

## Resources for Parents

We all realise how difficult it can be trying to talk to children and young people about global crises. Hillingdon's Educational Psychologist Team are often asked about how much to tell children, how and when to talk to them, and how we can feel prepared for challenging conversations. They have therefore started to compile a list of resources and helpful websites for you to use over the coming weeks.

### **Anna Freud: Self-Care and Coping Strategies**

<https://www.annafreud.org/selfcare/>

### **BBC: How to protect your mental health**

<https://www.bbc.co.uk/news/health-51873799>

### **CBBC: Video and Questions**

<https://www.bbc.co.uk/newsround/51861089>

### **ChildMind: Talking to Children**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

### **ELSA: Coronavirus Story for Children**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

### **Young Minds: Feeling Anxious about Coronavirus**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

You may also find the following books useful:

#### **Something Bad Happened: A Kid's Guide to Coping with events in the News**

Dawn Huebner. How to process different world events (ages 6-12).

#### **The Day the Sea Went Out and Never Came Back**

Margot Sunderland. A story for children who have lost someone they love (ages 4-12).

#### **Draw on Your Emotions**

Margot Sunderland. A resource to help people express and communication their emotions.

#### **What To Do When You're Scared & Worried: A Guide for Kids**

James Crist. A help guide to processing fears and worries (ages 9-13).

#### **Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids**

Carol McCloud. Encourages positive behaviour and expressing kindness and appreciation.

#### **How are you Peeling: Foods with Moods**

Saxton Freymann & Joost Elffers. Explores how emotions look through pictures of Foods. A good way to talk about emotions with young children.

#### **The Way I Feel**

Janan Cain. Explores feelings and a helpful way to talk about emotions with young children.

## **A Terrible Thing Happened**

Margaret Holmes. A story for children who have witnessed violence or trauma (ages 4-8).