

# Supporting the mental health and wellbeing of children and families during COVID-19

Resource for parents and professionals



There have been a flood of resources developed to support parents and families during these challenging times impacted by COVID-19. The sheer volume of information can be overwhelming, so we hope this resource is a helpful starting point for busy parents and professionals alike.

The list that follows is a selection of the resources we have reviewed and rated as being the most relevant and accessible. They have been divided into specific sections according to their key focus, and information on their target audience is also provided.

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Specific guidance regarding social distancing and isolation is changing quickly. Advice should therefore be processed in the context of what guidance is at the time a resource is accessed.

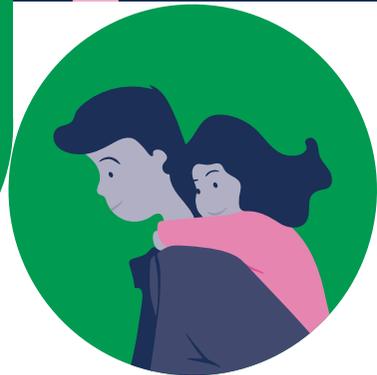
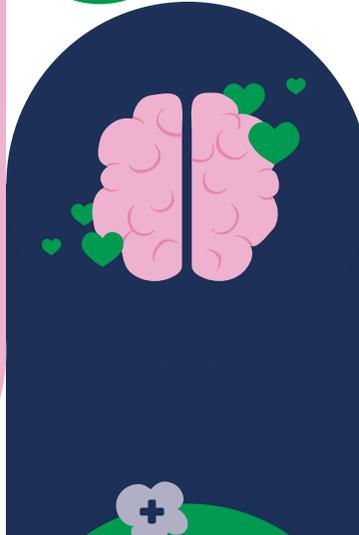
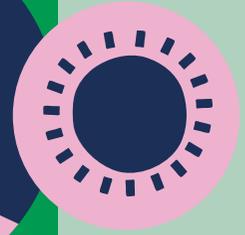
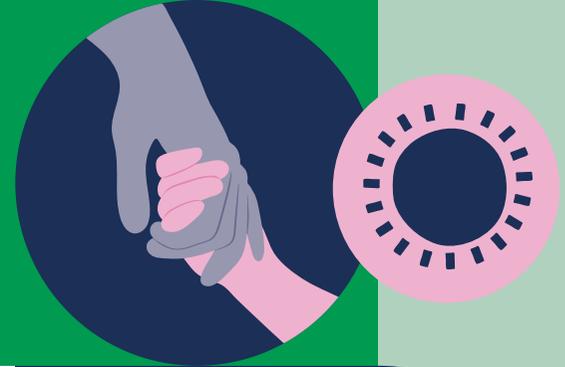
There will be resources here which include links to other commercial sites or sites where adverts may appear; these are not endorsed or recommended by NES. We recommend that parents monitor children when accessing any external links.

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# Contents

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# Talking with children about COVID-19

## Resource

## What is it?

## Who is it for?

### Parent Club

- + Nine tips on talking to children about coronavirus.
- + Links to other information about looking after yourself, tips for staying and learning at home for children.

Parents  
Professionals



### UNICEF

- + Eight tips for talking about COVID-19 with children, including asking open questions and parental self-care.

Parents



### British Psychological Society

#### Talking To Children About Coronavirus

- + Advice on speaking to children about coronavirus.

Parents  
Professionals



### British Psychological Society

#### Talking To Children About Illness

- + Advice on speaking to children about illness at different developmental stages.
- + What to expect and how you can help for each age group.

Parents  
Professionals





<p>➤ <a href="#"><u>Childline</u></a></p>	<p>+ Website designed for children and young people about coronavirus. Includes information about the virus, as well as tips to cope during lockdown.</p>	<p>Parents ●          Professionals ●          High school children ●          Primary children ●</p>
<p>➤ <a href="#"><u>Edinburgh Children's Hospital Charity</u></a></p>	<p>+ A short video to help children understand and reduce anxiety about why staff are wearing PPE.</p>	<p>Primary children ●          Infant / pre-school children ●</p>
<p>➤ <a href="#"><u>Monkey Wellbeing</u></a></p>	<p>+ A poster for children explaining and normalising the use of PPE.</p>	<p>Primary children ●          Infant / pre-school children ●</p>
<p>➤ <a href="#"><u>Coronavirus. A Book for Children</u></a></p>	<p>+ A short book and for children with accessible information about COVID-.19</p>	<p>Primary children ●</p>
<p>➤ <a href="#"><u>Nosy Crow (audio file)</u></a></p>	<p>+ Includes what children can do to stay healthy and tips about coping with quarantine.           + Also a link to an audio version of the book.</p>	
<p>➤ <a href="#"><u>CAMHS Resources</u></a></p>	<p>+ Website collating resources to support child and adolescent mental health and wellbeing.           + Section on Coronavirus.</p>	<p>Parents ●          Professionals ●          High school children ●</p>



# Supporting children to manage their emotions

## Resource

➤ [NSPCC](#)

## What is it?

- + Tips for talking to children about feelings and worries.
- + Keeping in touch with family and friends and balancing screen time.
- + Creating structure and routine.
- + Helping children feel in control.
- + Supporting children and young people experiencing anxiety and depression.

## Who is it for?

Parents ●  
Professionals ●

➤ [Emerging Minds](#)

- + Advice for parents about looking after themselves, talking to children about their worries and managing worries.

Parents ●  
Professionals ●

➤ [Hands on Scotland](#)

- + Mental Health and Wellbeing advice for a range of topics.
- + Advice specific to children's wellbeing during the coronavirus outbreak.

Parents ●  
Professionals ●



### Parent Club

- + Information for parents about supporting their child's wellbeing.
- + How to cope with changes at this time.
- + Talking to children about coronavirus.
- + Tips for staying at home with children.
- + Tips for helping children learn at home.

Parents  
Professionals



### Young Scot

- + Information for young people about COVID-19 and looking after your mental health and wellbeing.

High school children



### Children 1st

- + Range of general and COVID-19 specific resources for parents.

Parents



### WHO: Helping Children Cope With Stress During the 2019-nCov Outbreak

- + A poster helping parents (and staff) understand how their child might be responding to stress during COVID-19 and how to manage it.

Parents  
Professionals






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### Saying Goodbye When Someone Special Dies

- [Saying Goodbye video](#)
- [Saying Goodbye booklet](#)

- + A short video for children about when someone dies and you are isolated from them due to COVID-19.
- + A booklet to go along with the video for children to complete.

Primary children




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### Sheffield Children's NHS Trust

- [Self Care Kit](#)

- + A workbook for children on managing feelings and letting go of worries.
- + Includes activity ideas.

Parents  
High school children  
Primary children




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### Sheffield Children's NHS Trust

- [Hibernation Pack](#)

- + A two-page poster with ideas about self-care during COVID-19.
- + Includes tips about coping strategies.

Parents  
High school children  
Primary children





# Supporting young people with neurodevelopmental conditions

## Resource

## What is it?

## Who is it for?

➤ [ADHD management during the COVID-19 pandemic: guidance from the European ADHD Guidelines Group](#)

- + Information on the challenges facing children and young people with ADHD in COVID-19 pandemic.
- + Information on initiation and review of medication.
- + Advice on the importance of parenting strategies to support children and young people with ADHD.

Professionals ●

➤ [Autism Hangout](#)

- + Comprehensive video giving information about impact of COVID -19 for people with Autism Spectrum Disorders.
- + Tips on managing change.
- + Tips on managing anxiety and stress.

Parents ●  
Professionals ●  
High school children ●

➤ [National Autistic Society](#)

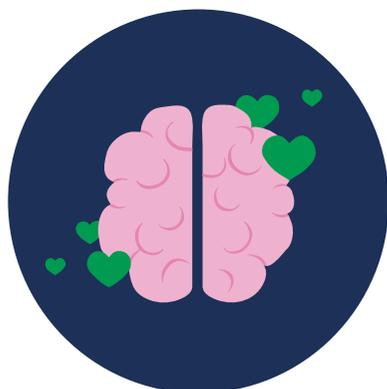
- + Five tips for families to support their child with ASD.

Parents ●  
Professionals ●

➤ [Child Mind Institute](#)

- + Practical tips for helping children and young people with ADHD learn at home.

Parents ●  
Professionals ●



# Managing your own emotions

## Resource

## What is it?

## Who is it for?

### ↳ NHS Every Mind Matters

- + COVID-19 specific advice regarding general wellbeing.
- + Advice about managing difficulties such as Anxiety, Stress, Sleep and low mood.
- + Supporting the mental wellbeing of others.

- Parents ●
- Professionals ●
- High school children ●

### ↳ MIND

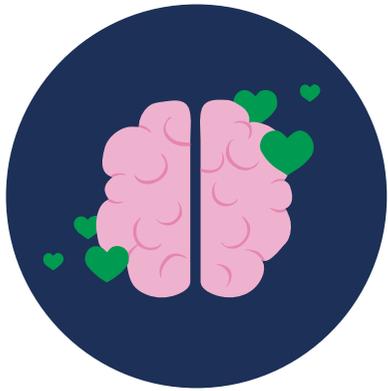
- + Practical tips in coping with COVID-19 and taking care of your mental health.
- + Tips for looking after your physical health.
- + Information about work and benefits.
- + Tips for supporting your team at work.

- Parents ●
- Professionals ●
- High school children ●

### ↳ Wellbeing Services South Glasgow

- + Self-help booklets covering a range of mental health concerns such as anxiety, low mood, health anxiety and panic attacks.

- Parents ●
- Professionals ●



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▶ SAMH

- + Information about managing anxiety.
- + Information about looking after your own wellbeing.

Parents  
Professionals



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Zero to Three

- ▶ The Importance of Self-Care
- ▶ Staying Connected

- + Specific tips regarding self-care for parents in the context of COVID-19.
- + Information for parents to stay connected if separated from their young child due to COVID-19.

Professionals





# Activities to support emotional wellbeing

Resource	What is it?	Who is it for?
<a href="#">Childline</a>	+ Activities for children to help them stay calm.	High school children ● Primary children ●
<a href="#">Young Minds</a>	+ Advice for young people about looking after their mental health and wellbeing in the context of COVID-19.	High school children ● Primary children ●
<a href="#">Sesame Street</a>	+ Resources for play and learning + Tips about looking after yourself and others.	Parents ● Infant / pre-school children ●
<a href="#">Parenting for Lifelong Health</a>	+ Tip sheet with ideas for promoting one to one time between parents and children of all ages.	Parents ●
<a href="#">East London NHS Foundation Trust: Creative Calm Throughout Coronavirus</a>	+ Worksheets with ideas for relaxation, grounding and mindfulness activities. + Includes mindful colouring in sheets.	High school children ●

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email **[altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk)** to discuss how we can best meet your requirements.



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