

COVID-19: A Guide to Additional Resources for Parents/Carers, Children and Young People

There is a lot of information available to support children and families during COVID-19. Whilst this is great, it may feel overwhelming. Our psychology teams have collated a range of online and downloadable resources that you may find helpful. More can be found on our website - www.sch.nhs.uk.

Children's Understanding of COVID-19

Advice on how to talk to children about illness according to their age.

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

A free online book explaining COVID-19 to children illustrated by the Gruffalo illustrator Axel Scheffler.

- <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/?fbclid=IwAR30CDsRh6eolEoM5FSopmtXGtla8kMLTQXfuznjpFCyPHaUkruomsMf7Hw>

A COVID-19 activity pack written by the Children's Commissioner

- <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

Parenting & Behaviour



Terms like "bad behaviour" do not help us understand the reasons for a child's actions. Parents/carers should think about behaviour as communication (e.g. fear, uncertainty, boredom). This is a powerful tool in managing behaviour successfully. Please also remember that everyone's families and circumstances are different, so all strategies may not work for everyone.

Tops tips for parents and carers during COVID-19.

- https://www.triplep-parenting.net/parentsite3/files/downloads/tpi-top-tips-covid19-a4-uk-en.pdf?_ga=2.57648232.330027461.1586955315-1946480587.1586955315

More detailed guide of parenting in the context of COVID-19.

- https://www.triplep-parenting.net/parentsite3/files/downloads/covid-19-guide-a4-uk-en.pdf?_ga=2.166617596.330027461.1586955315-1946480587.1586955315

Six one-page tips for parents/carers.

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Well-being

10 top tips for parents/carers on looking after the mental health of those they care for.

- <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Advice for parents/carers on looking after the mental health and wellbeing of children or young people.

- <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Website with links to a number of resources relevant to children, young people and their families

- <https://cypmedtech.nihr.ac.uk/2020/04/06/covid-19-resources-for-children-young-people-and-families/>