

The Educational Psychology Service have provided a list of useful videos and websites to help schools and parents to support children in talking about COVID-19 and their anxieties. They provide you with talking points, resources and advice on how to approach the subject and support your children in improving their mindsets.

[Talking to Children about COVID-19](#)

BBC: How to protect your mental health

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

ChildMind: Talking to Children

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

CBBC: Video and Questions

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

Young Minds: Feeling Anxious about Coronavirus

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

Anxiety and world news from Hey Sigmund

<https://www.heysigmund.com/about/G>

Talking about world trauma with kids

<https://www.heysigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/G>

<https://www.heysigmund.com/anxiety-in-children-after-world-trauma/>

Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators from the National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climatesafety-and-crisis/mental-health-resources/trauma/supporting-students-experiencing-childhoodtrauma-tips-for-parents-and-educators>

American Psychological Association: Information on Pandemics (a wide range of resources)

https://www.apa.org/practice/programs/dmhi/researchinformation/pandemics?utm_source=linkedin&utm_medium=social&utm_campaign=apapandemics&utm_content=pandemics-resources

ELSA: Coronavirus Story for Children

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