

Coronavirus

How to support your children

We know that some children may be experiencing anxiety with everything that is happening during this time of uncertainty. The current swell of information, which is rapidly changing, can be confusing and overwhelming.

So we've put together some useful information and resources to help you communicate with your child about Coronavirus, to help them understand what to expect and what we can all do to stay as safe as possible.

Videos

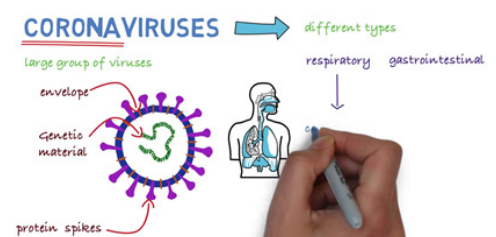
Videos, aimed at children, can be a clear and engaging way to share information about Coronavirus.

You can find a Brainpop video and various resources on Coronavirus, for Years 3-7, here:

www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/

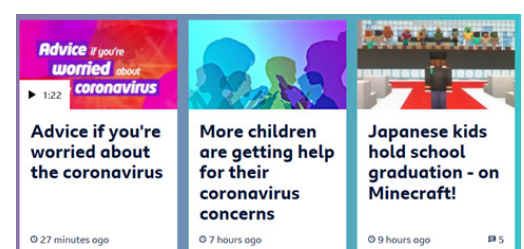


Simply go to www.youtube.com and type in "World Health Organisation Novel coronavirus (2019-nCoV)"



There are various articles and videos about Coronavirus on the BBC Newsround website:

<https://www.bbc.co.uk/newsround>



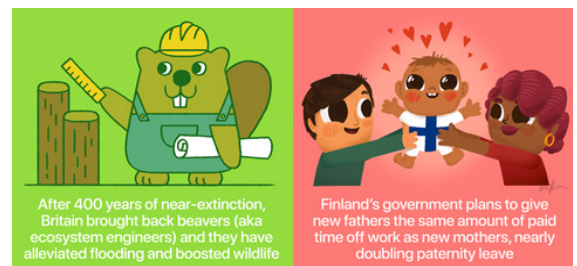


Positive Good News Stories

At this time, it can be easy to become bogged down with potentially worrying and negative press and stories about Coronavirus. But there are plenty of positive stories out there too – both related and unrelated to Coronavirus. One great way to reduce anxiety is to share these positive messages, to show that the world isn't such a bad place after all.

The Happy Broadcast is a great resource that does just this. You can find them on Facebook, Instagram and, here:

www.thehappybroadcast.com



Other Resources

There are plenty of other resources that can support you to communicate with your child about Coronavirus. You can find a list of the resources that we're aware of below.

Public Health England - Resources about stopping spreading germs for different ages:

campaignresources.phe.gov.uk/schools

Just For Kids: A Comic Exploring The New Coronavirus:

www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR2tSd9NsNUgjKRjRWefXlZLE6jf-v2I3qpCzO-zRilWFsFyqse96Qldsk&t=1583445670574&t=1583447741117&t=1583785641566

Live Science – The ultimate kids' guide to the new Coronavirus:

<https://www.livescience.com/coronavirus-kids-guide.html>

Unicef - Latest news and updates on Coronavirus:

<https://www.unicef.org/coronavirus/covid-19>

British Psychological Society – Advice: Talking to children about Coronavirus:

www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20Coronavirus.pdf

Place2be - Coronavirus: Helpful information to answer questions from children:

www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/

Save the Children – 7 simple tips on how to talk to kids about Coronavirus:

www.savethechildren.org.uk/how-you-can-help/emergencies/coronavirus-uk-outbreak-facts#coronavirus

Hand in Hand Parenting - Talking to your Child about Coronavirus:

www.handinhandparenting.org/2020/03/talking-to-your-child-about-coronavirus/?inf_contact



Hardcopy books

Something Bad Happened: A Kid's Guide to Coping with events in the News

by Dawn Huebner

What to Do When You're Scared and Worried: A Guide for Kids

by Ph.D. James J. Crist