kurdish Sorani, Mandarin, Hindi, Urdu, Spanish, Turkish and Farsi. Please find them here: [https://drive.google.com/open?id=193gQN9l04Dvf0N9L5zeWTiXK\\_DRbrAxBg](https://drive.google.com/open?id=193gQN9l04Dvf0N9L5zeWTiXK_DRbrAxBg)

The guidance is based on the NHS's updated advice and health information. Malayalam, Amharic, Tigrinya, Somali and Arabic coming soon!

### **WHO/Save the Children**

Helping children cope with stress during the coronavirus outbreak, a one-page PDF created by the World Health Organisation to print and share. Hosted on the Save the Children website: <https://resourcecentre.savethechildren.net/library/helping-children-cope-stress-during-2019-ncov-outbreak>

### **Mental Health Foundation**

Advice about talking to children about scary world news: <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

### **CBBC Newsround**

Advice if children are upset by the news (this includes generic information about dealing with topics in the news that may be upsetting or scary): <https://www.bbc.co.uk/newsround/13865002>

A more dedicated page on Coronavirus: What is the new virus and what's being done about it: <https://www.bbc.co.uk/newsround/51204456>

### **Save the Children**

Frequently asked questions about the virus, as well as advice for discussing the situation with children: <https://www.savethechildren.org.uk/how-you-can-help/emergencies/coronavirus-uk-outbreak-facts#coronavirus>

### **Attention Difficulties Resource Pack**

This online resource pack has been developed by Lambeth Educational Psychology, Occupational Therapy and Clinical Psychology services. It is for use by educators in educational settings and for parents and carers. The resources can be used for children who find it difficult to concentrate, listen and sit still in class.

<http://www.lambethschoolservices.co.uk/Article/42222>

### **Online Home Learning Resources**

Some resources to help with kids at home during school closures:

- Scholastic has created a free learn-from-home site with 20+ days of learning and activities.

<https://classroommagazines.scholastic.com/support/learnathome.html>

- Pretend to travel the world. Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

- This is the free curriculum including everything from preschool activities to 12th grade.

<https://allinonehomeschool.com/>

- List of thinking games by grade

<https://allinonehomeschool.com/thinking/>

- More free learning websites:

<https://www.starfall.com/h/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://pbskids.org/>

<https://www.highlightskids.com/>

<https://kids.nationalgeographic.com/>

<https://www.coolmath4kids.com/>

<http://www.mathgametime.com/>

<https://www.uniteforliteracy.com/>

<http://www.literactive.com/Home/index.asp>

<http://www.sciencekids.co.nz/>

<https://www.switchzoo.com/>

<https://www.seussville.com/>

<https://www.turtlediary.com/>

<https://www.e-learningforkids.org/>

Additional resources: BrainPop, Curiosity Stream, Tynker, Outschool, Udemy, iReady, Beast Academy (Maths), Khan Academy, Creative Bug, Discovery Education

Educational YouTube Channels: Crash Course Kids, Science Channel, SciShow Kids, National Geographic Kids, Free School, Geography Focus, TheBrainScoop, Kids Learning Tube, Mike Likes Science, Science Max, SoulPancake