

## *Coronavirus (COVID-19)*

### *Resources for Children and Families when talking about Coronavirus:*

*There is currently a lot of uncertainty and worry around the coronavirus outbreak and school closures. It is important that adults can explain what is happening to children and young people in an age appropriate way, so they understand what is happening.*

*You will find lots of information on the internet about how to talk to or support children and young people who might have questions or worries about coronavirus. Here is a list of websites which families can use:*

### *Websites*

**Action for Happiness – helps people take action for a happier and more caring world**

<https://www.actionforhappiness.org/>

**Anna Freud: Self Care and Coping Strategies**

<https://www.annafreud.org/selfcare/>

**BBC News – how to help kids cope with life without school**

<https://www.bbc.co.uk/news/uk-politics-51959957>

**BBC Newsround. Coronavirus: Your questions answered with Dr Xand and Dr Chris**

<https://www.bbc.co.uk/newsround/51861089>

**Brainpop – an informative animation for older children and young people**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**British Psychological Society – talking to children about Coronavirus**

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

**Children’s Commissioner for Wales – Coronavirus Information Hub for Families and Children**

<https://www.childcomwales.org.uk/coronavirus/>

**Child Mind – Talking to Kids about the Coronavirus**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**Division of Educational and Child Psychology – talking to children about Coronavirus**

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

**ELSA: Coronavirus story for children**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

**Place 2 Be – Helpful information to answer questions from children**

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

**The Dad's Net – explaining coronavirus to your children**

<https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children>

**Young Minds UK – talking to your child about coronavirus / feeling anxious about coronavirus**

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

**Zero to Three – Tips for Families: Coronavirus**

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>