

Supporting the Wellbeing of Children and Young People in Harrow during Covid-19

There are now many resources and websites offering guidance in relation to the wellbeing of children and young people during Covid-19.

Harrow Council, Young Harrow Foundation, and Harrow CCG have come together to signpost residents to a collection of some of the most helpful and trusted sources of information and guidance.

The following pages provide links to information and resources on-line:

1. [General guidance](#)
2. [Tips for supporting children's wellbeing, in different languages](#)
3. [Talking to children and young people about Covid-19](#)
4. [Your wellbeing \(links for young people\)](#)
5. [Your wellbeing \(links for parents and carers\)](#)
6. [The wellbeing of children and young people with additional needs](#)

For the latest local information on Coronavirus, including support for residents, via **Harrow Council website**. Click [here](#)

For a collection of safe, local offers and commissioned provision for children and young people, via **Young Harrow Foundation**. Click [here](#)

For the latest NHS updates on Coronavirus information, from **Harrow CCG**. Click [here](#)

General guidance

Guidance for parents and carers on supporting children and young people's mental health and wellbeing, from **Public Health England**. Click [here](#)

Supporting your child during the Coronavirus pandemic, from **Young Minds**. Click [here](#)

Supporting young people's mental health during periods of disruption, from **The Anna Freud Centre**. Click [here](#)

10 Tips for supporting your child's wellbeing (in different languages)

Some tips for mental wellbeing of families with children at this time, in some of our languages most commonly used in Harrow:

[Arabic](#) كيف نساعد الاطفال لتجاوز الازمة بنجاح

[English](#) 10 Wellbeing tips for families

[Farsi](#) ده نکته برای خانواده ها:

[Gujarati](#) પરિવારમાં કુશળતા જાળવવા માટેનાં ૧૦ સૂચનો

[Pashto](#) د کورنيو د هوساينی لسگونى تکی

[Polish](#) 10 wskazówek dotyczących dobrego samopoczucia dla rodzin .

[Romanian](#) 10 sfaturi pentru buna dispozitie a familiei .

[Somali](#) 10 tabaha wanaagsanaan ee qoysaska

[Tamil](#) குடும்பங்களுக்கான 10 நல்வாழ்வு குறிப்புகள்

[Urdu](#) دس اہم نقاط فیملیز کی خیریت کیلئے

Talking to children about Coronavirus

How to talk to your child about coronavirus, by **Unicef**. Click [here](#)

Top tips about how to talk to your child about coronavirus, by **Young Minds**.
Click [here](#)

Video on how to talk to kids about Coronavirus. by **Childmind**. Click [here](#)

Child-friendly guidance with pictures

Children's guide to Coronavirus, from **Children's Commissioner**. Click [here](#)

Coronavirus – A Book for Children, illustrated by **Axel Scheffler**. Click [here](#)

Simple visual guide to Coronavirus and how to stay healthy, from **PAutism**.
Click [here](#)

A 'Social Story' for Coronavirus, from **Carol Gray**. Click [here](#)

Animated and video information

Animation information video on Coronavirus, from **OurWorldinData and Kurzgesagt**. Click [here](#)

Animation on Coronavirus for primary age children (KS2), from **Brainpop**. Click [here](#)

Animation on Coronavirus for older children/adults, from **World Health Organisation**. Click [here](#)

Coronavirus Video Series, by **CBBC Newsround**. Click [here](#)

Your wellbeing (links for young people)

Looking after Ourselves: *staying healthy, keeping connected*, and *boosting skills*. Click [here](#)

Five ways to wellbeing, from *Mindkit*. Click [here](#)

London's digital mental wellbeing service provides support along with free wellbeing apps available to Londoners, from *Good Thinking Skills*. Click [here](#)

How teenagers can protect their mental health during Coronavirus, from *UNICEF*. Click [here](#)

Tips, advice and guidance on getting support for your mental health, by *Young Minds*. Click [here](#)

A list of self-care activities, from *The Anna Freud Centre*. Click [here](#)

Video tips for if you're worried about Coronavirus, by *Newsround*. Click [here](#)

Ways to feel calmer, for younger children, from *The Calm Zone*. Click [here](#)

Mindfulness and Guided Meditations, by *Headspace* (currently has a free trial). Click [here](#)

Home learning resources

We suggest you follow guidance from your child's school, who will be best placed to advise on what is right for your child.

Home learning resources, from *DfE*. Click [here](#)

Online Classroom and Resource hub, from *Oak National Academy*. Click [here](#)

Home learning resources, from *BBC*. Click [here](#)

Your wellbeing (links for parents and carers)

Advice on maintaining your wellbeing during self-isolation, by *The Association of Psychological Therapies and Moodmaster*. Click [here](#)

Five ways to wellbeing, from *Mindkit*. Click [here](#)

Clear advice and actions for your own mental health and wellbeing, by *Every Mind Matters*. Click [here](#)

Coronavirus and your wellbeing, by *Mind UK*. Click [here](#)

London's digital mental wellbeing service provides support along with free wellbeing apps available to Londoners, from *Good Thinking Skills*. Click [here](#)

Mindfulness and Guided Meditations, by *Headspace* (currently has a free trial). Click [here](#)

Free Mindfulness resources, by *Calm*. Click [here](#)

Physical activities for children (and the family)

The 9am workout, with *Joe Wicks*. Click [here](#)

Movement and mindfulness, with *Go Noodle*. Click [here](#)

Ten-minute movement and activity games for children, from *Change 4 Life*. Click [here](#)

Disability-led dance sessions, with *DanceSyndrome*. Click [here](#)

Curriculum linked movement resources, with *BBC Super Movers*. Click [here](#)

Yoga, mindfulness and relaxation, with *Cosmic Kids Yoga*. Click [here](#)

Information for young people with additional needs

Learning Disabilities

A Hospital Passport helps medical professionals understand the needs, likes and dislikes of your child, by **Royal Free Hospital**. Click [here](#)

Advice about the Coronavirus, by **Easyread Online**. Click [here](#)

Learning disability and mental health, from **Skills For Care**. Click [here](#)

Supporting children with Autism and Learning Disabilities, by **Cardiff and Vale University Health Board**. Click [here](#)

Autism

Resources and tips for Autistic children and families, from the **National Autistic Society**. Click [here](#)

Information and resources for families, from **Autism Speaks**. Click [here](#)

Video on supporting Neurodiverse children in challenging times such as self-isolation (available in different languages), from **NHS ELFT**. Click [here](#)

Challenging behaviour

Support around challenging behaviour in these circumstances, from **The Challenging Behaviour Foundation**. Click [here](#)

OCD

Worry and OCD: Coronavirus survival tips, by **OCD UK**. Click [here](#)

Tips for coping with OCD during coronavirus pandemic, from **Young Minds**. Click [here](#)

Young Carers

For information for young people looking after someone with a physical or mental health problem, from **Harrow Carers**. Click [here](#)

For young carers and young adult carers, signposting to financial support as well as emotional support from **Carers UK**. Click [here](#)

Information for young people with additional needs (continued)

Physical Disabilities, and Complex Medical Needs

Covid-19 support and guidance, from the **Council for Disabled Children**. Click [here](#)

Information for parents on how to keep children and young people with serious or complex medical needs safe, from **Wellchild**. Click [here](#)

Covid-19 questions and answers, from **Together for Short Lives**. Click [here](#)

Note: as the situation and sources of information are developing, these links may be updated (Version 4; 27.04.20)