

# Coronavirus EP Reviewed Resources

Adults who are supporting children and young people with the impact of the coronavirus pandemic have a key role in promoting their understanding, supporting their anxiety and fear and enhancing their well-being. This may also be in a context where the adults themselves are struggling with the pandemic at differing levels. As a group of South Gloucestershire Educational Psychologists we were aware of the sheer amount of information available to parents and professionals, and sought to review and organise this so that adults could access the information they need more readily and also be assured of our views on its quality. We have provided a wide range of links below, with a short description of each above the link. Links are separated into age ranges (early years, primary and secondary) and within this we have provided subheadings as relevant.

## Early years

**Document** - Neath and Port Talbot Council have put together some excellent coronavirus support, guidance and resources for Early Years children, including advice from the Educational Psychology Service about helpful ways for adults to talk to Early Years children. It is 43 pages with lots of useful information.

<http://www.supportservicesforeducation.co.uk/Pages/Download/6c143813-d927-4b90-92a7-4426a98fabbe>

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## Staff well-being

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**PDF** - The British Psychological Society have created this helpful 6 page document to promote teacher resilience during the school closures due to coronavirus. It contains tips for teachers and senior leadership teams to promote a sense of belonging, help seeking and learning.

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DECP/Teacher%20resilience%20during%20coronavirus%20school%20closures.pdf>

**PDF** - Using the acronym 'FACE COVID' this document provides some useful exercises and reflections relating to coronavirus. Activities are based upon mindfulness and Cognitive Behavioural Therapy and are aimed at lowering anxiety and promoting resilience.

[http://www.adamspychologyservices.co.uk/uploads/1/1/4/8/11487073/face\\_covid\\_ebook\\_-\\_by\\_russ\\_harris.pdf](http://www.adamspychologyservices.co.uk/uploads/1/1/4/8/11487073/face_covid_ebook_-_by_russ_harris.pdf)

**Webpage** - An excellent blog post from Educational Psychologist Chris Moore about managing stress and self-care during the coronavirus crisis.

<https://www.epinsight.com/post/managing-stress-self-care-during-the-coronavirus-crisis>

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### *Talking to children and young people about coronavirus*

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**PDF** - The British Psychological Society offer this one page summary as an aide memoire when adults are talking to children about coronavirus.

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

**Webpage** – Young Minds have written 10 top tips for parents talking to their children about coronavirus, based upon experts from the Parent Helpline.

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

**Webpage** – The NSPCC have put together some advice to support adults to recognise and support children who are experiencing anxiety and depression, affected by the coronavirus crisis. This includes advice about children who are feeling suicidal.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

**Webpage** – Advice from the Child Mind Institute for parents when talking to their children about coronavirus, including 8 helpful tips.

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

**Webpage** – A thought provoking article written by a Clinical Psychologist which explains children's psychological needs relating to coronavirus from a developmental perspective. It also contains suggested answers to the questions children may ask to provide information but also reassurance.

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/#tell-children>

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## Stories, resources and videos to help children understand and cope with coronavirus

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**PDF** – The charity Mind have created this short story about coronavirus for children. It uses lots of visuals, simple language, and could be used as a helpful prompt for discussion. As well as early years children, this would be helpful for younger primary aged children who benefit from a visual approach.

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

**Story Cartoons** - A series of cartoons produced by Axel Scheffler and Julia Donaldson aimed at helping explain the coronavirus guidelines:

<https://www.theguardian.com/books/gallery/2020/apr/04/gruffalo-axel-scheffler-and-julia-donaldsons-coronavirus-cartoons>

**PDF** - *Don't worry little Bear*, a free to download picture book which helps explain the coronavirus and put words to children's worries.

<https://subscriptions.earlyyearsstorybox.com/wp-content/uploads/2020/03/Dont-Worry-Little-Bear-Book.pdf>

**PDF** - Dave the Dog is worried about coronavirus: a nurse Dotty book. A simple storybook covering the key worries and questions children may have.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

**Webpage** –Child Bereavement UK have produced this information sheet which contains practical advice for adults and children if they are unable to visit loved ones due to coronavirus.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=f070a15a-f8f9-4b66-a810-3befe2feac67>

**YouTube clip** - A short YouTube clip with Sesame Street characters promoting washing hands:

<https://sesamestreetincommunities.org/topics/health-emergencies/>

**Video clip** - A short video clip aimed at explaining different feelings to young people in order to help them cope and feel calm. Also available in a **book** *The Colour Monster* by Anna Llenas:

<https://www.bing.com/videos/search?q=The+colour+monsters+by+anna+styles&docid=608024350620189355&mid=2F4055718A0D92DB6D4F2F4055718A0D92DB6D4F&view=detail&FORM=VIRE>

**PDF** – An outline of basic coronavirus guidelines with Makaton symbols:  
<https://www.bristol.gov.uk/documents/2193095/4157764/2+Social+story+How+to+stop+germs.pdf/37b89518-6dee-1994-7b2b-143850572c42>

**Book** - *Wemberly Worried* by Kevin Henkes. A book aimed at 4-6 year olds about anxiety and worry, beautifully illustrated. Also has a supplementary activity book for children. Available from libraries or Amazon (£5.39 new)  
<https://www.amazon.co.uk/Wemberly-Worried-Kevin-Henkes/dp/0061857769>

**Book** - *Little Boat* by Taro Gomi. A book aimed at the under threes. A little boat must stay calm even when the seas are choppy. A positive message to encourage confidence. By the same author is *Little Truck*, a book to promote independence. Available from libraries or Amazon (£5.39)  
<https://www.amazon.co.uk/Little-Boat-Taro-Gomi/dp/1452163014/>

**eBook** – explaining the coronavirus in simple terms:  
<http://www.mindheart.co/descargables>

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### **Support and resources for Parents/ Carers**

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**Webpage** – The NSPCC website provides parents/carers with advice relating to children's mental health with regards to the coronavirus crisis.  
<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

**Webpage** – The parents' helpline at young minds provides telephone support for parents who are concerned about their child. It contains a free phone number to call (Mon-Fri 9.30-4pm) and an email address.  
<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

**Webpage** – The National Autistic Society provide a helpline service to support people with autism and their families. The helpline is currently available 10-3 Monday to Friday.  
<https://www.autism.org.uk/services/helplines/main.aspx>

**PDF** – Surrey County Council have created this advice sheet for foster carers, kinship carers and adopters. It is underpinned by an attachment-based approach to support children who are vulnerable.  
[https://search3.openobjects.com/mediamanager/surrey/fsd/files/advice\\_for\\_foster\\_carers\\_kinship\\_carers\\_and\\_adopters.pdf](https://search3.openobjects.com/mediamanager/surrey/fsd/files/advice_for_foster_carers_kinship_carers_and_adopters.pdf)

**Webpage** – An age by age guide to fear and anxiety in children. Whilst this is not specific to coronavirus it is very relevant. It contains a section for 0-2 year olds and 3-4 year olds with common fears explained and strategies to manage these when they arise.

<https://www.heysigmund.com/age-by-age-guide-to-fears>

**Webpage** – This provides information for parents of children with life limiting conditions, including the impact of coronavirus on carers coming into the home, delivery of medicines and hospice care.

<https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/coronavirus-qa/>

**PDF** – Penhaligon's Friends are a charity who support bereaved children and their families. This document gives practical advice to parents/carers about how to support a child when someone they love dies from coronavirus. It includes suggested phrases when telling children and ways to emotionally support the child. This is more relevant to older children on the whole but makes some important general points.

[https://www.penhaligonsfriends.org.uk/wp-content/uploads/2020/04/Supporting-children-with-bereavement-during-COVID19-situation.pdf?fbclid=IwAR04obAbV5K-KPPR2oOf9GDpI5qi0gPeS6MexHDVbuAfE59iCBwIDPZ\\_0Pc](https://www.penhaligonsfriends.org.uk/wp-content/uploads/2020/04/Supporting-children-with-bereavement-during-COVID19-situation.pdf?fbclid=IwAR04obAbV5K-KPPR2oOf9GDpI5qi0gPeS6MexHDVbuAfE59iCBwIDPZ_0Pc)

Child Bereavement UK provide a number of useful resources including,

**Webpage** – Specific advice for supporting early years children with bereavement. This includes advice to early years settings as well as parents.

<https://www.childbereavementuk.org/Pages/Category/early-years>

**Webpage** – A brief guide for professionals and parents to support children with bereavement. Includes details of their helpline.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=9cd7ee56-7346-4812-ab3e-5d2d631f75a9>

**Webpage** – Links to specific advice, such as a guide for parents/professionals to tell children and young people that someone has died.

<https://www.childbereavementuk.org/coronavirus-supporting-pupils>

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## SEND

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**Webpage** - The Council for Disabled Children website links to current government guidelines on coping with coronavirus with a CYP with SEND needs, as well as offering age appropriate resources:

<https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance>

**Webpage** - The Contact for Families with Disabled Children website also offers up-to-date government guidelines on the coronavirus regulations as well as having a helpful section on Coping at Home:

<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

**Webpage** - The National Autistic Society website offers social stories, sensory-related ideas and more on their website:

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

**Webpage** - Hand washing tips for those with sensory issues. Includes links to video clips for children:

<https://www.sensoryintegration.org.uk/News/8821506>

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## Mindfulness and relaxation

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**Book** - *Yoga babies* by Ferne Cotton (yes, that one!). A book aimed at 3 to 6-year-olds developing mindfulness practices for very young children. Great fun. Available from libraries or Amazon (£3.99 new):

<https://www.amazon.co.uk/Yoga-Babies-Fearne-Cotton/dp/1783446595/>

**Video clip** - Lovely video clip helping the Cookie Monster from Sesame Street learn some breathing exercises:

<https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=breathe-bundle>

**Webpage** - Click on the 'Calm Kids' section of this Calm Together website to find the 'blowing out the birthday candles for 3-4 year olds' aimed at helping children to deep breathe

<https://www.calm.com/blog/take-a-deep-breath>

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## **Bereavement and Grief**

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### **Books for Children and Adults to Read Together:**

- *The Day the Sea Went Out and Never Came Back* by Margot Sunderland and Nicky Armstrong. A therapeutic story for children who have lost someone they love
- *Someone Has Died Suddenly* by Mary Williams. Aims to help a child cope with the grief involved in sudden death
- *Muddles, Puddles and Sunshine* by Diana Crossley. An Activity book offering practical and sensitive support
- *Goodbye Mousie* by Robie H. Harris. A Little boy recounts the death of his pet in a matter of fact tone, recounting reactions and emotions
- *When Uncle Bob Died* by Althea. A book offering a starting point for discussing death
- *Dear Grandma Bunny* by Dick Bruna. Simple illustrations and text portray death as a sad occasion but not a scary one
- *Badgers Parting Gifts* by Susan Varley. Helps the reader to remember the special things a person has left behind when they die
- *Always and Forever* by Debi Giliori and Alan Durant. Again, supports the reader in remembering how those who have died will live on in other ways
- *Are You Sad, Little Bear? A Book About Learning to Say Goodbye* by Rachel Rivett. Aims to reassure a child that saying goodbye does not mean the end of things

**Webpage** - The Child Bereavement UK website is helpful with many links to relevant pdfs such as 'Supporting Bereaved children through difficult times' and 'Managing grief: a guide for education professionals and parents supporting bereaved pupils':

<https://www.childbereavementuk.org/Pages/Category/early-years>

**Webpage** - This website also has the following useful video clip giving clear ideas on supporting bereaved pupils:

<https://www.childbereavementuk.org/coronavirus-supporting-pupils>

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## *Advice for Early Years Practitioners on Keeping in Touch with CYP*

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**Website** - Top tips and resources for practitioners from the Early Years Alliance on how to keep in touch with their young pupils and some simple, practical resources to use:

<https://www.eyalliance.org.uk/communicating-families-and-community>