



<https://www.nspcc.org.uk/>

Talking to a child worried about Coronavirus

Source: NSPCC

Date: 26 March 2020

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

Read the information and advice: [Talking to a child worried about coronavirus \(COVID-19\)](#)

Books for children who are worried or anxious

Source: NSPCC Learning

Date: 24 March 2020

The NSPCC Library and Information Service has created a reading list of books for children who are worried or anxious. Our free information service remains open, and can provide reading lists and help you to find information on safeguarding topics. Contact learning@nspcc.org.uk

View the reading list: [Books for children who are worried or anxious](#)

Supporting children and young people with their worries and anxiety

Source: Emerging Minds

Date: 26 March 2020

Emerging Minds, in collaboration with the University of Reading and the University of Oxford, has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list from trusted sources is also available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.

Read the news story: [How can we best support children and young people with their worries and anxiety?](#)

Read the advice: [Supporting children and young people with worries about COVID-19 \(PDF\)](#)

Read the resources list: [Recommended resources](#)

Listen to the podcast: [How can we best support children and young people with their worries and anxiety?](#)

See also on NSPCC Learning

> [How to have difficult conversations with children](#)

Resources: children and young people with autism

Source: The Association for Child and Adolescent Mental Health

Date: 25 March 2020

The Association for Child and Adolescent Mental Health (ACAMH) has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak. The National Autistic Society (NAS) has also published resources for people with autism of all ages.

Listen to the podcast: [Coronavirus, and helping children with autism – Episode 4: Autism, a parents' guide](#)

Read the NAS resources: [Resources for autistic people and families](#)

Online safety

Source: Thinkuknow

Date: 24 March 2020

Thinkuknow has published guidance for parents and carers to support children who may be spending more time online at home while they do their school work and socialise with friends. Suggestions to help parents keep children safe online include: chatting to find out how they use online technology and what it means to them; reminding children to report anything worrying, and how they can do this; and setting up or reviewing parental controls.

Read the news story: [How to support your child at home](#)

See also on NSPCC Learning

> [Online safety training](#)

