

## Useful Internet Resources for Families: COVID-19

### General Information on Coronavirus

Resource	Website link
NHS website on Coronavirus	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>
UK Government website on Coronavirus	<a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>
World Health Organisation website on Coronavirus	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a>

### Information and Support for Parents and Carers

Resource	Website link
UK Government advice for supporting children and young people	<a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing</a>
Institute of Health Visiting advice on parenting through Coronavirus	<a href="https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/">https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/</a>
World Health Organisation advice on healthy parenting	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting</a>
Triple P – Parenting through Coronavirus	<a href="https://www.triplep-parenting.uk.net/uk-en/get-started/parenting-during-covid-19/">https://www.triplep-parenting.uk.net/uk-en/get-started/parenting-during-covid-19/</a>

### Information and Support for Children and Young People

Resource	Website link
Children's guide to Coronavirus	<a href="https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/">https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/</a>
Children's Society information	<a href="https://www.childrenssociety.org.uk/coronavirus-information-and-support">https://www.childrenssociety.org.uk/coronavirus-information-and-support</a>
Resources for children and families	<a href="https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/">https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/</a>
Books for Children about Coronavirus	<a href="https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/">https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/</a>  <a href="https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/">https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/</a>

## Mental Health and Wellbeing

Resource	Website link
Mental health helpline for children and young people	<a href="https://www.oxfordhealth.nhs.uk/news/new-mental-health-helpline-for-children-and-young-people-in-banes-swinton-and-wiltshire/">https://www.oxfordhealth.nhs.uk/news/new-mental-health-helpline-for-children-and-young-people-in-banes-swinton-and-wiltshire/</a>
Young Minds	<a href="https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/">https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/</a> (for parents)  <a href="https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/">https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/</a> (for young people)
Anxiety UK	<a href="http://www.anxietyuk.org.uk/coronanxiety-support-resources/">http://www.anxietyuk.org.uk/coronanxiety-support-resources/</a>
Childline	<a href="https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/">https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</a>
The Mix	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
CAMHS Resources – collection of resources to help cope with stress and anxiety	<a href="https://www.camhs-resources.co.uk/coronavirus">https://www.camhs-resources.co.uk/coronavirus</a>
Kooth	<a href="https://www.kooth.com/">https://www.kooth.com/</a>

## Infant Feeding

Resource	Website link
Unicef advice on infant feeding and coronavirus	<a href="https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/">https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/</a>

## Support for Children and Young People with Autism

Resource	Website link
National Autistic Society website	<a href="https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx">https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx</a>
Coronavirus social narrative for children with Autism	<a href="https://theautismeducator.ie/2020/03/11/corona-virus-social-story/">https://theautismeducator.ie/2020/03/11/corona-virus-social-story/</a>

## Support for Children and Young People with ADHD

Resource	Website link
ADHD Foundation	<a href="https://www.adhdfoundation.org.uk/">https://www.adhdfoundation.org.uk/</a>
ADHD Information Services	<a href="http://www.addiss.co.uk/">http://www.addiss.co.uk/</a>
Living with ADHD	<a href="http://www.livingwithadhd.co.uk/">http://www.livingwithadhd.co.uk/</a>

### Support for Children and Young People with Learning Disabilities

Resource	Website link
Learning Disability England resource hub	<p> <a href="https://www.learningdisabilityengland.org.uk/what-we-do/keeping-informed-and-in-touch-during-coronavirus/resources-that-can-help/">https://www.learningdisabilityengland.org.uk/what-we-do/keeping-informed-and-in-touch-during-coronavirus/resources-that-can-help/</a> </p> <p>           COVID-19 Hospital Passport:  <a href="https://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/C0381_NHS-Covid-19-Grab-and-Go-LDA-Form-.pdf">https://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/C0381_NHS-Covid-19-Grab-and-Go-LDA-Form-.pdf</a> </p> <p>           Guide on filling out Hospital Passport:  <a href="https://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/C0381_NHS-Covid-19-Grab-and-Go-LDA-Guidance-notes-.pdf">https://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/C0381_NHS-Covid-19-Grab-and-Go-LDA-Guidance-notes-.pdf</a> </p>
Down's Syndrome Association website (easy read information on coronavirus)	<p> <a href="https://www.downs-syndrome.org.uk/coronavirus-covid-19/dsa-resources/">https://www.downs-syndrome.org.uk/coronavirus-covid-19/dsa-resources/</a> </p>
Mencap website (easy read information on coronavirus)	<p> <a href="https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19">https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19</a> </p>
Please see other resources for more general information and advice	