



SENsational Families

Covid-19 / Coronavirus Information for Families

Suffolk Parent Carer Network and SENsational Families have co-produced this booklet with education, health and care services. It is intended to provide information for parents and carers about Covid-19 (Coronavirus) and covers the following:

- Statement from Suffolk Parent Carer Network re Covid-19
- Statement from SENsational Families re Covid-19
- Resources to help you talk to your child/young person about Coronavirus
- Specific strategies to support children and young people experiencing emotional wellbeing and mental health needs e.g. anxiety, OCD
- Ideas from other parents, carers and practitioners about what might help
- School Closures (this will be updated as information and clarification is provided to us)
- Frequently Asked Questions
- Online resources about Coronavirus
- Online education resources for those self-isolating or in the event of schools closing
- Activity ideas
- Easy read information on Coronavirus
- Handwashing posters
- Cosy Time - A story written for young children to help explain the upcoming over-70s isolation
- Talking to children and young people about coronavirus: A suggested model Please note: The model has been designed in order to apply to children and young people attending early years, school and college settings. As a result, the guidance provided within this model will need to be differentiated/applied accounting for the child or young person's age and/or level of understanding.

If you are a parent carer and need a printed copy of the booklet because you have no access to the internet then please contact admin@spcn.org.uk or phone 07341 126455 if you live in Suffolk or office@sensationalfamilies.org.uk if you live in Norfolk.

The booklet will be regularly updated as advice and information changes and can be found on the following sites:

Suffolk Parent Carer Network <https://spcn.org.uk/parent-carer-support/>

SENsational Families <https://www.sensationalfamilies.org.uk/>

Statement from Suffolk Parent Carer Network re Covid-19

In line with government advice, the SPCN team are based at home with immediate effect. We will continue to represent our families across Suffolk by dialling in to any meetings that take place. We are cancelling all face to face training, drop-ins and conferences in March, April and May and will keep you updated about events after that.

We understand the impact this situation is having on families and we are therefore offering support to individual families if they need someone to talk to. Please contact us on 07341 126455 or email admin@spcn.org.uk or contact us through private/direct messaging on our social media channels if you would like to talk to a member of the SPCN team.

We also have a stock of our adult colouring books and children's colouring/puzzle books that we would be happy to send out to families who need them and, again, please contact us through the above channels if you would like either of these.

Please look after yourselves and each other during this difficult time and we will do what we can to help and keep you updated with information. You are not alone and we know our amazing members will be there to support each other and please ask for support from us if you need it.
The SPCN Team

Statement from SENsational Families re Covid-19

SENsational Families have been carefully planning the best way to offer our families extra care and support during these difficult times.

From Monday 23rd March we will be open to referrals via our website www.sensationalfamilies.org.uk and the parent/carer will be offered a pre book appointment via telephone/video call for a duration of up to 30 minutes. This will be available Monday-Friday from 9.30-2.30.

We will be launching an online coffee and chat group to allow parents/carers to chat and support each other. We will include ways to maintain good mental health and wellbeing and signpost to online education for children and craft ideas for home.

Our Facebook group is full of amazing parents with a wealth of knowledge and experience so we will keep this running and update it daily and respond to queries as they arise.

During the difficult times ahead please do reach out to our wonderful SEND community and keep each other strong and empowered. We may find ourselves physically isolated but no one is alone and we will continue to work hard to support you and your families.

Love and Strength to all of you,

The SENsational Families Team xxx

Resources to help you talk to your child/young person about Coronavirus

- Amaze – frequently asked questions for parents and carers which contains useful information <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>
- Anne Freud Advice for young people about managing their mental health and wellbeing during the coronavirus situation <https://www.youtube.com/watch?v=ME5lZn4-BAk&feature=youtu.be>
- Anna Freud Supporting schools and colleges A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption (also helpful to families) <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
- Anne Freud This video provides guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption caused by the Coronavirus. <https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>
- Carol Gray Social Story <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR3275Z0Y7qkzYitbiLqk7xY7p45or28ntYSQH5vnNQX-Wksf877QKEvNj8>
- Coronavirus – All you need to know about Quarantine and Self-Isolation <https://www.bbc.co.uk/newsround/51342366>
- Coronavirus (COVID-19) It's easy to feel a bit overwhelmed and scared by everything you're hearing about coronavirus disease (COVID-19) right now. Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community. <https://young.scot/campaigns/national/coronavirus>
- Coronavirus: How to talk to your child <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- Coronavirus: Why it might not be as scary as it sounds <https://www.bbc.co.uk/newsround/51342366>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- Down Syndrome Medical Interest Group - https://www.dsmig.org.uk/information-resources/by-topic/respiratory/?fbclid=IwAR1_0QndqY1jkhuj03_tMhfHA70f4hy0X_f20KpvRYYYdEEAKi2YKbz0bHE
- Down's Syndrome Association: Coronavirus Information and resources: https://www.downs-syndrome.org.uk/news/coronavirus-information-resources/?fbclid=IwAR0hXUDRXcTXxKk5cRY0TNE6rfYz5uy6Fr9lZkIBWugDPLLw6v_GJ-H3BPQ
- Elsa Support Coronavirus story for children <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>
- How to cope when you can't go to school because of Coronavirus <https://www.bbc.co.uk/newsround/51342366>
- How to Talk to Children about COVID-19 Sam Cartwright-Hatton, Professor of Clinical Child Psychology. Abby Dunn, Research Fellow. University of Sussex, and Sussex Partnership NHS Trust <https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

- How to talk to kids about the Coronavirus
https://www.youtube.com/watch?time_continue=1&v=WhVad8ToCiU&feature=emb_logo
- Mencap Easy Read Guide <https://www.mencap.org.uk/advice-and-support/health/coronavirus>
- National Autistic Society Information about Coronavirus
<https://www.autism.org.uk/services/helplines/coronavirus.aspx>
- Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- Public Health England have produced an Easy Read version of their advice on coronavirus
<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>
- SignHealth has translated this information from Public Health England and the Department of Health and Social Care - <https://www.signhealth.org.uk/coronavirus/>
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- Talking to kids about the Coronavirus <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Talking With Children: Tips for caregivers, parents and teachers during infectious disease outbreaks [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- The Autism Educator Free Printable Coronavirus Social Story
https://theautismeducator.ie/2020/03/11/corona-virus-social-story/?fbclid=IwAR3wUx6UNgfN9izJbCOEPj3UZrSUWZc7iNafMdzcfrr7kli_gcTMkwEDi6M
- The British Psychological Society Talking to children about coronavirus
<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
- Unicef How can I talk to my child about coronavirus <https://www.unicef.org.uk/coronavirus-facts/#speak>
- What can we say to Children about the coronavirus <https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>
- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Specific strategies to support children and young people experiencing emotional wellbeing and mental health needs e.g. anxiety, OCD

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

- #AskWHO on mental health during #COVID19. Ask your questions to our expert Aiysha Malik. <https://www.pscp.tv/w/1OwxWQboPqDGO>
- Advice on the coronavirus for places of education https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/869250/Coronavirus_advice_for_educational_settings_poster.pdf
- Anna Freud - a self-care resource for On My Mind has many simple self-care activities which young people can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults. If you click 'full screen' you can download or print it out. <https://www.annafreud.org/on-my-mind/self-care/>
- Amazon Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management (Gremlin and Thief CBT Workbooks) https://www.amazon.co.uk/Starving-Anxiety-Gremlin-Children-ged/dp/1849054924/ref=as_li_ss_tl?cv_ct_cx=anxiety&keywords=anxiety&pd_rd_i=1849054924&pd_rd_r=e12d9937-18d9-4609-9b37-eb0a5c4ec6c4&pd_rd_w=h5GBw&pd_rd_wg=ajn2H&pf_rd_p=7dc56c0d-8a5f-4d97-9143-7233b106859a&pf_rd_r=HXZN90HPB30KBSH5S023&psc=1&qid=1584042291&s=books&linkCode=sl1&tag=specialndsjungl-21&linkId=527ac8bd0520cf039ecc987ff3946f14&language=en_GB
- BBC News Coronavirus: Advice for people with health conditions <https://www.bbc.co.uk/news/health-51703892>
- Carers UK <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Centre for Disease Control Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

- Centres for Disease Control and Prevention: Manage Anxiety & Stress
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Coping with stress during infectious disease outbreaks
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Coronavirus – All you need to know about Quarantine and Self-Isolation
<https://www.bbc.co.uk/newsround/51342366>
- Coronavirus: How to talk to your child <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- Coronavirus: Why it might not be as scary as it sounds
<https://www.bbc.co.uk/newsround/51342366>
- Down's Syndrome Association: Coronavirus Information and resources: https://www.downs-syndrome.org.uk/news/coronavirus-information-resources/?fbclid=IwAR0hXUDRXcTXxKk5cRY0TNE6rfYz5uy6Fr9lZkIBWugDPLLw6v_GJ-H3BPQ
- Easy Read Advice about the Coronavirus <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>
- Easy Read coronavirus and health issues
https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-2-Photosymbols.pdf?fbclid=IwAR2_roOhLPqgTytH-ovjU_KY8Ni6f0QQmonbb00m0JLOpGW18gk9_BBdIOk
- Easy Read Coronavirus how to stay safe
https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-Photosymbols.pdf?fbclid=IwAR3aHMxUM53YFAquRR3WuusTNbTLv4kjZ7EmyvPHY_2JNH-dofpYA_SUC2E
- Easy read Coronavirus what if you get ill?
<https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-3-Photosymbols.pdf?fbclid=IwAR3HMDM5kdmxZvESrFvSmLbwiqQv6A0627rnPj50Kbb4NSM7itQily8YWul>
- Hand washing: how to wash your hands properly (for older children and adults)
https://www.youtube.com/watch?time_continue=1&v=bQCP7waTRWU&feature=emb_logo
- How to cope when you can't go to school because of Coronavirus
<https://www.bbc.co.uk/newsround/51342366>
- How to say Hello without shaking hands <https://www.bbc.co.uk/newsround/51342366>
- How to talk to kids about the Coronavirus
https://www.youtube.com/watch?time_continue=1&v=WhVad8ToCiU&feature=emb_logo
- How to wash your hands <https://www.bbc.co.uk/newsround/51342366>
- International OCD Foundation Talking to Kids about COVID-19
<https://iocdf.org/covid19/talking-to-kids-about-covid-19/>
- MENCAP Easy Read Guide <https://www.mencap.org.uk/advice-and-support/health/coronavirus>
- MIND Managing our Mental Health & Staying Well during a Virus Outbreak Responding to 2019-nCoV <https://www.mind.org.uk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>
- SignHealth has translated this information from Public Health England and the Department of Health and Social Care - <https://www.signhealth.org.uk/coronavirus/>
- Special Needs Jungle Calming Coronavirus anxiety in children (and everyone else)
<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/>
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school->

[climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.gov.uk/guidance/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- Talking to kids about the Coronavirus <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The Autism Educator Free Printable Coronavirus Social Story https://theautismeducator.ie/2020/03/11/corona-virus-social-story/?fbclid=IwAR3wUx6UNgfn9izJbCOEPj3UZrSUWZc7iNafMdzcfr7kli_gcTMkwEDi6M
- The Hand Washing Rap <https://vimeo.com/134952598>
- WellChild <https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>
- What can we say to Children about the coronavirus <https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>
- World Health Organisation Helping children cope with stress during the 2019-nCoV outbreak https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- World Health Organisation – Information for the General Public <https://www.epi-win.com/advice-and-information/general-public/general-public-resources>
- World Health Organisation – Mental Health Considerations https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- Young Minds: What to do if you're anxious about Coronavirus https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/?fbclid=IwAR0x83g-dRkDeYwBzC6LhLYGLLoRqJHDUcpH6iN6PZ_dOczl4WxgcpKjBGU

Ideas from other parents, carers and practitioners which might help

- I found this video helpful for my son with ASD <https://www.bbc.co.uk/newsround/51342366>
- I have now stopped having the news on
- Mencap have an easy to read guide which may be useful, along with a 'handwash rap!'
- My primary school aged child was worried about us running out of food and toilet paper. We had a talk about what we would do if we run out of toilet paper and what other people do instead of using toilet paper in other countries. This did worry her a lot but after a lot of discussion and coming up with a list of things she wanted me to get food shopping she calmed down.
- Reduce screen time for children we have a virtually screen free home my son isn't worried in the slightest
- With regard to talking to children the Newsround resources are incredibly useful.
- Try reducing your exposure to media coverage of coronavirus, particularly if the information is likely to be misleading, inaccurate or sensationalising. Try restricting yourself to particular sources of key information (e.g. UK Government Response and NHS advice)
- Be mindful of what children might be overhearing on the news or from adults and other children, and let children know that they can talk to you about anything they might be worried about.
- Try the BBC's 'Seven Techniques for Helping Kids Keep Calm'

School Closures

On 18th March the Education Secretary, Gavin Williamson, made a statement to the House of Commons regarding school closures and the text of this can be found here:

<https://hansard.parliament.uk/commons/2020-03-18/debates/FCD4DEB2-86A8-4F95-8EB8-DOEF4C752D7D/EducationalSettings>

Gavin said "After schools shut their gates on Friday afternoon, they will remain closed until further notice. That will be for all children except those of key workers and the children who are most vulnerable. The scientific advice shows that these settings are safe for this small number of children to continue attending, but asking others to stay away will help us to slow the spread of this virus. Examples of key workers include NHS staff, police and delivery drivers who need to be able to go to work. Vulnerable children include those who have a social worker and those with education, health and care plans. Looking after these children will enable schools to support the country through this extremely challenging time. We are expecting early years providers, sixth forms and further education colleges to do the same. We are working with Her Majesty's Treasury on the financial support that will be required. I am also asking that independent schools and boarding schools follow the same approach."

The Prime Minister, Boris Johnson, also included information about schools closing in his daily update on 18th March, the text of which can be found here:

<https://www.gov.uk/government/speeches/pm-statement-on-coronavirus-18-march-2020>

We are waiting for clarification from Suffolk and Norfolk County Councils as to what this means for our families and especially for those who attend special schools and out of county specialist placements.

Frequently Asked Questions

What do I say to/about?

1. My child with additional needs who has said "oh no that means I need to wash my hands even more now so that's double" again anxiety kicking in big time.
Advice is clear that we are all expected to wash our hands more regularly than usual. Engage your child in thinking when that might mean – after going to the toilet, before food and when changing from school to home or out to home. Depending on their age making a visual guide for them, or setting reminders on their phone, might either encourage them to manage what you decide together is a healthy number of times.
2. My child whose anxiety about coronavirus means they don't want to go out the house.
In the light of the advice to self-isolate and not go out in public this is an understandable feeling and any one at any time may need to do exactly this. However we also know that children will need exercise, indeed that exercise and play are good for the mental health of children. If it becomes very difficult it may be that making small, fun excursions, in a way which builds up expectation and experience is the way forward.
3. My children who have a grandparent with lung disease so are so scared of getting it and passing on – what do I say to them? My child who has been having nightmares that their Grandad will die from it. They have been in floods of tears on the phone to their Grandma.
People over 70 including Grandparents have been advised to stay indoors and not mix with other people. It is best to contact them by phone. Children can also be encouraged, if grandparents or others are able, to use services such as Skype or Facetime
4. My child who has anxiety about "what if something happens to their grandparent?" It needs to be quite simple. *Again this is an understandable worry given recent news. Listening to your*

child's concern will be helpful and help them to feel that their worries are taken seriously. This might also be an opportunity to recap on how we can all be as safe as possible.

5. My primary school aged child with Asperger's who is completely oblivious for now? I'm wondering about whether I should start drip feeding some info so IF down the line school closures and other cancellations happen it won't seem so unexpected BUT I don't want to raise anxiety so how do I do this? *Given how rapidly the situation is changing it may timely to start this now. Unfortunately 'might' is often too vague a concept for someone with Asperger's Syndrome. Perhaps one way to do this would be to put aside a time each day for the whole family to know what's happening and slowly repeat that schools could have to close, adding specific information as it becomes apparent.*
6. My child who is so worried about passing the virus on to me and their Grandma because we are at higher risk? They wore a mask at school and nothing would stop them. Masks are for people who have an illness and they are trying not to pass it on to other people. Wearing a mask will not prevent you getting ill or prevent you passing it on to your family if you do not have any symptoms. *However there is also no reason not to wear a mask and if your child is so worried that wearing it allowed them to go to school then hear the worry and talk through the concerns – as discussed elsewhere in this list – but perhaps step aside from a battle over the mask.*
7. My child who is completely obsessed with checking up on the numbers of UK who have tested positive and it is increasing their anxiety?
This is an easy habit for us all to get into and is an attempt to manage anxiety by feeling in control. Firstly some simple information sharing – not everyone will get it, very few of those who do will die. Be careful to avoid over reassurance as this tends to increase anxiety. Finally, if possible distraction could be tried. Either directly offering time doing something else or perhaps looking up numbers of other things - world population, number of dogs in Finland or how fast is a Ferrari. Just examples but if your child's into it there'll be a number related to it
8. My child/young person who is autistic with global development delay and learning disabilities and attends a special school. I've been washing their hands properly (they don't) at home? Where would you begin to explain coronavirus ? They already have a cold (they call it a hot!)? *You are the person who understands your child best, what they might be concerned about and what they will be able to understand. Key messages are that it is a virus (other language might be a germ/bug?). Not everyone will get it and even less will die but we do need to be careful to stop it spreading. You are right to address safety needs as a priority – hand washing, contact with others etc. Attention may need to be paid to advice from education provider especially if routine is to be disrupted by closure etc which will impact any child but those with autism or additional needs especially.*
9. Explain the disease i.e. it's not just another cold. It's more serious but how do you explain why without scaring them?
National Association of Child Psychologists Talking to Children About COVID-19 (Coronavirus): A Parent Resource [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
10. My older teenagers/young adults especially if they have underlying health issues.
There is advice under the link provided above. It will be important to take appropriate action for individual health conditions as outlined by the government. Unfortunately different conditions may present different risks and these

11. My child/young person who has OCD

International OCD Foundation <https://iocdf.org/covid19/talking-to-kids-about-covid-19/>

- *Be aware that times of high stress might mean an increase in or changing of their OCD symptoms.*
- *If your child has been in treatment, it may appear that they are experiencing a setback or relapse. Know that this is normal, and that they can get back on track with support.*
- *If applicable, talk to your child about how the general public health guidelines might work with their OCD treatment plan. This is especially important for youth dealing with contamination or health-related OCD fears, and those whose compulsions revolve around cleanliness or hygiene.*
- *Be mindful that not all COVID-19-related questions are OCD reassurance – kids will have questions, and parents should be prepared to answer them. However, if your child asks the same question repeatedly, asks in a pressured way, or needs you to answer in “the right way,” then it is likely OCD reassurance and will make anxiety worse. If guidelines for responding to OCD reassurance are not already part of your child’s treatment plan, check in with their therapist about how to proceed.*
- *Consult with your child’s treatment provider about ways to include current guidelines (e.g., washing) into their treatment plan.*
- *Limit exposure to media discussing coronavirus. It is important for you as the parent to be the primary gatekeeper of information.*
- *Try to keep your outward mood as neutral (or positive) as possible, as your children may read into your outward signs of fear or anxiety and let it fuel their own fear or anxiety*

12. How do I prepare my child for seeing people wearing face masks or speaking to people who are alarmist when they already have debilitating health anxiety?

This is very difficult as there is such a wide degree of responses to the crisis and personal protection. Perhaps it is best to talk in terms of how all people worry sometimes but that you are on top of the guidance from government and will keep them safe.

13. My child/young person about panic buying and if products they rely on aren't available.

All the shops are restocking their shelves and ensuring there is plenty for everyone. They are also ensuring the elderly have time to shop without other people there. The shops are also delivering more shopping to people at home which will leave more products on the shelves for shoppers.

What advice is there for?

- Pregnant women

Coronavirus infection and pregnancy Information for pregnant women and their families

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy>

Stay at home advice <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

GOV.UK COVID-19: Guidance on social distancing for everyone in the UK and protecting older people and vulnerable people. <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

The European Centre for disease control have published a leaflet which provides basic information on novel coronavirus disease (COVID-19), how it spreads, symptoms, how to avoid catching or spreading the virus, and some specific advice for pregnant women, their families and care-givers. <https://www.ecdc.europa.eu/en/publications-data/leaflet-information-covid-19-pregnant-women>

- Carers living with adults with learning disabilities
GOV.UK COVID-19: Guidance on social distancing for everyone in the UK and protecting older people and vulnerable people. <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

What will happen if?

- My child/young person's mental health appointment has to be cancelled or missed due to increased anxiety? In the past a missed appointment has meant a withdrawal of services due to a lack of engagement with no regard for the anxiety being the barrier to keeping the appointment. As a carer the lack of service or withdrawal of support for my young adult is my biggest fear. It has taken us 6 years to be allocated a mental health support worker.
Under the current circumstances, services should not be withdrawn if an appointment has to be cancelled or missed due to increased anxiety. If you think your child/young person will be unable to attend an appointment, please contact the services your team is under to see if a home visit or an online/virtual appointment is possible.

I need some strategies on/for:

- Looking after my own mental health
Looking after your mental health during the Coronavirus outbreak
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak?fbclid=IwAR0me9T7g9_RUHzZXIVkfbgX1K_VLRSqQDco7QlqdsKq1yny07GJfTAmqOw

Will I be able to?

- Get hold of my child/young person's depression or anxiety medication?
Your GP, mental health provider or whichever service normally prescribes your child/young person's medication should be able to continue prescribing the medication in the usual way.
- Continue with the Tribunal for my child/young person's Education, Health and Care Plan?
Coronavirus (COVID-19): courts and tribunals planning and preparation. This page provides advice and guidance for all court and tribunal users during the coronavirus (COVID-19) outbreak and will be updated when new advice is available.
https://www.gov.uk/guidance/coronavirus-covid-19-courts-and-tribunals-planning-and-preparation?fbclid=IwAR0iaJ6dX2pGOSqNtv8sRWSf_7qHuhuA5sTAI6UgDZ8y00YTdQz8KJp-7Zo

Online resources about Coronavirus

We know that families caring for children and young people with special educational needs and/or disabilities may be particularly worried about the COVID-19 coronavirus. You might find it helpful to read these resources:

- #AskWHO on mental health during #COVID19. Ask your questions to our expert Aiysha Malik.
<https://www.pscp.tv/w/1OwxWQboPqDGO>
- Advice on the coronavirus for places of education
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/869250/Coronavirus_advice_for_educational_settings_poster.pdf
- Amazon Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management (Gremlin and Thief CBT Workbooks)
https://www.amazon.co.uk/Starving-Anxiety-Gremlin-Children-ged/dp/1849054924/ref=as_li_ss_tl?cv_ct_cx=anxiety&keywords=anxiety&pd_rd_i=1849054924&pd_rd_r=e12d9937-18d9-4609-9b37-

[eb0a5c4ec6c4&pd_rd_w=h5GBw&pd_rd_wg=ajn2H&pf_rd_p=7dc56c0d-8a5f-4d97-9143-7233b106859a&pf_rd_r=HXZN90HPB30KBSH5S023&psc=1&qid=1584042291&s=books&linkCode=sl1&tag=special&id=527ac8bd0520cf039ecc987ff3946f14&language=en_GB](https://www.aahq.gov.au/health-conditions/asthma/coronavirus-covid-19)

- Asthma Coronavirus (COVID-19) Health advice for people with asthma <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>
- BBC News Coronavirus: Advice for people with health conditions <https://www.bbc.co.uk/news/health-51703892>
- Carers UK <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Carers UK https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?fbclid=IwAR2G0UPUNEBb-gu9XMd13M_0EqObU_nHKEC5VvjDS9dRJaEEGQdXcBLEUbE
- Centre for Disease Control Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- Centres for Disease Control and Prevention: Manage Anxiety & Stress https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Coping with stress during infectious disease outbreaks <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Coronavirus – All you need to know about Quarantine and Self-Isolation <https://www.bbc.co.uk/newsround/51342366>
- Coronavirus: How to talk to your child <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- Coronavirus: Why it might not be as scary as it sounds <https://www.bbc.co.uk/newsround/51342366>
- Down's Syndrome Association: Coronavirus Information and resources: https://www.downs-syndrome.org.uk/news/coronavirus-information-resources/?fbclid=IwAR0hXUDRxcTXxKk5cRY0TNE6rfYz5uy6Fr9IZkIBWugDPLLw6v_GJ-H3BPQ
- Easy Read Advice about the Coronavirus <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>
- Easy Read coronavirus and health issues https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-2-Photosymbols.pdf?fbclid=IwAR2_roOhLPqgTytH-ovjU_KY8Ni6f0QQmonbb00m0JLOpGW18gk9_BBdIOk
- Easy Read Coronavirus how to stay safe https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-Photosymbols.pdf?fbclid=IwAR3aHMxUM53YFAquRR3WuusTNbTLv4kjZ7EmyvPHY_2JNH-dofpYA_SUC2E
- Easy read Coronavirus what if you get ill? <https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-3-Photosymbols.pdf?fbclid=IwAR3HMDM5kdmxZvESrFxFxSmLbwiqQv6A0627rnPj50Kbb4NSM7itQily8YWul>
- Hand washing: how to wash your hands properly (for older children and adults) https://www.youtube.com/watch?time_continue=1&v=bQCP7waTRWU&feature=emb_logo
- How to cope when you can't go to school because of Coronavirus <https://www.bbc.co.uk/newsround/51342366>
- How to say Hello without shaking hands <https://www.bbc.co.uk/newsround/51342366>

- How to talk to kids about the Coronavirus https://www.youtube.com/watch?time_continue=1&v=WhVad8ToCiU&feature=emb_logo
- How to wash your hands <https://www.bbc.co.uk/newsround/51342366>
- International OCD Foundation Talking to Kids about COVID-19 <https://iocdf.org/covid19/talking-to-kids-about-covid-19/>
- Ipswich & East Suffolk Clinical Commissioning Group Digital resources for help with Mental Health <http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Trainingeducation/Trainingeducation/MentalHealthDigitalResources.aspx>
- MENCAP Easy Read Guide <https://www.mencap.org.uk/advice-and-support/health/coronavirus>
- SignHealth has translated this information from Public Health England and the Department of Health and Social Care - <https://www.signhealth.org.uk/coronavirus/>
- Special Needs Jungle Calming Coronavirus anxiety in children (and everyone else) <https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/>
- Talking to Children About COVID-19 (Coronavirus): A Parent Resource [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- Talking to kids about the Coronavirus <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- The Autism Educator Free Printable Coronavirus Social Story https://theautismeducator.ie/2020/03/11/corona-virus-social-story/?fbclid=IwAR3wUx6UNgfN9izJbCOEPj3UZrSUWZc7iNafMdzcffr7kli_gcTMkwEDi6M
- The Hand Washing Rap <https://vimeo.com/134952598>
- WellChild <https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>
- What can we say to Children about the coronavirus <https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>
- World Health Organisation – Information for the General Public <https://www.epi-win.com/advice-and-information/general-public/general-public-resources>
- World Health Organisation – Mental Health Considerations https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- Young Minds: What to do if you're anxious about Coronavirus https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/?fbclid=IwAR0x83g-dRkDeYwBzC6LhLYGLLoRqJHDUcphH6iN6PZ_dOczl4WxgcpKjBGU

Online education resources for those self-isolating

A non-exhaustive list that might help those affected by those self-isolating due to coronavirus, compiled by home educators.

Disclaimer: Always check the content before showing it to your child to make sure you are happy it's appropriate.

- 2 Simple <https://2simple.com/blog/using-purple-mash-when-school-closed/>

- 28 Days of Activities for Kids(+Free Printable): staying sane during Covid-19
<https://www.borntobeadventurous.com/2020/03/15/28-days-of-activities-for-kids-staying-sane-during-covid-19/?fbclid=IwAR1cZwIOFU-VanQaLT-J7QsJ3hr6kOfWYOvNtIAhSDDwNexsM3qKJ-qHuc>
- BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.
- Big History Project <https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi-disciplinary activities.
- Blockly <https://blockly.games> Learn computer programming skills - fun and free.
- Blue Peter Badges <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
- British Council <https://www.britishcouncil.org/school-resources/find> Resources for English language learning
- Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio> Listening activities for the younger ones.
- Crash Course <https://thecrashcourse.com> You Tube videos on many subjects
- Crash Course Kids <https://m.youtube.com/user/crashcoursekids> As above for a younger audience
- Crest Awards <https://www.crestawards.org> Science awards you can complete from home.
- DK Find Out
https://www.dkfindout.com/uk/?fbclid=IwAR1K4BIGz0xBv97AqMZ0p0nZdfFru6pjue9JVaufiwUI6goz_ZMKSF29iOY Activities and quizzes
- Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.
- Educators Technology A chart containing apps for students with special educational needs and disabilities <https://www.educatorstechnology.com/2016/01/a-handy-chart-featuring-over-30-ipad.html?fbclid=IwAR1BMIn8-qRzZgeV94ksvfJ-URwBAKeYztBmZYHSP-1hc7Zi34NFyhuon3o>
- For EYFS to 11 Yrs Breakout Edu <https://www.breakoutedu.com/funathome> An immersive learning games platform. 5 –18 yrs. American site.
- Futurelearn <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
- Geography Games <https://world-geography-games.com/world.html> Geography gaming!
- iDEA Awards <https://idea.org.uk> Digital enterprise award scheme you can complete online if you have a stamp and a nearby post box.
- Khan Academy <https://www.khanacademy.org> Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.
- Mystery Science <https://mysteryscience.com> Free science lessons
- NASA makes their entire media library publicly accessible and copyright free
<https://www.nasa.gov/>
- National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.
- Nature Detectives
<https://naturedetectives.woodlandtrust.org.uk/naturedetect?fbclid=IwAR3nPIVzSsJQh0N203I9caRDnte7hpgzL5lZQI90TcxtKsItoA2KlhHJ0I4> A lot of these can be done in a garden, or if you can get to a remote forest location!
- Openlearn <https://www.open.edu/openlearn/> Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.
- Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> Lots of free resources for Primary age

- Paw Print Badges <https://www.pawprintbadges.co.uk> Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.
- Prodigy Maths <https://www.prodigygame.com> Is in U.S. grades, but good for UK Primary age.
- Red Ted Art <https://www.redtedart.com> Easy arts and crafts for little ones
- Scratch <https://scratch.mit.edu/explore/projects/games/> Creative computer programming
- Seneca <https://www.senecalearning.com> For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.
- Teaching Packs <http://www.teachingpacks.co.uk> Learning packs to print out, there's LOADS of them and each pack can be tailored to different learners.
- Ted Ed <https://ed.ted.com> All sorts of engaging educational videos
- The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities linked to from this Facebook page
- The Imagination Tree <https://theimaginationtree.com> Creative art and craft activities for the very youngest.
- The Kids Should See This <https://thekidshouldseethis.com> Wide range of cool educational videos
- Tinkercad <https://www.tinkercad.com> All kinds of making.
- Toy Theater <https://toytheater.com/> Educational online games
- Twinkl <https://www.twinkl.co.uk> This is more for printouts, and usually at a fee, but they are offering a month of free access to parents with code UKTWINKLHELPS

Activities for children and young people

This is a list of boredom breaking activities for those who are having to self-isolate with kids. The rest of the list is in the comments below and I will keep adding to it. Thanks to Gemma Sampson-Munday and ADHD Our Way for providing these.

Disclaimer: Always check the content before showing it to your child to make sure you are happy it's appropriate.

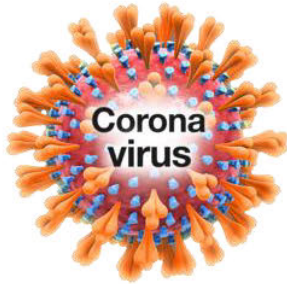
- NHS Fitness studio <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- Pinterest is your friend! There is a wealth of information and ideas on there. Just search for your child's favourite thing eg. Paw patrol or pokemon craft ideas etc.
- Storybots on Netflix
- Drawing ideas

https://www.pinterest.co.uk/BelleBeaufight/drawing-for-boys/?invite_code=8288115b792742eca56e5e269a33c098&sender=570620352695113616

- Due to the COVID-19 outbreak, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until April 1st. We hope that everyone will stay healthy and safe in these uncertain times.
https://www.facebook.com/downdogapp/posts/2402084143415873?hc_location=ufi
- Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video) <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR1HZfagPcidNn8-k6KZpDaAGxA3u3-rUmZEDMZH4DVXkg3EoO5sGGm7xDw>
- Cosmic Kids: Yoga and mindfulness for kids
https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR1OPjvQmBJJJbOf26JsxCOjkulMp2Ya-KT0NklcmLqEQM_vK2-DBSvNOPM
- Free printables every Friday <https://biglifejournal-uk.co.uk/pages/freebies>
- GoNoodle videos get kids moving to be their strongest, bravest, silliest, smartest, bestest selves. Over 14 million kids each month are dancing, stretching, running, jumping, deep breathing, and wiggling with GoNoodle.
https://www.youtube.com/user/GoNoodleGames?fbclid=IwAR3Gn_6xV1Vrz6-1JxmbiGAt_0tYzLD_2V_3ZYhEYFm3LszMcjoNiMpZ1CU

- Free courses in England https://freecoursesinengland.co.uk/free-courses-1?fbclid=IwAR1IpBu_eaGCnC60tg5sMT88ZGiSI6ACnpN38PAfreJYLs1hJ6n7CwcKDP0
- Chatterpack A list of free, online, boredom-busting resources!
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Easy Read Guides to Coronavirus



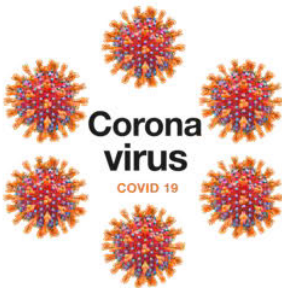
Information about Coronavirus

There has been a lot of information in the news about a virus called Coronavirus.

A virus is a type of illness.

Coronavirus is a new virus and people first had it in China.

Because people travel for work, to see friends and to go on holiday it is now in lots of other countries.



There are now a number of people in the UK who have got this virus.

There is a lot of information on the news about this, and people are talking about the virus and what it means.



What is Coronavirus?

Coronavirus is like flu and people who are ill with the virus may have

- A cough
- A high temperature
- and find it harder to breathe normally





Most people who have the virus feel unwell but do not need to go to hospital. A very small number of people will need more help to try and get better.



What to do if you think you have Coronavirus

If you have:

- a high temperature
- a new cough that will not go away



You should stay at home and try to stay away from other people. This is called self-isolation.

You will need to stay at home for 7 days.

It is important that if you do have the virus that you call people who you spend time with to tell them.



This will mean they can think about ways to support you safely and make it less likely that they catch the virus.

You should **not** go to your doctors if you think that you have Coronavirus



You should stay at home. You should contact 111 online:

- If you start to feel more unwell
- If you are still unwell after 7 days

You can find the service by clicking on the link here

<https://111.nhs.uk/covid-19>



Only call 111 if you cannot get help online.



Some people who get the virus do need more medical help, and if you are very unwell you may need to go to hospital.

This is to make sure you get the right treatment to help you get better.



What to do if you feel ill with something else?

If you are unwell with something else and need help from a doctor you should still make an appointment.

It is only if you think you have coronavirus that you should stay at home for 7 days.



If you need emergency help with other health problems and need immediate help you should continue to call 999, as this is an emergency.



How you can help to try and stop the spread of Coronavirus.

Lots of people are thinking about the best way of stopping people from getting this virus.

One of the most important things that we can all do is to make sure that we are doing our best to stop other people catching the virus

The best way to do this is



- to cover your mouth and nose with a tissue when you cough or sneeze
- to put any tissues you use into a bin
- If you don't have a tissue it is better to cough or sneeze into your sleeve than into your hands
- To try not to touch your eyes, nose and mouth with your hands.

It is also really important that you wash your hands carefully after coughing or sneezing, and before eating any food, and you should always wash your hands when you get home or into work



Doctors and Nurses have told us that when washing your hands, you should:



- Wet your hands under warm running water.
- Apply a small amount of soap.
- Rub your hands together and make sure that the soap and water cover all of your hands.



- Carefully wash your palms, the backs of your hands, between your fingers, your fingertips, your thumbs, your wrists and your nails.

- Rinse your hands under running water.



- Dry your hands thoroughly using disposable paper towels.

- Turn the tap off using a paper towel or your elbow, this makes sure that your hands stay clean.



There is a really good video that has been made about the best way to wash your hands, you can find this by going to this internet address <https://vimeo.com/134952598>

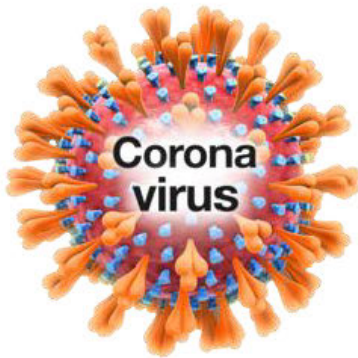
How to find out more about Coronavirus



There is an online coronavirus service that can tell you if you need medical help.

You can find the service by clicking on the link here

<https://111.nhs.uk/covid-19>



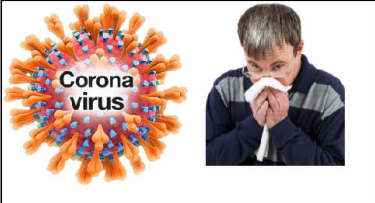
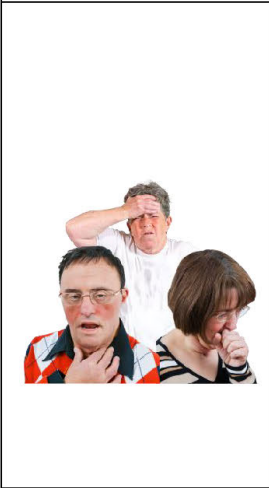



You can use this service if:

- You think you might have coronavirus.
- You have been to a country with a high risk of coronavirus.
- If you have been in close contact with someone who already has coronavirus.








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Coronavirus

	<p>Coronavirus is a new illness.</p>
	<p>The signs of coronavirus are like other illnesses such as a cold or the flu.</p> <p>This might mean you may have</p> <ul style="list-style-type: none"> • a cough • a high temperature • or find it hard to breathe <p>These signs do not mean you have coronavirus.</p>
	<p>We do not know much about the coronavirus at the moment.</p>
	<p>Call 111 if you think you might have coronavirus or if you have been with someone who has coronavirus.</p>
	<p>You should call 111 if you have been away to the places where people have had coronavirus.</p> <p>If you are unsure go to this website:</p> <p>https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/</p>

How to stop catching or spreading germs

	<p>Cover your mouth and nose with a tissue when you cough or sneeze.</p>
	<p>Put used tissues in the bin straight away.</p>
	<p>Then wash your hands with soap and water straight away. Learn how to wash your hands from the Purple All Stars: https://vimeo.com/134952598</p>
	<p>Try to stay away from people who are unwell.</p>
	<p>Unless you have just washed your hands you should try to not touch your face.</p>
	<p>If you have called 111 about coronavirus, you may be asked to stay away from other people. This may be called self-isolation.</p>
	<p>This means you should stay at home and cannot go out.</p>

<u>What does self-isolation mean?</u>	
 Workplace	Do not go to work, school or public places.
	Do not use a bus, trains or taxis.
	You may need to do this for up to 14 days and the NHS will give you further advice if this needs to happen.
<u>If you have coronavirus</u>	
	Antibiotics do not help, as they do not work against viruses.
	There is no treatment for coronavirus at the moment. You will be given treatment for the symptoms.
	Some people can have coronavirus but have no symptoms.
	You will need to stay away from other people until you are better. If you are supported by carers please see this advice: Click here.

Hand washing poster - early years, key stages one and two



Hand washing poster - key stages three and four



To prevent the
spread of Coronavirus,

**regularly
wash
your hands**
for at least 20 seconds
with **soap** and warm water



Norfolk County Council



For more information on how to protect yourself,
visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)

Cosy Time - A story written for young children to help explain the upcoming over-70s isolation

Here is a story written for young children to help explain the upcoming over-70s isolation.

GRANDPA & THE COSY WEEKS

"Soon it will be time for The Cosy Weeks", said Grandpa,

"What's that?" said Small Rabbit

"It's when us older rabbits spend a few weeks in the house doing cosy things?"

"Like what?"

"Well, I shall do cosy watching telly and cosy eating dinner and I might do some cosy gardening in my window box," said Grandpa.

"Can I come?" said Little Rabbit.

"Not this time", said Grandpa, "These Cosy Weeks are just for us older folk to help us not get ill."

"What will you eat in the Cosy Weeks?" said Little Rabbit.

"I will eat all the yummy things in my cupboards and I might bake a special cosy cake. "

"But what happens if you run out of food?" said Little Rabbit.

"You can deliver food to my doorstep," said Grandpa.

"Can I come in for tea?"

"Not this time", said Grandpa. "But we can have a video tea."

"A video tea?"

"Yes, I will cook up my tea in my house and you can cook up your tea in your house. And at five o'clock we will ring each other on video and we can talk whilst we eat our tea. It will be a special cosy-over-the-phone-tea."

“What if your tea looks nicer than my tea,” said Little Rabbit, “and I want to eat your tea?”

“Hmmm,” thought Grandpa Rabbit... “How about I cook your favourite cosy tea and you can cook the same cosy tea, from the same recipe. Then we can eat the same cosy-over-the-phone-tea.”

“It will be just like we are in the same place, eating the same food, at the same time,” said Little Rabbit. I like the sound of that. Happy Cosy Weeks Grandpa.”

Talking to children and young people about coronavirus: A suggested model

Please note: The model below has been designed in order to apply to children and young people attending early years, school and college settings. As a result, the guidance provided within this model will need to be differentiated/applied accounting for the child or young person's age and/or level of understanding.

Invite a discussion

- For younger children: If the child is unlikely to have heard about coronavirus, just remind them about good hygiene
- For older children/young people: Invite discussion using open ended questions (e.g. 'What have you heard about coronavirus?')
- Be led by the child/young person, and avoid introducing information that could trigger further anxiety.

Describe what is happening

- Use facts at an appropriate level
- Describe what has happened and what is happening now
- You could use videos or other props (e.g. [Newsround clips](#), websites such as the [Government webpage](#)).

Encourage questions/discussion

- Talk about what the news made them think and feel, and how other people appear to be feeling
- If talking to young people, discuss the media portrayal of the event.

Offer reassurance and containment

- Explain that coronavirus cases are still very rare, and that measures are in place to keep people as safe as possible
- Talk about how media coverage/social media can make coronavirus feel more of a threat than it is.

Reduce speculation (where age appropriate)

- Explain what speculation is and why it is unhelpful
- Give examples of speculation and fact
- Explain (where appropriate) how speculation can be heavily circulated via social media
- Point out when children/young people speculate and highlight what is known
- Encourage children/young people not to speculate.

Following up

- Remind children/young people who they can talk to if they feel worried
- Monitor children/young people who may be at particular risk of developing high anxiety
- Address marginalisation of ethnic minority groups according to school/setting policy.