

Information for Parents - How to Support Children through COVID19

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

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

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

<http://www.incredibleyears.com/parents-teachers/articles-for-parents/>

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/>

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/>

Covibook – an interactive resource designed to support and reassure children aged 7 and under to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.headspace.com/meditation/kids>

Managing anxiety about the virus as adults

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse1644b>

<https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gl7jSAHOA-cpgM7BPdJmoqN7pRwotNE>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>