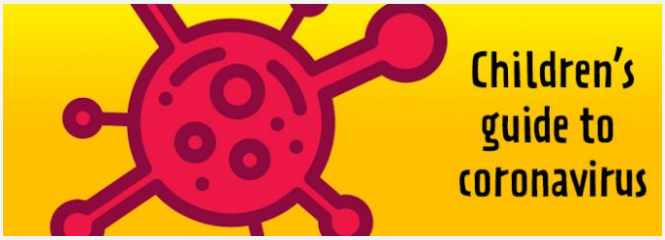
As a result of Coronavirus/ Covid19 everything has changed for children and families.

Parents / carers and children are feeling anxious at this very difficult and extraordinary time.

Also it is hard to think of ways to keep them entertained when we all have anxieties about the current situation.

This is a little guide with just some links to websites, activities, books including a book written by an Intensive Care unit nurse. There are downloads which may be useful for parents / carers, practitioners and children. Please can we ask parents / carers and practitioners check that the content is suitable for their children as there is a variety of information here. There is also some information for parents / carers and practitioners

Children

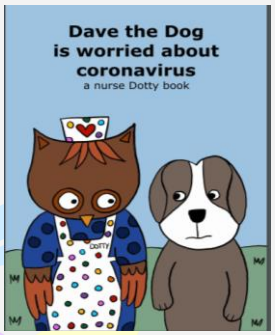


Here is a guide for children by the Children Commissioner to help children stay safe, answer some of their questions and make the best of being at home whilst helping them protect others – www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/

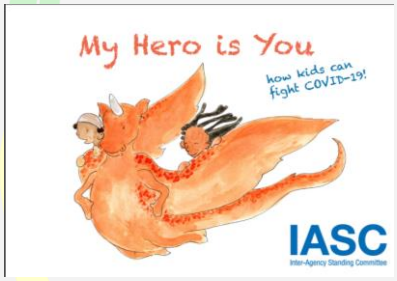
A selection of activities to do with children during this time when they are at home due to Coronavirus –
Here are some suggested indoor activities and games for children –
www.nhs.uk/change4life/activities/indoor-activities
The Children Commissioner has written this which includes some activities for the children to try during lockdown - www.childrenscommissioner.gov.uk/coronavirus/resources/
Here is a link to a selection of reading materials and activities for children –
www.wizardingworld.com/collections/harry-potter-at-home
Here is a selection of activities including reading and crafting to accessible sports and workouts for all levels of fitness to try at home –
vivacity.org/campaign/vivacity-at-home/
The Home Learning Hub is a free website which includes some of the best free home learning resources for 4-11 year olds –
www.cambslearntogether.co.uk/home-learning/hub?utm_medium=email&utm_source=govdelivery

Books -

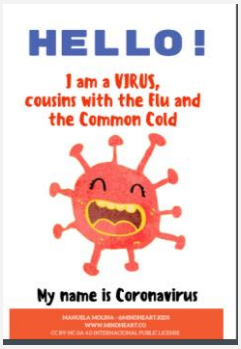
Here are a selection of books that are written about Coronavirus, to help children at this time. You can read them online by following the links or print them off and read them.



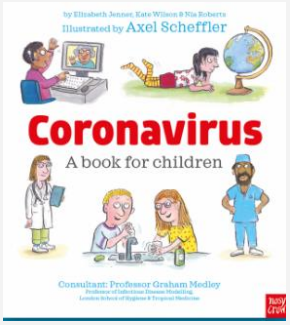
A Southampton intensive care nurse has written a book to reduce children's coronavirus anxiety- "Dave the dog is worried about coronavirus" – a Nurse Dotty book nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf



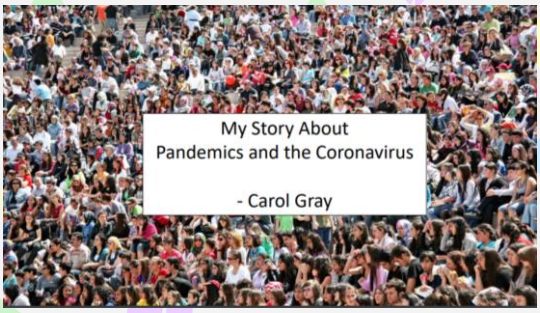
Here is another child friendly book to help children understand what the virus is and how it is spread - interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf



Covibook is an interactive resource designed to reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the outbreak.
www.mindheart.co/descargables



This book about the Coronavirus has been illustrated by Gruffalo illustrator Alex Scheffler
http://ow.ly/qbx850z8wP2



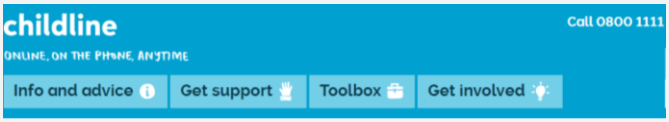
A story to help children understand about coronavirus and pandemics – carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf

Autism and Disabilities

Here are some websites for supporting Autism and disabilities –

- www.autism.org.uk/about/behaviour/anxiety.aspx
- www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/

Childline helpline –



ChildLine A free helpline that you can call any time to talk about any worries you might have. Telephone: 0800 1111 They also have more advice here: www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus

Child Mental Health & Coronavirus



Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough.
https://www.keep-your-head.com/

Here is the guidance from the Government on Coronavirus - www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

Here are a selection of sites which can help with child anxiety -

YOUNGMiNDS

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

50 AnxietyUK 1970-2020

https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/

https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/

When you have those difficult conversations Winstons Wish is a Charity that can help with supporting bereaved children, giving advice on what to say and do – www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/

Here are a selection of sites with some mental health and wellbeing tips, some recipes, activities , advice, guidance on supporting children and coping with stress for parents/carers and practitioners

- www.nhs.uk/change4life
- www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
- www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/
- youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline
- www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf
- www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting

Keeping children safe online –

The Cambridgeshire and Peterborough Safeguarding Partnership Board have produced a presentation around safeguarding children from online abuse



http://www.safeguardingcambspeterborough.org.uk/home/covid-19/e-learning-during-covid-19/

Here are a few sites with some ideas about how to keep your children safe online during this time-

- www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19
- www.net-aware.org.uk/
- https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/
- www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/cco-childrens-digital-safety-wellbeing-kit.pdf

Have you thought about creating a family agreement for online safety to keep children safer? www.nspcc.org.uk/globalassets/documents/online-safety/o2-nspcc-family-agreement-template.pdf

Parents online safety guidance on online safety www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/cco-parents-digital-safety-wellbeing-kit.pdf

If children want to keep up to date with news about the coronavirus -
They could watch CBBC Newsround www.bbc.co.uk/newsround

AND DON'T FORGET TO WASH YOUR HANDS! –

