|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coronavirus / Covid-19 resources to support the wellbeing of children and young people in Camden.**  **This pack is intended to be used by Camden professionals working with parents and families: please help parents manage by sharing only those resources that are most relevant to them.**  **Key themes:**   * **helping ourselves and each other feel safe** * **help adults regulate themselves so they can regulate children and young, and promote their mental as well as physical wellbeing (having adults who listen, stay calm when talking about corona-virus and managing routines; ideas for activities to promote wellbeing)** * **help children and young people understand (know the facts and talk calmly and matter of factly about the virus, be prepared to answer questions)** * **access to free resources to use with children and young people, including for specific groups such as children with autism, early years: please check resources before using them to ensure they are developmentally appropriate for the child(rem) concerned.** * **know how to access support services in Camden via the Camden Council website** | | | | | | |
| **Resource**  *Name or type of resource* | **Who is it for** | | | | **Content**  *A description of the content* | **Document or link**  *Open the embedded document or the hyperlink* |
|  | **Teachers** | **Parents/carers** | **Young people** | **Children** |  |  |
| **Covid updates for residents** | Y | Y |  |  | LB Camden guidance and information about what services are operating. Includes schools, children and families information. | <https://www.camden.gov.uk/COVID-19> |
| **Camden practical guidance with links to daily updates** | Y | Y |  |  | Early help prepared guidance for families on issues that families may be struggling with re finances (rent, bills) and location of foodbanks in Camden. |  |
| **Camden’s Early Help offer and Family Check-in Service** | Y | Y |  |  | Our Camden Family Early Help team is offering a ‘family check-in' service whilst schools are closed to further support children and families who may be more vulnerable during this time. Our teams will be checking to make sure families have access to essentials, such as food, medicine and supplies, and connecting them to those who can help, if needed. | To request an Early Help family check-in, [please fill in this online form](https://www.camden.gov.uk/family-check-in-request-form) |
| **The Crisis Kit – 5 tools for helping clients through turbulent times** (support for professionals to help themselves) | Y |  |  |  | A booklet of activities including mindfulness and meditation to help the helpers. |  |
| **Advice for parents of children with autism** |  | Y |  |  | Guidance and regularly updated site where parents share effective strategies. | <https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19> |
| **Example timetable for parents** | Y | Y |  |  | A one-pager with ideas to support parents to structure the day. Remember that it is important to have fun! Some parents will find this too restrictive, others will help them generate their own timetables. Keep it flexible - battling to adhere to a timetable will be emotionally dysregulating /distressing for both parents and children. Better to take a break and play, and renegotiate the day. |  |
| **Social story on Covid-19** |  |  | Y | Y | Useful explanation of the Covid-19 pandemic targeted at children and young people with autism, but useful for all children.  Carol Gray has opened up her resources which can be accessed free during the pandemic. | [https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf](https://protect-eu.mimecast.com/s/aX6eCvl0GULnEYEUQSJkK?domain=carolgraysocialstories.com)  Add the pdf embedded doc |
| **Visual story explaining coronavirus** |  |  |  | Y | Another visual explanation of the pandemic. | [https://twitter.com/thelovelymaeve/status/1238399538878087169](https://protect-eu.mimecast.com/s/1HRyC81ZQuPN6n4UKP019?domain=protect-eu.mimecast.com) or also available at [https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children](https://protect-eu.mimecast.com/s/2zH8C0YZGCgNG6PhjgLuG?domain=protect-eu.mimecast.com) |
| **Visual story explaining coronavirus** |  |  |  | Y | Some people may find this version helpful. | [https://www.ppmd.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf](https://protect-eu.mimecast.com/s/2eckCjZrpHGonpNuzSYGo?domain=protect-eu.mimecast.com) |
| **Talking to kids about the coronavirus** | Y | Y |  |  | Dr Jamie Howard from Child Mind Institute helps parents inform children without frightening them. Helps parents think about when to talk to children (not when they themselves are feeling anxious) so they can help regulate their children’s emotional state. Video and tips. | [https://childmind.org/article/talking-to-kids-about-the-coronavirus/](https://protect-eu.mimecast.com/s/tWTcC4QZMU94BLkTN8bZB?domain=protect-eu.mimecast.com/) |
| **Talking to early years aged children about coronavirus** | Y | Y |  |  | A collection of resources to help parents and staff explain coronavirus and answer children’s questions. | [https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus](https://protect-eu.mimecast.com/s/F4MlClxwrfPR2g4UJCmu3?domain=protect-eu.mimecast.com)    including an activity guide [https://www.zerotothree.org/resources/3264-at-home-activity-guide](https://protect-eu.mimecast.com/s/SZ-BCnxywf397MBhXQ28w?domain=protect-eu.mimecast.com) |
| **BBC top tips to tackle anxiety** |  |  | Y | Y | Video infographic – useful for parents to use with children and young people with autism. | <https://www.bbc.co.uk/newsround/51393300> |
| **Breathing exercises** for someone with blocked airways | Y | Y | Y | Y | Regulate breathing and ‘expectorate’ – will need to be mediated by an adult when used with children. | Will find a way to embed rather than dump whole document! |
| **Emotional Literacy Support Assistant (ELSA) 14 day home challenge** |  | Y | Y | Y | A fortnight calendar of embedded hyperlinks to activities designed to help children regulate emotion (eg reduce anxiety).  Permission has been expressly given to email to parents. |  |
| **Handwashing poster** |  | Y |  |  | Parents may find this useful when children need reminding. |  |
| **Looking after yourself, looking after your children** | Y | Y |  |  | Self-care tips from psychological perspective, compiled by EPs across the UK in week 1 of lock-down. |  |
| **National Deaf Children’s Society** |  | Y |  |  | Online advice for parents about coronavirus and support specifically for deaf children. | [https://www.ndcs.org.uk/blog/coronavirus-and-support-for-deaf-children-information-for-families/](https://protect-eu.mimecast.com/s/sXKhCyoNLI2OwynHMcyOx?domain=ndcs.org.uk/) |
| **National Deaf Children’s Society** | Y |  |  |  | Online advice for professionals about coronavirus and support specifically for deaf children. | [https://www.ndcs.org.uk/blog/coronavirus-and-support-for-deaf-children-information-for-professionals/](https://protect-eu.mimecast.com/s/yhSyCzvOMUwWZmLigrxzy?domain=ndcs.org.uk/) |
| **FACE COVID – How to respond effectively to the corona crisis (thinking therapeutically)** | Y | Y | Y |  | Dr Russ Harris - FACE COVID video  An Acceptance Commitment Therapy approach to support those experiencing fear and anxiety and normalises emotional responses. Animated drawing includes calming strategies, self-care, community engagement in isolation. | <https://www.youtube.com/watch?v=BmvNCdpHUYM&feature=youtu.be> |
| **Every Mind Matters** | Y | Y |  |  | Free NHS resources that are useful for mental and physical wellbeing – fpor ourselves as well as for children and young people. | https://www.nhs.uk/oneyou/every-mind-matters/ |
| **P.E. with Joe Wicks** | Y | Y | Y | Y | Joe Wicks seems to have taken the nation by storm with his daily (Mon – Fri from 23rd March) ½ hour workout on you-tube to start the day. Can be enjoyed by little children and adults as well, no equipment needed! A great way to add structure to the day. | <https://www.thebodycoach.com/blog/pe-with-joe-1254.html> |
| **Fitness Studio** | Y | Y | Y |  | Free NHS videos online that are great to use at home. Click on the four tabs Aerobic Exercise-Strength and Resistance-Pilates and Yoga-Other Fitness Plans to see all the video links. | https://www.nhs.uk/conditions/nhs-fitness-studio/ |
| **Mindful charity** |  |  |  |  | The charity ‘Mindful’ has free audio, videos, and guides for mindfulness and meditation. They are on the homepage and there are specific covid pages. | <https://www.mindful.org/meditation/mindfulness-getting-started/>  Covid specific resources here: <https://www.mindful.org/category/covid-resources/> |
| **Young Minds: what to do if you are anxious about coronavirus** |  |  | Y |  | Strategies for young people to manage down anxiety and deal with self-isolation. | [https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/](https://protect-eu.mimecast.com/s/32pYC2xZKfZ5pnycMuW9e?domain=protect-eu.mimecast.com/) |
| **MIND – national charity with local groups** | Y | Y | Y |  | They have 125 smaller groups called ‘Local Minds’ where you can link you to groups that are near you.  MIND have issued guidance on managing mental health and staying well, and their Hong Kong guidance is helpful. | [www.mind.org.uk](http://www.mind.org.uk)  <https://www.mind.org.uk/about-us/local-minds/> |
| **National Association of School Psychologists and National Association of School Nurses** | Y | Y |  |  | Tips to help parents pick up on cues from their children about what and how much to say; maintaining routines; age-appropriate guidance re parents talking to children. |  |
| **Protecting your mental health during the coronavirus outbreak** | Y | Y | Y |  | American Foundation for Suicide Prevention – will help shape conversations with parents and young people. Focused on what is in our control and what is not, helping ourselves and each other feel safe. | [https://www.apa.org/helpcenter/pandemics](https://protect-eu.mimecast.com/s/1VmnCyoNLI2Or9VS9xdka?domain=protect-eu.mimecast.com) |
| **NASEN FAQs** re CYP with SEND | Y | Y |  |  | Advice about requirement to attend school, exams, keyworkers, annual reviews etc. | <https://nasen.org.uk/news/covid-19-important-information-and-faqs.html> |
| **Local community networks** |  |  |  |  | Some neighbourhoods are setting up whats-app groups to share ideas, humour, offer and ask for help etc. A parent or school may be in a position to set that up – think carefully about issues to do with moderation (social media groups can be a force for good but they can also reinforce fear and be negative virtual spaces for people to be). Beware public / open groups as there are reports of an increase in trolling. | Look for Nextdoor among others, or set up a closed WhatsApp group among other platforms. |
| **SEN Jungle** |  | Y |  |  | Parents sharing their own ideas. | [https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update](https://protect-eu.mimecast.com/s/8GZqCr8DAUnQ8LJuB_s-l?domain=protect-eu.mimecast.com) |
| **Five Ways to View Coverage of the Coronavirus:** | Y | Y |  |  | Tips to help you manage anxiety, put news reports in perspective and maintain a positive outlook. “Remember that children will observe your behaviors and emotions for cues on how to manage their own feelings during this time.” | [https://www.apa.org/helpcenter/pandemics](https://protect-eu.mimecast.com/s/1VmnCyoNLI2Or9VS9xdka?domain=protect-eu.mimecast.com) |
| **Speaking of psychology: coronavirus anxiety.** | Y |  |  |  | Dr Baruch Fischoff podcast and transcript – tips on psychological safety to inform discussion with parents. Explains why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined. | [https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety](https://protect-eu.mimecast.com/s/dAFfCANZ3HlpN7qfVAMfg?domain=protect-eu.mimecast.com) |

**Camden Educational Psychology Service.**

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