



Coronavirus Family Guide

Information Sheet No.1

Helping you to navigate challenging times

Explaining the virus and answering children's questions

Make sure you get all facts from trustworthy sources. Websites such as www.gov.uk, www.nhs.uk and www.bbc.co.uk will have up-to-date information that has gone through a fact checking process.

We would suggest always reading carefully through any story or information before sharing it with your child.

Consider how your child might interpret the wording - for example if it says "I wash my hands I won't get the virus" and your child will take that literally and as a guarantee, you may need to change the wording or add extra explanation. Also consider if there is information that will cause them undue anxiety such as pictures of germs as monsters for example.

Making your own story which includes pictures/photos of your child and familiar settings may help personalise it to your exact situation. This could be done on the computer, a cut and stick paper copy or entirely digitally by taking pictures on a phone - many phones allow you to add text to pictures via their integrated photo editing app.



Overleaf are links to current free resources that you may want to use or take inspiration from. Information is changing constantly so please bear this in mind that things may need to be expanded or added to.

Special Needs And Parents Ltd www.snapcharity.org

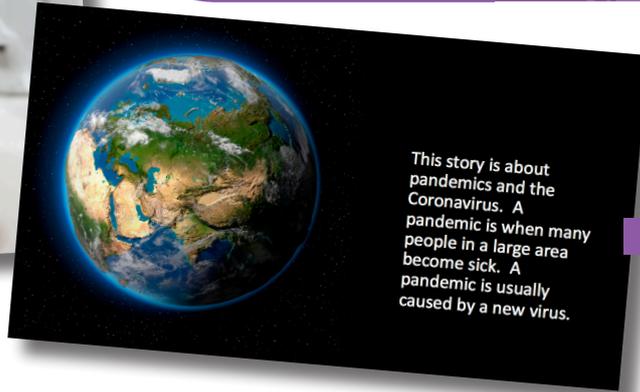
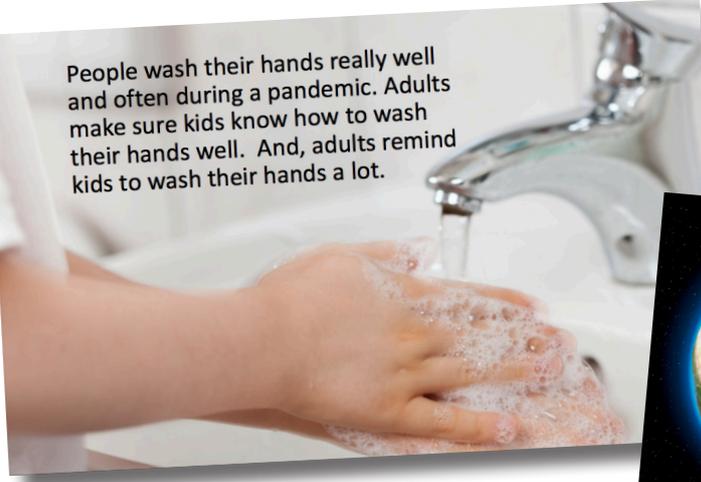
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People wash their hands really well and often during a pandemic. Adults make sure kids know how to wash their hands well. And, adults remind kids to wash their hands a lot.

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Social Stories™

Carol Gray - creator of Social Stories

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Siobhan Timmins - via Spectrum Parent Support Group Facebook Page

<https://www.facebook.com/Spectrum-Parent-Support-Group-Colchester-632379700290619/>

Visual Stories/ Easy read information

Mindhearts - COVIBook

<https://www.mindheart.co/descargables> - available in 20 different languages

Easterseals Visual Story - this is an American website

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

SEN Resource Source please note mentions a sore throat as a symptom which is not currently part of the national guidance

https://fd0d5548-fc8b-4ef1-81dd-1a532456dc41.usrfiles.com/ugd/a0d626_cb40d220798640c580c425d7a80dc578.pdf

St Nicholas' School Kent please note mentions a sore throat as a symptom which is not currently part of the national guidance

https://www.st-nicholas.kent.sch.uk/files/News%20data/Coronavirus_Social_Story.pdf

The Autism Educator - this is an Irish website <https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Easy Read Online <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

Photosymbols <https://cdn.shopify.com/s/files/1/0606/1553/files/Coronavirus-Poster-1-Photosymbols-UK.pdf>

Mencap/Photosymbols - Easy read information

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Tips on talking to your child and answering their questions

Young Minds

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

National Autistic Society

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

BBC

<https://www.bbc.co.uk/news/uk-51734855>

Videos

BBC Newsround - videos and recourses covering a range of topics related to COVID-19

<https://www.bbc.co.uk/newsround#morestories-2> - It also features a "Happy News" segment for more light-hearted stories to show children some positive things still happening around the world.

The BBC- At this time of year there are many viruses passing between people, particularly the common cold and the flu. So the BBC have created a video that clearly shows the symptoms of COVID-19 in comparison to other common illnesses - <https://www.bbc.co.uk/news/av/health-51934576/how-do-i-know-if-i-have-coronavirus>

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