

Peterborough Educational Psychology Service  
Covid-19 Information Pack for Parents





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## Peterborough Educational Psychology Service: Covid-19 Information Pack for Parents

### Introduction

This information pack has been collated by Peterborough Educational Psychology Service (EPS) to provide links to resources, information and websites to support school parents and carers at this difficult time. The EPS has similar packs designed for school staff, young people and other professionals, available on the Peterborough Local Offer.

### Resources in this Pack

This pack contains a variety of resources to support children's learning, as well as supporting their social and emotional health and wellbeing at this difficult time. We have included some resources to support children with SEN, such as those with autism, in these changing and uncertain times. We have also included resources that may be beneficial to support your wellbeing. There are also links for advice to support children who may experience a bereavement at this time.

All resources have been checked for accuracy at the time of writing and are freely available; however this may change at the author's discretion or as the situation continues to evolve.

### Section One: Government and Health Information

Government links to the latest information and guidance for the UK, including school closures and financial support advice:

<https://www.gov.uk/coronavirus>

NHS Advice and information:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

World Health Organisation information relating to Covid-19:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Information for pregnant women and those with young children:

<https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/>



## Section Two: Supporting Your Wellbeing

Advice from the charity Mind with a range of techniques to support wellbeing:

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

A range of mindfulness meditation and relaxation resources, including NHS resources:

<https://www.youtube.com/channel/UCUgSqj3itBTJMjC6SvjByA>

<https://www.calm.com/blog/take-a-deep-breath>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Free fitness videos to support movement when socially distancing:

<https://www.fitnessblender.com/videos>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

## Section Three: Talking About Covid-19 with Children and Young People

British Psychological Society advice for talking to children about Covid-19:

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

Tips to answer children's questions regarding Covid-19:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Infographic showing simple steps parents can take to support their children:

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)



A video explaining Covid-19 for younger children:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

## Section Four: Supporting Your Child's Wellbeing

### Primary Resources

A range of free resources, games and activities to support children's emotional literacy:

<https://www.elsa-support.co.uk/category/free-resources/>

A workbook to discuss feelings and worries regarding Covid-19:

<https://www.mindheart.co/descargables>

Tips and activities to complete with children:

<http://www.southendlearningnetwork.co.uk/Pages/Download/97c2a743-e6b9-405f-ad92-e7d04c57987c>

### Secondary and Post 16 Resources

Support for older children when social distancing/ self isolating:

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

<https://www.annafreud.org/on-my-mind/self-care/>

Tips and activities to complete with older children, or for them to complete independently:

<http://www.southendlearningnetwork.co.uk/Pages/Download/6c73070c-c449-45f9-a21c-e6cf0704e1c8>

Chathealth: ChatHealth -Text Messaging Service for 13-19 year olds:

ChatHealth is an alternative way for young people to engage with experienced clinicians who will answer texts from 9.30am-4pm Mon-Fri on a range of topics including anything from healthy eating, smoking, self-harm and bullying. Watch this video to find out more <http://bit.ly/chathealth-camb>s

Young people (13-19 years) can text 07480 635 443 to start a conversation.



## Support for Children and Young People with SEN

Advice for supporting children with ASD:

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

Social Stories and stories with Widget symbols/ pictures to explain the Covid-19 Pandemic:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf> (suitable for older children)

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>  
(suitable for teenagers and young people)

Visual Timetables for structuring activities at home:

<http://www.southendlearningnetwork.co.uk/Pages/Download/5b51b721-7063-4345-899e-2d9b97f27e85>

Handwashing tips for children with sensory processing difficulties:

<https://www.sensoryintegration.org.uk/News/8821506>

## Supporting Children with Bereavement

Cruse resources aimed at supporting adults to manage the feelings associated with grief and loss:

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Resources from Winston's Wish to help adults talk to children bereaved by Covid-19:

<https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

Online resources, including free training, to support bereaved children and families, also a live chat help service:

<https://www.childbereavementuk.org>



## Section Five: Educational Resources

### Maths and English

Twinkl home learning hub with updated daily activities:

<https://www.twinkl.co.uk/home-learning-hub>

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Activities for all school stages:

<https://www.bbc.co.uk/bitesize>

National Literacy Service family zone for EYFS-KS2:

<https://literacytrust.org.uk/family-zone/>

Website with some free English and Maths resources from EYFS - Year13:

<https://uk.ixl.com/resources/at-home-learning#plan>

### Physical Activity

Creating obstacle courses at home to help children self-regulate:

<https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>

Daily PE lessons live streamed by personal trainer Joe Wicks:

<https://www.youtube.com/thebodycoachtv>

150 sensory play ideas:

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>

### Art and Crafts

Free mindfulness colouring sheets:

<https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>



A guide to cheap craft activities with materials around the house:

[https://wvla.org/downloads/Annual\\_Conference\\_2013/craftbookletforwvla.pdf](https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf)