

Resources for CYP and Families and those that support them during COVID-19

Information for Parent/Carers

- **WHO (World Health Organisation)**

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>

- **Office of the Children's Commissioner** - Guidebook for children and young people - <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>
- **Anna Freud** - *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.
- **Council for Disabled Children** - A wide range of resources for children, young people and families - <https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance>
- **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/>
- **Liverpool CAMHS** resource - <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3>
- **BPS – British Psychological Society** - <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/>
- **Family Wellbeing booklet** – ideas to help all the family whilst on lockdown
https://f416d0a2-db80-48ab-8828-48a3480497ad.filesusr.com/ugd/35ee33_2d6a125a358b43df9d8eb58d0c45078c.pdf
- **CONTACT** – support for families of disabled children - <https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>
- **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/>
- **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>
- **Gov.uk** 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
- **SEND Family Connections** - A range of family resources
<https://www.sendfamilyconnections.com/covid-19-resources-for-mental-health.html>
- **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>

- **Sensory Integration** - '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-by-step 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>
- **Mencap** has produced an easy read leaflet, available to download from their website: 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
- **Photosymbols** have created some posters too: 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/
- **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/
- **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** – (Expand and print)



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.

<https://www.savethechildren.org.nz/issues-and-concerns/covid-19>

Information for Children and Young People to directly access

Information on Coronavirus

- **WHO (World Health Organisation) 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>
- **Anna Freud** – video for **children and young people** which may be useful.
- **BBC Newsround** video on COVID-19 <https://www.bbc.co.uk/newsround/51887051>
- **Children's Commissioner Handbook for children** <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>
- **The Hand Washing Rap** -fun video by Purple All Stars showing good handwashing: <https://vimeo.com/134952598>
- **YoungMinds** – lots of fantastic support for when young people are self-isolating <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Mental health and Wellbeing support

- **On My Mind** – Anna Freud website with resources for supporting young people directly with mental health and wellbeing - <https://www.annafreud.org/on-my-mind>
- **The Mix** – useful advice including on COVID-19 and a range of other issues all in one place <https://www.themix.org.uk/your-body/using-health-services/coronavirus-health-advice-you-can-trust-35701.html>
- **Kooth Online support** - <https://www.kooth.com/>

Keeping Active

- **Teen Yoga** – daily Zen Challenge to support young people's wellbeing - <https://teenyoga.com/zen-challenge/>
- **PE with Joe Wicks**, daily 30 minutes of exercise for all levels, abilities and for everyone in the family - <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
- **Dancing with Oti Mabusi** - <https://abc14news.com/2020/03/25/how-to-watch-oti-mabuses-online-dance-lessons-for-kids/>

Fun Learning

- Maths - Fun ways to keep learning maths – www.coolmathgames.com

Being Creative and avoiding Boredom

- **Story Telling** - Daily free stories for School Children from David Walliams - <https://www.worldofdavidwalliams.com/elevenses/>

- **Music with Myleene** – music lessons for younger children - <https://youtu.be/jCRXAErag8U>
- **Virtual tours** - i.e Chester Zoo, museums etc
- **Guide to beating boredom and isolation from Hitchin**

Youth Mix Challenge

BEAT ISOLATION BOREDOM

KEEP A RECORD OF THE CHALLENGES YOU COMPLETE. WHEN YOUTH MIX STARTS MEETING AGAIN, THERE WILL BE A PRIZE FOR MOST CHALLENGES COMPLETED!

- This time will go down in history. Keep a journal of your experiences, or make a time capsule.
- Make a card, postcard or write a letter for an elderly or vulnerable person and send it to a nursing home.
- Take one photo every day that you are in isolation.
- Keep a gratitude log - one positive that happens every day that you are in isolation. It might be an activity/programme/game that you enjoyed, something funny that happened, or something you can do in isolation that you couldn't otherwise do (like spend a day in your PJs).
- Learn a new skill, a new language or research a topic that you find interesting.
- See how many books you can read before isolation ends.
- Set yourself a challenge - how many star jumps you can do in a minute, how many shoes you can balance on top of one another, how quickly you can run down the stairs etc. Do it regularly, and see if you can beat your original record.
- Find one object starting with every letter of the alphabet, or every colour in the rainbow etc.
- We're supposed to wash our hands for at least 20 seconds at a time. Think of as many songs, rhymes etc. as you can that last 20 seconds and use one when washing your hands.
- Bake something using only the ingredients you have at home. Make sure you ask first so you don't use an ingredient that's needed for dinner!
- Contact somebody every day - you could call your Grandma, FaceTime or Skype a friend, or write to someone in the community.
- If you need to go to the supermarket, the doctors or somewhere that is still open during isolation, do something nice for the people working there. You could take them a card or a treat, or just make a point of saying thank you (and meaning it).
- Write a letter to yourself, to be opened in one year's time. Think about what you want to achieve and make a guess about what life might be like.

- Challenge yourself to do one thing every day to help your wellbeing. It might be making your bed, making a routine (and sticking to it) or going to bed earlier - whatever would make you feel better.
- Be a Ninja Angel in your house - see how many good deeds you can do without getting caught! It could be doing the washing up, tidying up someone else's mess, leaving a cup of tea for your parents, whatever you think would be appreciated. See how many good deeds you can do before they figure out that it was you!
- Go outside every day. We need to keep our distance from others but that doesn't mean we need to be inside all day. Read a book outside, go for a walk or run, or even spend some time gardening.
- Make a picture of a rainbow and put it up in your window - lots of people are doing this so that children can look out for the rainbows when they go outside.
- Watch a TED talk on a topic you know nothing about. Go to [ted.com](https://www.ted.com) or look on YouTube.
- Play a board game with your family - or try playing one with your friends over a video call.
- Come up with a challenge of your own for the rest of the group - post it on our social media, or email it to youthworker@wrbchitchin.org.uk and we will share it.

Share your progress!



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