

### Coronavirus A book for children

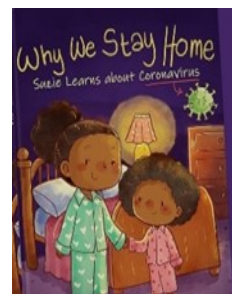
A free information book explaining the coronavirus to children, illustrated by The Gruffalo illustrator Axel Scheffler.  
[www.nosycrow.com](http://www.nosycrow.com)

### The Scared Gang have to stay home

A series of books to help children deal with emotions and self-regulation through the use of sensory based activities. This free to download book is for children who are having to stay home because of Covid – 19. You can listen to the story read by the author



<https://www.sensoryattachmentintervention.com/publications>



### Why We Stay Home

Two little sisters talk about why they have been staying at home with a quick lesson about the coronavirus.

<http://www.cidd.unc.edu/docs/COVID-19/Learn%20with%20Millie%20and%20Suzie.pdf>

The Gruffalo author Julia Donaldson and illustrator Alex Scheffler have reimagined some of their most famous characters with messages about coronavirus for children.

<https://metro.co.uk/2020/04/05/gruffalo-author-illustrator-create-new-stories-help-kids-understand-coronavirus-12511093/>



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We share information about Coronavirus on our Facebook page. Follow us to receive our latest information and updates.

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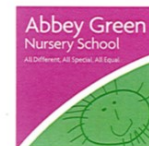
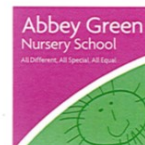
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Strong Close Nursery School

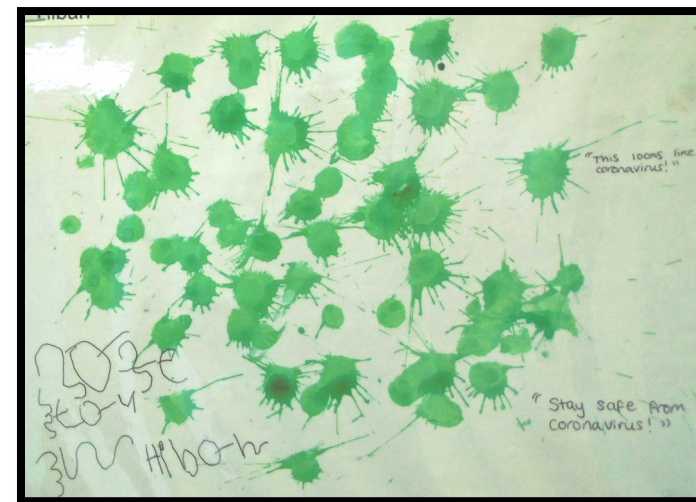
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We are the

Aire Valley Nursery Schools Federation



## Talking to children about Coronavirus



## Supporting Children During the COVID-19 Pandemic

Jeśli potrzebujesz tłumaczenia na język polski użyj numeru.

যদি এই অনুবাদ বাংলায় চান তাহলে উপরের সংখ্যায় যোগাযোগ করুন.

اگر آپ اردو میں اس کا ترجمہ کرنا چاہتے ہیں تو اوپر نمبر سے رابطہ کریں

## OVERVIEW

The Covid-19 pandemic is proving to be an unsettling and fast changing time which may be confusing to children.

It is likely that some children may experience greater feelings of anxiety at this time, particularly related to concerns about:

- ◆ **Risks to the health of themselves and others.**
- ◆ **Change and uncertainty.**
- ◆ **Loss of social opportunities.**
- ◆ **Missed learning and transitions**

## It's good to talk

Children will have heard about Coronavirus and likely noticed changes around them (such as people wearing face masks). It is important they feel comfortable talking to you about Coronavirus as you will be the best source of information and reassurance for them.



Be truthful but remember your child's age. It is better for children if you take an honest and accurate approach. Give them factual information, but adjust the amount and detail to fit their age. For example, you might say 'we don't yet have a vaccination for Coronavirus, but doctors are working very hard on it' or 'a lot of people might get sick, but normally it is like a cold or flu and they get better'. We recommend that adults watch news programmes and then filter this information to their child in a developmentally appropriate way.

## HELPING YOUR CHILD TO MANAGE THEIR WORRIES

### Allow children to ask questions

It is natural that children will have questions about Coronavirus. Giving them the space to ask these questions and have answers is a good way to alleviate anxiety. Again, try to be honest in your responses. It is ok to say you don't know. At the moment, there are questions that no-one can answer about Coronavirus. You can explain this to your child and explain that scientists are working very hard to try and find answers. Maybe your child has an idea too. Let them tell you or draw their ideas and thoughts.

### Key points to remember

Remember it's ok for children to feel anxious and want lots of reassurance; give them time to talk about their worries.

Try and understand any specific anxieties or worries through listening and talking.

Manage the information that is available to children (e.g. reduce access to news channels and social media).

Keep your child busy and active with a wide range of activities (including physical activity).

Talk about the things we can and cannot control at the moment and make sure they are able to control some elements of their day, e.g. deciding which toy to play with next or providing choices about going to the park or playing in the garden.

Help them to stay connected to friends and family (such as video calling relatives under your supervision or writing letters).

### Try to manage your own worries

Uncertainty can make all of us feel anxious or worried. Identify other adults you can talk to about your own worries and questions. Try to take part in activities that usually help to make you feel calm and relaxed. Time with family members or pets can all help. Talk to your children when you feel calm – it will reassure them.

## HOME-SCHOOLING' IN THE CURRENT CONTEXT

Be a parent first and foremost; acknowledge that your relationship is not one of teacher-student.

Focus on your well-being and looking after your family relationships.

Give each other time to get used to the changes.

Have a routine and structure to the day but stay flexible. Join our online group times if you can.

Use the resources we send home, but don't feel pressured to complete tasks. Our activities are purposely open ended so that children can decide on the learning.

Most importantly, enjoy the time together and have fun!

Give practical guidance. Remind your child of the most important things they can do to stay healthy and help prevent the spread of the virus.

Encourage them to wash their hands often. Sing the handwashing song as they do it!

Follow the 'catch it, bin it, kill it' advice for coughs and sneezes. Put tissues straight into the bin.

Help your child practise and increase their motivation for keeping going by giving them lots of praise.

