

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.

Secondary

Staff well-being

Article - The British Psychological Society (BPS) have published an excellent 6-Page briefing on supporting teacher resilience.

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

Website - by the British Association for Counselling with a simple and brief focus on anxiety around coronavirus.

<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/>

PDF - Managing anxiety and worries related to coronavirus using Acceptance and Commitment Therapy (ACT) by Dr Russ Harris, author of The Happiness Trap. A clear and concise framework that is accessible and practical. His approach is called FACE COVID and is free to download.

http://www.adamspychologyservices.co.uk/uploads/1/1/4/8/11487073/face_covid_ebook_-_by_russ_harris.pdf

Video - there is a helpful video to go alongside this

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Blog - from Educational Psychologist Chris Moore about managing stress and self-care during the coronavirus crisis. It includes a helpful visual summary at the end.

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

Talking to children and young people about coronavirus

Blog - Top Ten Tips on talking to your child about coronavirus (parent focused)

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

Blog - Hey Sigmund Where the Science of Psychology Meets the Art of Being Human. Blog written by an experienced psychologist. Topic of this one is: *How to talk to children/young people about traumatic events; helpful includes ideas per age group.*

<https://www.heyigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/>

Article - ReachOut is the most accessed online mental health service for young people and their parents in Australia. This article outlines ways to talk with teenagers about coronavirus.

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/how-to-talk-to-your-teenager-about-coronavirus>

Support and resources for parents / carers

Briefing - Short briefing from the British Psychological Society providing guidance to schools and parents

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf>

Blog - Hey Sigmund Where the Science of Psychology Meets the Art of Being Human. Blog written by an experienced psychologist. This article focuses on "Fear and Anxiety – An Age by Age Guide to Common Fears. The "what to do" section is helpful.

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

Website - NSPCC website which includes sections on depression, anxiety and mental health across the age ranges. Advice on supporting children and young people and signposting to other agencies.

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

Helpline - Young Minds contact details for parents/carers worried about their child 0-25.

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

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

Information for young people about the coronavirus

PDF - Guidance from the Children's Commissioner which explains coronavirus. It provides signposting (e.g. ChildLine) and gives ideas for things to do during the period away from school.

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

YouTube Video - A helpful video aimed at young people, explaining how germs spread and why you should wash your hands.

<https://www.youtube.com/watch?v=l5-dl74zxPg&t=267s>

SEND

GENERAL SEND RESOURCES

Website - The Council for Disabled Children website links to current government guidelines on coping with coronavirus as well as offering age appropriate resources.

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

Website - 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/>

Website - Support for parents/carers with children with severe learning difficulties whose behaviour can be challenging to manage

<https://www.challengingbehaviour.org.uk/information/all-our-resources.html>

PDF Leaflet - written by MENCAP with easy follow text and photographs which is likely to be most relevant to Post-16 students.

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

AUTISM

Website - from the National Autistic Society; provides a number of links to resources and articles which will be helpful to those with ASD and their families. Some of the resources would be helpful for any young person.

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

Podcast - by the Association of Child & Adolescent Mental Health (ACAMH) for parents of children with ASD during the coronavirus pandemic.

<https://soundcloud.com/user-664361280/coronavirus-helping-children-with-autism>

SENSORY PROCESSING DIFFICULTIES

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

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

Resources and support for children and young people

Visual activity - a useful visual activity by Darlington Educational Psychology Service to support young people around leaving school this year.

<https://www.aep.org.uk/EasySiteWeb/GatewayLink.aspx?allId=11785>

Video – emotional and mental health resource. 'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT).

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

ebook - there is also a free to download eBook

http://www.adamspychologyservices.co.uk/uploads/1/1/4/8/11487073/face_covid_ebook_-_by_russ_harris.pdf

Website - Mental Health charity MIND have produced *coronavirus and your wellbeing – for young people*. It is clear, concise and addresses FAQs about coronavirus and how to cope with changes to their lives.

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

Website - ChildLine have lots of different resources for a range of ages on how to support their mental health. The website is pitched in a child friendly way.

<https://www.childline.org.uk/>

App - Self-help for Anxiety Management (SAM) developed by the University of the West of England (UWE). It provides a symptom tracker, educational articles and external links as well as relaxation techniques and additional coping skills.

It can be downloaded from the Apple store:

<https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947>

or Google play

<https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en>

App - Meetwo is recommended by the NHS. Provides a safe and secure forum for teenagers wanting to discuss any issues affecting their lives. Young people can get anonymous advice from experts or other teenagers. Apple Store download

<https://apps.apple.com/gb/app/meetwo/id1192707038>

Google Play download

https://play.google.com/store/apps/details?id=com.engagecraft.meetwo&hl=en_GB

Mindfulness and relaxation

Website - Links to meditations, sleep-stories and yoga to support relaxation

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

YouTube Video - Provides access to 'relax with yoga' video classes

https://www.youtube.com/channel/UCW56cm0SXozQzVH3GNn6t8A?view_as=subscriber

Bereavement and grief

PDF - Penhaligon's Friends are a charity who support bereaved children and their families. This offers a comprehensive and informative guide for parents on how to support children with bereavement. It's quite wordy but does include a useful one-page illustrated step by step summary guide.

https://www.penhaligonsfriends.org.uk/wp-content/uploads/2020/04/Supporting-children-with-bereavement-during-COVID19-situation.pdf?fbclid=IwAR04obAbV5K-KPPR2oOf9GDpl5qi0gPeS6MexHDVbuAfE59iCBwIDPZ_0Pc

Child Bereavement UK have produced some excellent resources for parents and schools, including the following,

PDF - Guidance for parents on how to support children through bereavement. Concise guidelines under following headings: talk, be honest, acknowledge concerns, create routines, and get support (for yourself). A good starting point, would need supplementing.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=bc9f3d7d-7b43-421a-8ed4-4335f9c23b35>

Website video - this webpage has a video which explains children's understanding of death at different ages. This would be helpful to use alongside other guidance on bereavement. The link is included in the above PDF.

<https://www.childbereavementuk.org/childrens-understanding-of-death-at-different-ages>

PDF - Managing grief A guide for education professionals and parents supporting bereaved pupils. Well-organised ideas and information suggesting how schools can reach out and practical ideas on how to support children. Freephone telephone number / live chat info included.

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

PDF - Remembering - Collaborative projects for the school community. Guidance for dealing with the aftermath of bereavement once schools are open again. Creative and inclusive ideas.

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=7c952b41-2a99-443c-827d-25a739301a25>

Website - Winston's Wish

<https://www.winstonswish.org>

Website - Child Bereavement Network. Includes children's stories and info on how children grieve

www.childhoodbereavementnetwork.org.uk/

Books

Non-Fiction / Auto-Biographical

- *What on Earth Do You Do When Someone Dies?* by Trevor Romaine & Elizabeth Verdick (ages 8-14). Friendly text and illustrations. Offers answers to questions such as 'Why do people have to die?' and 'How can I say Goodbye?'
- *Still Here with Me: Teenagers and Children on Losing a Parent* by Suzanne Sjoqvist. This book captures the experiences of thirty children and teenagers who have lost a parent. In their own words, children and young people of a variety of ages talk openly and honestly about losing their mother or father.
- *Sometimes Life Sucks: When Someone You Love Dies* by Molly Carlile (teens). Written for teens who are experiencing grief ... the death of a grandparent, pet or school friend, a teen fatality, a peer with terminal illness, living without a mum or dad, or the death of a celebrity. Full of tips, stories and gentle advice.

- *Grief Encounter* by Shelley Gilbert (ages 8-15). A workbook to encourage conversations with children, young people and adults about death. The book is full of creative activities. The author recommends that the book is used with an adult, at least initially.

Fiction

- *Double Act* by Jacqueline Wilson (ages 9-11)
- *The Lost Boys' Appreciation Society* by Alan Gibbons (ages 9-11)
- *A Monster Calls* by Patrick Ness (ages 12+)
- *My sister lives on the Mantelpiece* by Annabel Pitcher (ages 12-15)
- *Goodnight Mister Tom* by Michelle Magorian (ages 9-11)
- *Bridge to Terabithia* by Katherine Paterson (ages 8-12)