

Corona Virus sources of information for parent friends

Written by many! Pulled together by Lizzie Archer, Clinical Psychologist

(Each line is a link- Ctrl key and Click to access links)

[Info for Kids and Teens](#)

[Covibook – Supporting and Reassuring Children Round the World](#)

[Anna Freud: Video for children & young people](#)

[MIND – Coronavirus and Your wellbeing \(for teens\)](#)

[For Parent-Talking to YP about Coronavirus:](#)

[BPS guidance – Talking to Children About Coronavirus](#)

[Anna Freud: Video for parents](#)

[Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing](#)

[Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing](#)

[Child Mind Institute- supporting kids during the covid-19 crisis](#)

[Child Mind Institute- supporting teenagers and young adults during the covid-19 crisis](#)

[Motherkind podcast-how to talk to your children about coronavirus](#)

[Youtube example of a conversation about the virus](#)

[For Parents-Supporting children through Coronavirus:](#)

[Liverpool CAMHS resource – Supporting Children during social distancing](#)

[CKPHU- How to help children understand and cope with covid](#)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

[Blog post from psychologist Dr Stacey Thomson about coping with covid](#)

[Royal College of OT's- Staying well when social distancing](#)

[Amaze - information pack for parents regarding education](#)

Parental Self-Care

[Child Mind Institute- Self care for parents in the time of Coronavirus](#)

[A great Self Compassion website](#)

[Free guide to living with worry and anxiety in uncertainty](#)

[Free meditations from Headspace](#)

Activities and Education

[The green parent big lockdown resource list \(there is loads here!\)](#)

[Free online activities for children at home from school](#)

[The Big List of Children's Authors Doing Online Read Alouds & Activities](#)

[National Literacy Trust parents portal](#)

[Edinburgh Zoo live Zoo-cam!](#)

[Long list of free education resources](#)

[Free 'Stay creative' classes until end of March from Brit.co](#)

[Advice on home schooling during Corona virus 1](#)

[Advice on home schooling during Corona virus 2](#)

Information for parents of kids with neurodevelopmental needs/ Special Educational Needs (SEN)

[National Autistic Society – Covid-19 guidance and helpline for parents, young people and staff](#)

[Free Webinar Replay: Coronavirus Crash Course for Parents: Keeping Kids with ADHD in 'Study Mode' While Home from School](#)

[Info from parent community- Special Needs Jungle](#)

[HSC Public Health Agency Advice on Covid-19 Easy Read](#)

[Easy read information 1](#)

[Easy read information 2](#)

[Coronavirus 'Social Story'](#)

[Other useful Education info](#)

The Department for Education (DfE) helpline (see below) offers guidance for anyone with education-related questions on coronavirus – from early years up to universities, plus parents. Tel: [0800 046 8687](tel:08000468687) (open Monday to Friday 8am-6pm), DfE.coronavirushelpline@education.gov.uk

[Amaze - information pack for parents regarding education](#)

[Supportive Information for Schools \(for teacher friends!\)](#)

[Anna Freud: Supporting Schools and Colleges during periods of disruption](#)

[Anna Freud: Video for school staff](#)

[BPS: Support and advice for schools](#)