



Coronavirus Family Guide

Helping you to navigate challenging times



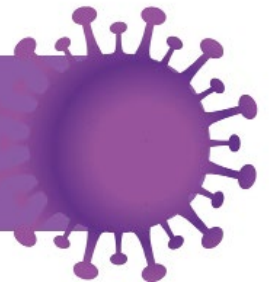
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www.snapcharity.org

Special Needs And Parents

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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 'if I wash my hands I won't get the virus' then 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 etc.

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.

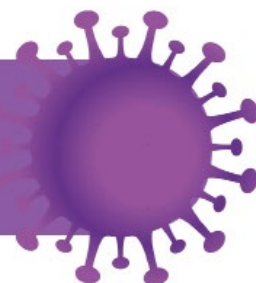


This story is about pandemics and the Coronavirus. A pandemic is when many people in a large area become sick. A pandemic is usually caused by a new virus.

Social Stories™



Coronavirus Family Guide



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

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/advice-and-support/coronavirus-covid-19/coronavirus-help-stay-safe-and-well>

Videos

BBC Newsround - videos and recourses

covering a range of topics related to COVID-19

<https://www.bbc.co.uk/newsround#more-stories-4>

- 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>

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

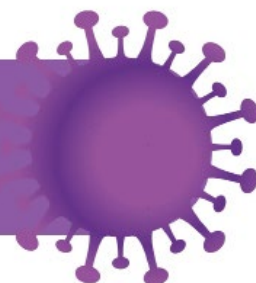
<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

BBC

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



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Important Information for Parents and Carers

Government Guidance - <https://www.gov.uk/coronavirus>
NHS - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Education

Department for Education

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

IPSEA

Update on COVID-19, school closures and SEN provision
<https://www.ipsea.org.uk/news/ipsea-update-on-covid-19-school-closures-and-sen-provision>

Council for Disabled Children

<https://councilfordisabledchildren.org.uk/>

Child Law Advice

<https://childlawadvice.org.uk/coronavirus-covid-19-faqs/>

Contact

<https://www.contact.org.uk/advice-and-support/covid-19/coronavirus-and-your-childs-education/>

Care Guidance (for children and young people with social care or health needs)

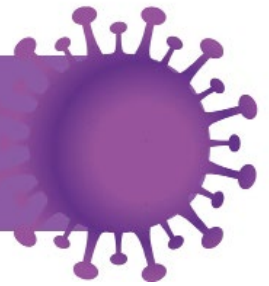
Carers UK - <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Well Child - <https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>

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Muscular Dystrophy UK - <https://www.muscardystrophyuk.org/news/news/detailed-guidance-on-risks-from-coronavirus/>

Asthma UK - <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

SCOPE - online community on COVID-19 and Cerebral Palsy - <https://www.scope.org.uk/coronavirus-information/>

Cancer Research UK - <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

Together for Short Lives - <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/coronavirus-qa/>

Contact (For families with disabled children) - <https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

Local Authority Information

Your local council website should give details of information specific to where you live. This will include information on schools and social care - as well as any changes in council run /funded services.

Essex County Council
<https://www.essex.gov.uk/topic/coronavirus>

Brentwood Borough Council
<http://www.brentwood.gov.uk/index.php?cid=2937>

Basildon Council
<https://www.basildon.gov.uk/coronavirus>

Thurrock Council
<https://www.thurrock.gov.uk/coronavirus-covid-19/government-and-health-information>

Southend Council
<https://www.southend.gov.uk/coronavirus>

Havering Council
<https://www.havering.gov.uk/info/20143/contact-us/582/service-disruption>

Benefits

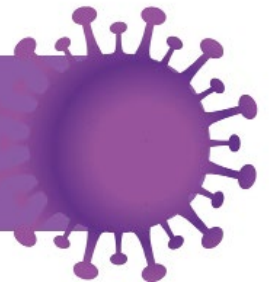
Understanding Universal Credit - regular updates from the DWP <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Welfare benefit information <https://www.contact.org.uk/advice-and-support/benefits-financial-help/coronavirus-and-welfare-benefits/>





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Makaton and British Sign Language Resources



Makaton

Makaton resources, signs and symbols - <https://makaton.org/>

Mencap Makaton hand washing video - https://www.youtube.com/watch?v=5N2JL1G2mzk&feature=emb_title

CBeebies - Something Special activities - <https://www.bbc.co.uk/cbeebies/shows/something-special>

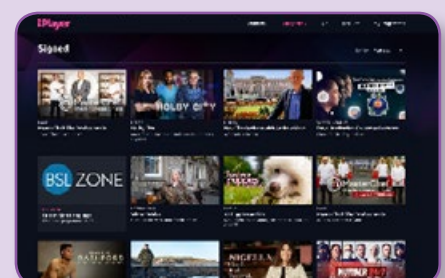
British Sign Language

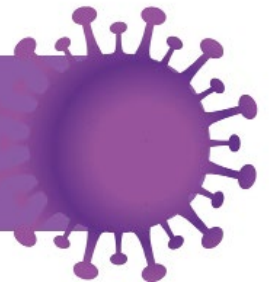
Sign Health UK - Videos providing a BSL signed summary of new guidance for adults - <https://www.signhealth.org.uk/coronavirus/>

Action for Hearing Loss services - <https://www.actiononhearingloss.org.uk/coronavirus-information/>

NHS 111 BSL Service - <https://interpreternow.co.uk/nhs111>

BBC Signed programme episodes - <https://www.bbc.co.uk/iplayer/categories/signed/featured>





The reassuring importance of Timetables and Visual Supports

Over the past couple of weeks we have all experienced how it feels to have big changes made to our lives with little time to prepare. During this period of uncertainty and change, having some form of consistency and structure is crucial for everyone.

Most people will use some kind of visual reminder to help them keep organised in their daily lives, from a simple to-do list, to a detailed family calendar. As adults these help us to keep on top of tasks, upcoming events and take away the pressure of having to simply remember everything.

This is just the same for our children. In addition to teaching our children these important organisational skills, this can help reduce apprehension about the day ahead and allow them to communicate without expressing thoughts verbally.



Timetables and Schedules

Timetables and calendars can work well for anyone of any age—they give us a reassuring sense of certainty about what is happening that day. However during this time when life is changing almost daily, it might be worth scaling back how far ahead you share your plans with your child or young person until things are clearer. Particularly when speaking about when things will return to “normal”.

Some children may prefer just to know what is coming up after their current activity so you could use “now” and “next” or “first” and “then”. Other children may prefer having a timetable for the whole day ahead.

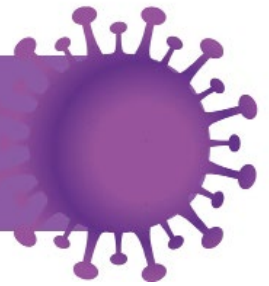
You could look at the timetable the night before or in the morning. It may be helpful to get your child to help you decide which order to do things. You could give them a small selection of activities and they could either decide which ones to do that day or in which order to do them in. This may help them to be more receptive to following the timetable and give them an element of feeling in control.

Trying to keep to a similar layout for each day may help ease some of the anxiety as

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everyone knows what to expect. Ensure breaks and “down time” are included on your timetable.

If you are feeling particularly organised, then a plan of the week might help for the family to know what is coming up. This could be as detailed or as brief as you all need. It could reflect which days school work will be done, and if a member of the household is still working (whether at home or out as a key worker) it could show when they will be at work.

Depending on the needs of your child or young person the timetable could be made using words, signs, symbols, pictures, photographs or even tactile objects that represent the activity – whatever your child is most familiar with.

Some children find it difficult to relate a drawing or symbol to a real life activity or object, so photographs or short videos of specific items or your child doing the activity may be helpful. You could also use a tactile object to represent the activity, for example a spoon for breakfast.

Some families may prefer to create something digitally on their smart device or computer, or physically using paper, post-it notes or a whiteboard. Whether it is done as a pristine, colourful table or simply a written list on a piece of scrap paper, do what is manageable and works best for your family.

Images, ideas and templates can be found on the links below, or via search engine images or Pinterest.

First and Then https://do2learn.com/picturecards/howtouse/first_then.htm

Picture Schedule <https://do2learn.com/picturecards/howtouse/schedule.htm>

Library of printable images <https://do2learn.com/picturecards/printcards/index.htm>

Downloadable Timetable Templates for Excel

<https://www.calendarpedia.co.uk/timetable-excel-templates.html>

Daily Visual Timetable Resources <https://www.twinkl.co.uk/resources/class-management/daily-routine/visual-timetable>

Visual Timetable App <https://mypicturepath.com/>

Symbol Library <https://symbolworld.org/categories/show/46>

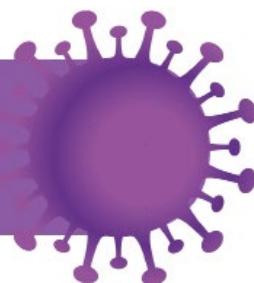
Printable PDF Timetable <https://www.pricelessparenting.com/documents/family%20schedule.pdf>

Microsoft Office has a huge number of downloadable templates for Word and Excel <https://templates.office.com/en-us/schedules>





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Other Visual Supports

We can also use visual supports to help children and young people learn new skills or routines.

This could be related to hygiene, such as washing our hands or brushing our teeth, or learning to do something independently such as getting dressed or making a sandwich.

For some routines (if appropriate) you could take photos or a video of your child or young person completing each step in the process. For older children and young people you could compare it to creating a YouTube tutorial. This may also be helpful if you do not have a printer at home as they can be viewed on your smart device.

Visual supports can also help children communicate their wants, needs and emotions. This could be anything from showing what they like or dislike, to communicating pain or sensory overload.

Images, ideas and templates can be found on the links below, or via search engine images or Pinterest.

Visuals for Routines and/or Independence Skills

Hand Wash Routine <https://www.widgit.com/resources/popular-topics/wash-hands/index.htm>

Getting Ready Routines <https://do2learn.com/picturecards/howtouse/remindersrips.htm>

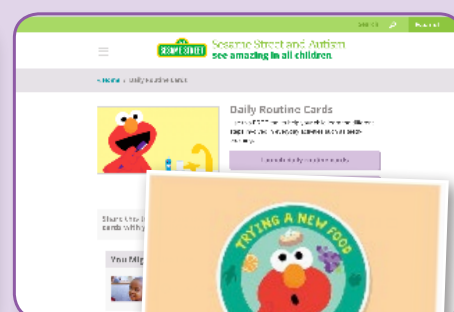
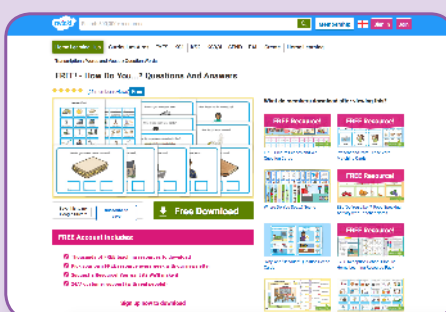
Sesame Street Daily Routine Stories <http://autism.sesamestreet.org/daily-routine-cards/>

Visual Timetable Resources <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-cognition-and-learning/sen-visual-timetables-and-routine/sen-daily-routine>

Self Care/Getting Ready Routines <http://www.livingwellwithautism.com/how-to-use-picture-cards-and-schedules/self-care-visual-helpers>

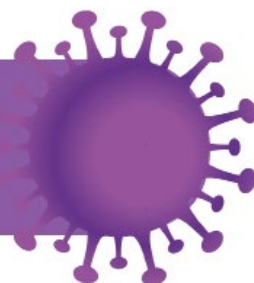
Sequencing a routine activity <https://www.twinkl.co.uk/resource/t-s-625-how-do-you-questions-and-answers>

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Visuals for Communicating

Picture Exchange Communication System (PECS)

<https://pecs-unitedkingdom.com/pecs/>

Objects of Reference [https://www.](https://www.totalcommunication.org.uk/objects-of-reference/)

[totalcommunication.org.uk/objects-of-reference/](https://www.totalcommunication.org.uk/objects-of-reference/)

What is Important to Me ECC Talking Mat direct

download <http://www.essexlocaloffer.org.uk/sites/default/files/What%27s%20important%20to%20me%20%28Using%20Talking%20Mats%29.pdf>

Communicating feeling unwell [https://www.twinkl.](https://www.twinkl.com.au/resource/t-t-3912-parts-of-the-body-communication-cards)

[com.au/resource/t-t-3912-parts-of-the-body-communication-cards](https://www.twinkl.com.au/resource/t-t-3912-parts-of-the-body-communication-cards)

Lego Face Emotions and communicating sensory

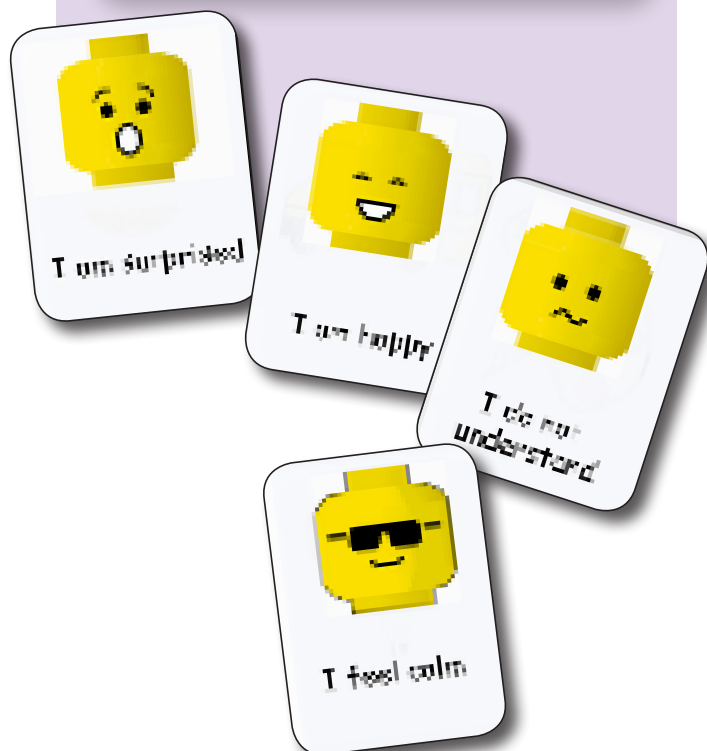
overload http://4.bp.blogspot.com/-gnfrVRA0t7M/Tf_DaVa2YJI/AAAAAAAAANU/gWzMLt6lj_Y/s1600/Feel+PECS.png

Emotional Resources [https://www.twinkl.co.uk/](https://www.twinkl.co.uk/resources/send-inclusion-teaching-resources/areas-of-need-primary-send-inclusion-teaching-resources/social-emotional-and-mental-health-difficulties-areas-of-need-primary-send-inclusion)

[resources/send-inclusion-teaching-resources/areas-of-need-primary-send-inclusion-teaching-resources/social-emotional-and-mental-health-difficulties-areas-of-need-primary-send-inclusion](https://www.twinkl.co.uk/resources/send-inclusion-teaching-resources/areas-of-need-primary-send-inclusion-teaching-resources/social-emotional-and-mental-health-difficulties-areas-of-need-primary-send-inclusion)

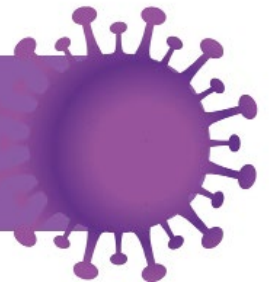
The Zones of Regulation is a full curriculum aimed

at teaching children and young people to identify, communicate and regulate their emotions. <http://www.zonesofregulation.com/free-downloadable-handouts1.html> It is designed as 18 lessons which are to be taught in order, to get the most benefit from the programme. However even without the lesson plans there are a lot of helpful resources for identifying and discussing emotions and building a "toolkit" of strategies to help regulate feelings. You can find a huge amount of resources by searching Zones of Regulation online or on Pinterest.





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Coronavirus Community Support

As things develop, local groups are being set up across the county to help those who are vulnerable, at high risk or in need. This may include services such as shopping or food delivery, telephone befriending or support, and posting mail or other general errands.



Your local CVS should likely hold details of current voluntary support available in your town or district.

Brentwood

<https://www.brentwoodcvs.org.uk/Coronavirus-Advice>

Billiercay, Basildon & Wickford

<http://www.bbwcvs.org.uk/>

Chelmsford

<https://chelmsfordcvs.org.uk/covid19-community-response/>

Maldon & District

<https://www.maldoncvs.org.uk/corona/>

Castle Point

<https://www.cavsorg.uk/>

Rayleigh, Rochford and District

<https://rravs.org.uk/contact-us/>

Harlow (Rainbow Services)

<https://www.rainbowservices.org.uk/communities/health-and-wellbeing/coronavirus-response/>

Epping Forest (Voluntary Action)

<https://vaef.org.uk/>

Uttlesford

<https://cvsu.org.uk/community-news/central-hub-set-up-to-support-fantastic-community-effort/>

Colchester & Braintree (Community360)

<https://www.community360.org.uk/stay-safe-stay-well-stay-home-we-are-here-to-help-you/>

Tendring

<https://www.cvstendring.org.uk/news/671-looking-for-covid-19-advice-or-guidance.html>

Thurrock

<https://thurrockcvs.org/>

Southend

<https://www.savs-southend.org/>
<https://www.facebook.com/SouthendAVS/>

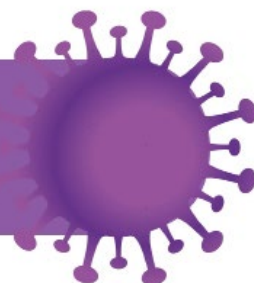
Havering (Volunteer Centre)

<http://www.haveringvc.org.uk/>

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Essex wide

Essex Coronavirus Action it is a collaboration between Essex County Council, The Essex Public Health Team, and local Facebook group owners. The Facebook page has up to date information about what is happening across Essex to help residents - <https://www.facebook.com/essexcoronavirussaction>

The Essex Welfare Service is a single, convenient point of contact for anyone in the Essex area who is in urgent need of help during the Coronavirus outbreak - <https://essexwelfareservice.org> It is also the place to report anyone who you are concerned about. This can be done by calling 0300 303 9988.



NHS Volunteer Service - UK wide

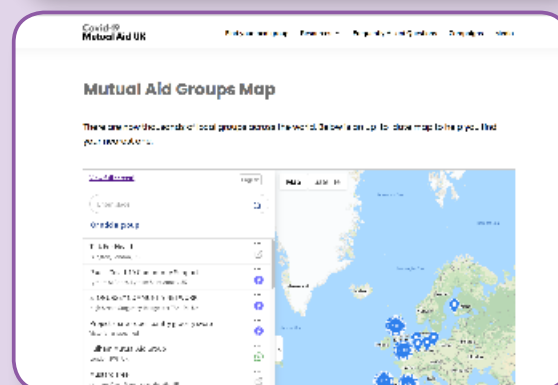
The NHS is currently recruiting volunteers to help support them. As well as opportunities to support directly at hospitals and with administration, they aim to provide a voluntary community support service for things such as prescription and supply deliveries and patient or equipment transfer. More details can be found here - <https://www.goodsamapp.org/NHS> but contact your GP surgery by phone or email for details on how to access the support.

Covid-19 Mutual Aid - UK wide

Local community groups have popped up (primarily on Facebook) across the country that aim to be a place for individuals to ask for information, help and support. Details of those closest to you can be found on the Covid Mutual Aid website.

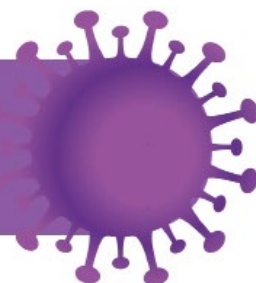
PLEASE NOTE: these are not official organisations and we are unaware how each is being run or monitored. So if you choose to use them we recommend being extra cautious, particularly when it comes to giving out any personal details or exchanging money for shopping etc.

<https://covidmutualaid.org/local-groups/>





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Helpline Support



SNAP

The SNAP phone and email Helpline will continue to provide that essential listening ear for parents and carers for both registered and new families.

Telephone: 01277 211300

Email: familyteam@snapcharity.org

Website: www.snapcharity.org

National Disability Helplines

Contact

Support to families who have children and young people with any disability. They can provide online, printed and helpline advice on education, benefits and finances, childcare, social care, medical information and more.

Telephone: **0808 808 3555**

Email: info@contact.org.uk

Website: <https://contact.org.uk/advice-and-support/>

Mencap

The Mencap Learning Disability Helpline is a free helpline service offering advice and support for people with a learning disability, and their families and carers.

Telephone: **0808 808 1111**

Email: helpline@mencap.org.uk

Website: <https://www.mencap.org.uk/mencapdirect>

Scope

SCOPE provides free, independent and impartial information and support whether you, your child or

those you work with have a physical impairment, learning disability or any other condition.

Telephone: **0808 800 3333**

Email: helpline@scope.org.uk

Website: <https://www.scope.org.uk/advice-and-support/>

Cerebra

Cerebra's Freephone helpline is for parents who have a child or young person with a brain condition. This includes (but is not limited to) autism, ADHD, Down's syndrome, learning disabilities, cerebral palsy, epilepsy and developmental delay.

Telephone: **0800 328 1159**

Email: enquiries@cerebra.org.uk

Website: <https://cerebra.org.uk/get-advice-support/>

Sense

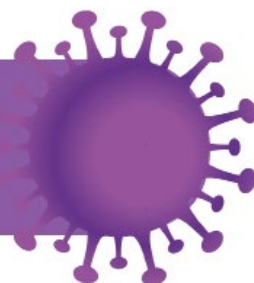
Provide support for every person living with complex disabilities that can make it a challenge to communicate, access information and take part in life, including those who are deaf/blind.

Telephone: **0300 330 9256**

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Email: info@sense.org.uk

Website: <https://www.sense.org.uk/contact/contact-information-and-advice/>

National Autistic Society

The NAS Autism Helpline provides confidential expert advice and support on autism, for autistic people, their families and friends.

Telephone: **0808 800 4104**

Email: autismhelpline@nas.org.uk

Website: <https://www.autism.org.uk/>

Attention Deficit Disorder Information and Support Service

ADDISS provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance.

Telephone: **020 8952 2800**

Email: info@addiss.co.uk

Website: <http://www.addiss.co.uk/>

Muscular Dystrophy UK

Muscular Dystrophy UK provide information and emotional support to individuals with muscle-wasting conditions and their family and/or carers.

Telephone: **0800 652 6352**

Email: info@muscular dystrophyuk.org

Website: <https://www.muscular dystrophyuk.org/>

Unique

Unique's helpline can try to answer your questions about specific rare chromosome disorders and some autosomal dominant single gene disorders that are associated with intellectual disability/developmental delay/medical issues/behavioural issues.

Telephone: **01883 723 356**

Email: info@rarechromo.org

Website: <https://www.rarechromo.org/>

General Parenting Helplines

Family Lives

Family Lives' free confidential helpline can provide information, advice, guidance and support on any aspect of parenting and family life.

Telephone: **0808 800 2222**

Email: askus@familylives.org.uk

Website: <https://www.familylives.org.uk/advice/>

Gingerbread

Gingerbread provide information, advice and support specifically for single parents.

Telephone: **0808 802 0925**

Website: <https://www.gingerbread.org.uk/information/>



Education, Health and Care Plans

Contacts below can provide information and advice specific to your area on matters relating to Special Educational Needs support, including Education, Health and Care Plans.

Families InFocus Essex

For families living Essex, excluding Thurrock and Southend

Telephone: **01245 353575**

Email: helpline@familiesinfocusessex.org.uk

Website: <https://www.familiesinfocusessex.org.uk/>

Essex SENDIASS

Telephone: **0333 013 8913**

Email: send.iass@essex.gov.uk

Website: <http://www.essexlocaloffer.org.uk/listing/send-information-advice-and-support-service/>

Parent Advisory Team Thurrock SENDIASS

Telephone: **01375 389894**

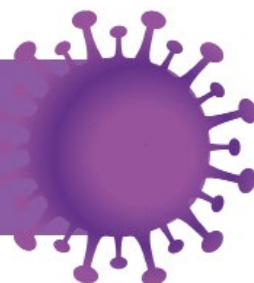
Email: info@patt.org.uk

Website: <http://www.patt.org.uk/>

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Southend SENDIASS

Telephone: **01702 215499**

Email: iass@southend.gov.uk

Website: <http://www.sendiasssouthend.co.uk/>

Havering SENDIASS

Telephone: **01708 433 885**

Online Contact Form: <https://www.surveymonkey.co.uk/r/SEND-IASS>

Website: <https://www.haveringsendiass.co.uk/>

Department for Education Coronavirus Helpline

Telephone: **0800 046 8687**

Email: dfe.coronavirushelpline@education.gov.uk

Independent Provider of Special Education Advice (IPSEA)

Advice calls must be booked via their website:

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

Benefits, Work, Money and Housing

Families InFocus Essex

For families living Essex, excluding Thurrock and Southend. Families inFocus Essex can support with DLA and PIP applications.

Telephone: **01245 353575**

Email: helpline@familiesinfocusessex.org.uk

Website: <https://www.familiesinfocusessex.org.uk/>

DIAL South Essex

DIAL South Essex can support with DLA, PIP, ESA, UC50 or Attendance Allowance forms.

Telephone: **0333 366 1045**

Email: enquiries@dialsouthessex.co.uk

Website: <https://dialsouthessex.co.uk/>

Citizens Advice

Many local branches have stopped their drop in services but their phone and email contact details can be found via the Citizens Advice website: <https://www.citizensadvice.org.uk/>

Citizens Advice can also be contacted on their national helpline for advice on a range of money related matters, family and housing information or information on your rights.

Telephone: **03444 111 444**

Universal Credit - Help to Claim Phone Line: **0800 144 8 444**

Website: <https://www.citizensadvice.org.uk/>

Peabody Essex Outreach

Peabody Essex Outreach can provide short term support to people living within the Essex area who are experiencing a range of problems that are impacting their health, financial and housing wellbeing.

Telephone: **0800 28 888 83**

Email: efsc-ordinator@peabody.org.uk

Website: <https://www.peabodycareandsupport.org.uk/essex-outreach-support/>

Mental Health and Well-Being Helplines

Young Minds

Young Minds' Parent Helpline can help answer questions about a child's behaviour, emotional wellbeing, or mental health condition.

Telephone: **0808 802 5544**

Online Contact Form: <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>

Website: <https://youngminds.org.uk/>

Mind

Mind's Infoline provides an information and signposting service around any mental health problems, accessing local support, treatment options and advocacy services.

Telephone: **0300 123 3393**

Text: **86463**

Email: info@mind.org.uk

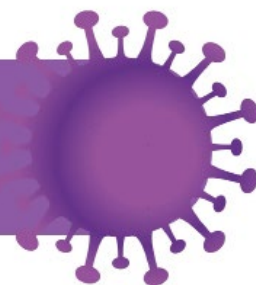
Website: <https://www.mind.org.uk/information-support/>

The Samaritans

It is ok to not be ok, and many people will be struggling at this very stressful time. The Samaritans are there 24 hours a day, 365 days a year to listen to people whatever they are going through. They can provide a listening ear no matter the problem, you don't need to be at breaking point to call them. You can also speak to them if you are concerned about someone else.



Coronavirus Family Guide



Helping to deal with anxiety (for everyone!)

Filter your
information intake

Give yourself things
to look forward to

Keep active -
physically and mentally

Take time to
fully relax

Image: www.freepik.com

Feeling anxious at a time like this is a completely normal human response. The majority of people will have felt increasingly worried about coronavirus and the potential impact on their lives or the lives of those around them. It is important that we are aware of our own levels of anxiety and take steps to try and manage this.

Here are some ideas to try and help ease some of the anxiety in relation to coronavirus.

Plan ahead

In such an unprecedented situation like this, it is very easy to catastrophise. Rather than focusing on a generalised concern, for example "I'm worried about coronavirus", try thinking about exactly what it is that is worrying you most.

If you can pin point specific concerns then you can begin to rationalise them. The majority of things we worry about never come to pass - so try to think of how likely it is that your concern will happen.

If you feel it is likely to occur, then try to think of a "Plan A" that will decrease the likelihood of it happening, and a "Plan B" of what you can do if it comes to fruition. Just by having a plan we can start to feel more in control, even if we don't end up needing it.

Write things down

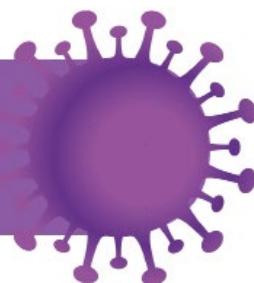
It is likely that we are thinking about many different aspects of our lives at this time and keeping them all in our head takes up a lot of space and processing energy! By writing things down it can help us to stop juggling lots of different thoughts, and also help us to prioritise tasks.

You could make a note of anything, from a list of your worries to names of friends and family members we want to touch base with. Using things such as timetables or to do lists can keep us organised, particularly as all of our usual daily routines have changed. This can be recorded in any way you like, but the more thoughts you can externalise the less head space it takes up!

Continued on Page 17.



Coronavirus Family Guide



Keep active - physically and mentally

Following the Government guidance to stay at home can make keeping active a little harder - particularly if you don't have much space in your house. Our children are used to having set break times during the day to burn energy and it is important for all of the family to get some movement into their day. This can be adjusted to take age and any physical needs into consideration.

There are lots of resources online about getting active but it could be as simple as putting on some music and having 5 minutes of dancing about.

Trying to keep our brains active is also important. Incorporating creative or problem solving activities into our day or learning a new skill can help to get our brains fired up.

Give yourself things to look forward to

With the situation at present many of us have had to cancel exciting trips and events. As we do not know how long this will last for we are unable to make any concrete future plans - but that does not mean we can't find things to look forward to. This might be little treats during our day - like stopping for a cup of tea, having that tasty treat you have managed to keep hidden from the rest of the family - or thinking about where you want to go to on holiday next year.



One parent suggested making a bucket list of all the things the family want to do when things have returned to normal. This could be a small thing such as having an ice cream from the ice cream van. You could also include the family members you are missing such as a sleepover at Nan and Grandad's, or it could be a big exciting trip.

Take time to fully relax

We all have different ways to relax and what works for one person may not work for someone else. The aim of relaxing is to feel at ease and in the moment. Whilst some people achieve this through practicing meditation or mindfulness techniques others may get lost in an activity.

People often relax by doing activities such as reading, colouring, creating something, completing a puzzle or playing a game. It may also be a break to fulfil a sensory need or to simply daydream.



Filter your information intake

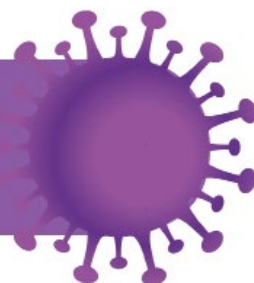
For many of us the internet is currently our main way of keeping connected - not only to friends and family but also to current events. It is important to remember that not everything you see online is factual - from fake news stories to social media posts showing that homeschooling "is a breeze".

Try to take things with a pinch of salt and check the information source before sharing a post. Unfollow or "hide updates" from social media accounts that make you feel negative and try finding some that share uplifting or funny posts.

Continued on page 18.



Coronavirus Family Guide



Further information

NHS - <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Government - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

Mind - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

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

British Association for Counselling and Psychotherapy (BACP) - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Anxiety UK - <https://www.anxietyuk.org.uk/coronavirus-support-resources/>

The Mix - <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html>

NHS One You - <https://www.nhs.uk/oneyou/every-mind-matters/>



Information on supporting individuals on the autism spectrum

National Autistic Society- <https://www.autism.org.uk/advice-and-guidance/topics/coronavirus>

Purple Ella - perspective from an autistic adult and parent - <https://youtu.be/ilpvdMVnfGs>

Dr Tony Attwood - <https://youtu.be/P-7TktEAHIQ> or http://www.autismhangout.com/uploads/9/8/1/6/98165702/dr_tony_attwood_on_covid_19.pdf (summary sheet)

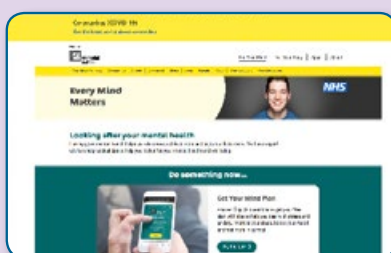
Information on supporting individuals with OCD

OCDUK - <https://ocdaction.org.uk/learn-about-ocd/information-resources/>

Young Minds - <https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

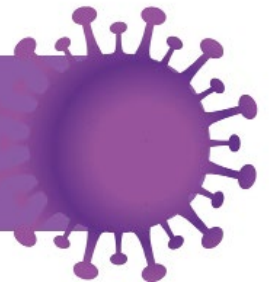
BBC News - <https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>

OCD Action - <https://www.ocdaction.org.uk/i-need-information-support>





Coronavirus Family Guide



Resources and Activities

Anxiety UK Free Resources - <https://www.anxietyuk.org.uk/product-category/free-resources/>

NHS Relaxation Techniques (Audio Files) - <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

Mental Health Foundation Podcasts - <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

NHS One You - **Recommended Apps** - <https://www.nhs.uk/oneyou/apps/>

The Reading Well - Mental Health Book Recommendations - children, young people and adult book lists - <https://reading-well.org.uk/>

OCD - Young Person's Self Help Guide - <https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Obsessive-Compulsive-Disorder-A-young-persons-self-help-guide.pdf>

Young Minds - **Parent's Guide to Anxiety** - <https://youngminds.org.uk/media/3673/anxiety-updated-dec-2019.pdf>

Pink Monkey's Yoga Adventures - <https://app.namastream.com/#/victoria-yoga/product/7699>

NHS Every Mind Matters - Introduction to Mindful Breathing - <https://youtu.be/wfDTp2GogaQ>

Cosmic Kids Yoga - Yoga, Mindfulness and Meditation for children - https://www.youtube.com/channel/UC5ulZ2K0ZZeQDQo_Gsi_qbQ

New Horizon - Kids Meditation - <https://www.newhorizonholisticcentre.co.uk/kids-meditation.html>

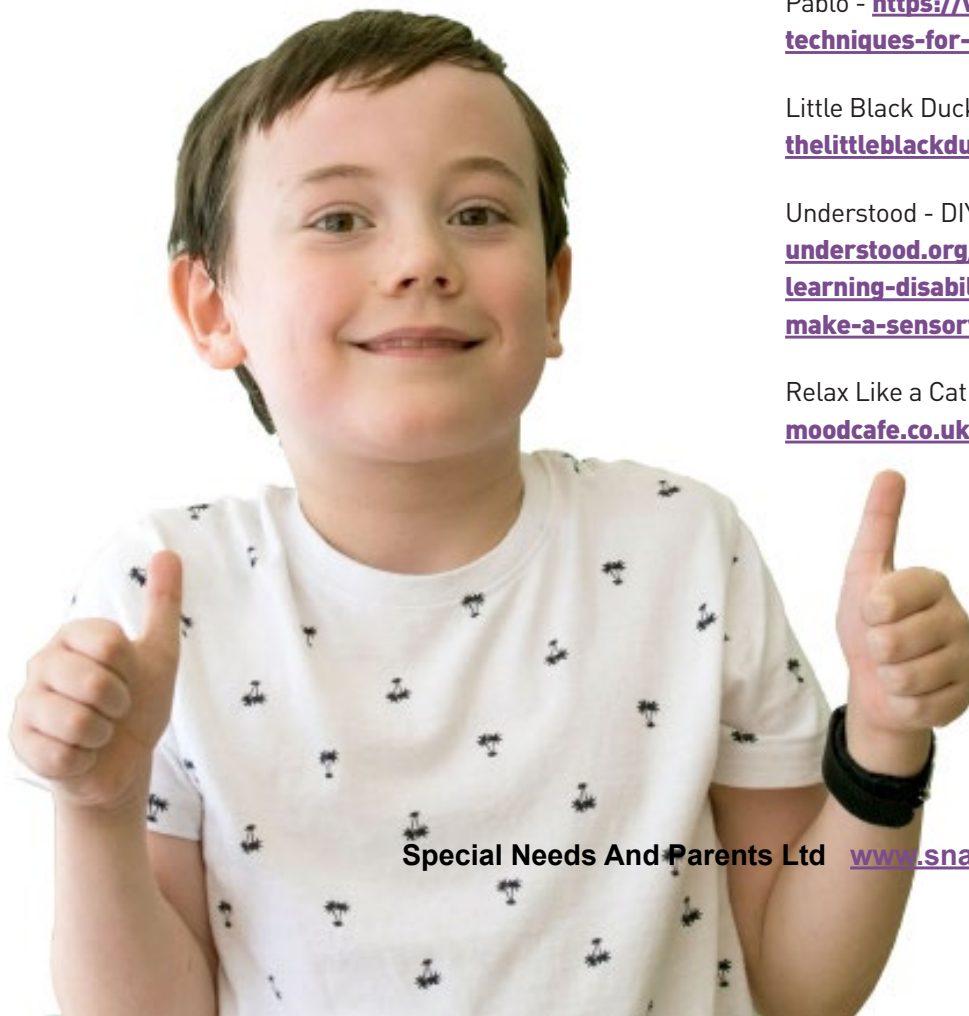
Stop, Breathe & Think - App - for Adults & Children - including Coronavirus calming activities for adults - <https://www.stopbreathethink.com/>

CBeebies - Helping Young Children Feel Calm with Pablo - <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Little Black Duck - Be In the Moment Poster - <https://www.thelittleblackduck.com.au/product/be-in-the-moment/>

Understood - DIY Sensory Bottle - <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/how-to-make-a-sensory-bottle>

Relax Like a Cat - Relaxation Story - <https://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf>



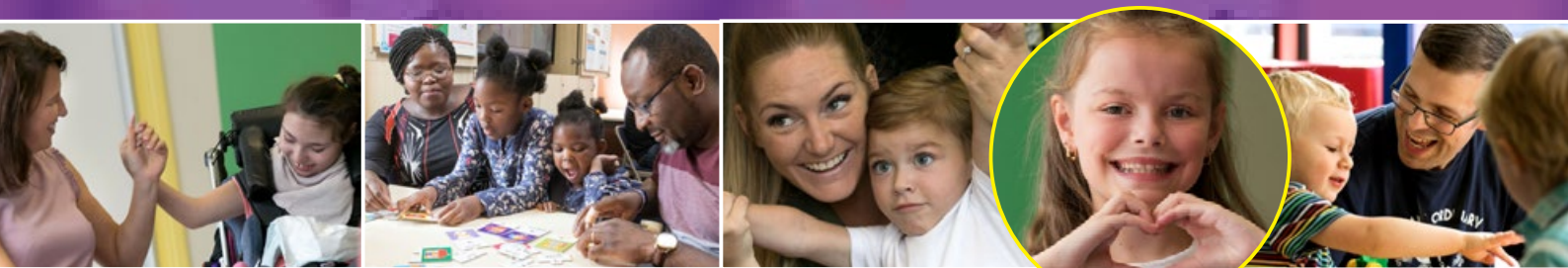


Special Needs And Parents - is an Essex charity that helps families with children and young people who have any special need or disability

SNAP offers a helping hand to thousands of families who need support in a variety of ways. No formal diagnosis or professional referral is necessary to access SNAP services, which is available to families of children and young people aged 0 to 25 in Essex.

“Our SNAP approach in supporting the whole family unit means we are a reliable constant in their lives and our experienced team of Family Support Advisers offer an engaging, needs-led, comprehensive service for families.”

Karen Boath, SNAP Director (Family Services).



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www.snapcharity.org

Special Needs And Parents

Registered Charity No.1077787 • A Company Limited by Guarantee in England and Wales No.03805837

Registered Office: The SNAP Centre • Pastoral Way • Warley • Brentwood • Essex • CM14 5WF