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Information for parents and carers

It can be difficult to know what to say to children about what is happening, especially when the news seems to change all the time. Below are some resources containing advice about how to speak with your children in an honest, reassuring and developmentally appropriate way.

National Association of School Psychologists

[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)

This resource explains the best ways to speak with your children about coronavirus and covers general safety and hygiene measures, as well as ways to support them if they are feeling worried.

Child Mind Institute

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

This excellent short guide focuses on how to provide reassurance and information. It contains a helpful video link about talking with your children.

British Psychological Society

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20Coronavirus.pdf>

This helpful resource provides ideas about how to speak with your child about recent events in a developmentally appropriate way.

For adults supporting children and young people with additional needs

Below are some resources for parents/carers of children and young people who might need extra support to understand the virus and the changes it has brought about.

Helping autistic kids cope with the uncertainty of coronavirus

<https://www.washingtonpost.com/lifestyle/2020/03/17/parenting-autistic-kids-coronavirus/>

This Washington Post article contains some helpful suggestions based on the author's own experience as parent to a child with autism

National Autistic Society

www.nas.org.uk

The NAS plans to release autism-specific information and resources in the coming days.

Scottish Learning Disabilities Alliance

<https://www.sclد.org.uk/information-on-coronavirus/>

This page draws together a wealth of resources to support people with additional needs in understanding coronavirus. It also contains resources for carers to make a visual guide to support handwashing and other hygiene practices.

For worried adults

This is a worrying time for all of us and while we focus on supporting our children and other loved ones, we must also remember to take time to look after ourselves, especially when we are feeling worried, sad or anxious.

MIND

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20Coronavirus.pdf>

This guide includes information about how to manage your own feelings of worry, especially during periods of self-isolation. There are also links to activities and strategies to promote relaxation and reduce anxiety and stress.

BBC- Coronavirus and OCD

<https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR01ug03efw0BQAxTOrrm-zrte5gl7jSAHOA-cpgM7BPaDjmoqN7pRwotNE>

A useful guide to support adults and young people who experience anxiety and OCD.

They Are the Future

<https://theyarethefuture.co.uk/worry-anxiety-coronavirus/>

A sympathetic article written by a clinical psychologist with some excellent practical strategies for managing feelings of worry and uncertainty