

COVID-19

DIGITAL TOOLKIT FOR FAMILIES

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**EVEN THOUGH
WE´RE NOT
FACE-TO-FACE**



**WE ARE
COMMITTED TO
SUPPORTING YOU**

1

EXPLAINING CORONAVIRUS TO CHILDREN

The Coronavirus, COVID – 19 Information and resources for parents and kids¹

Talking to children about the Corona virus (COVID-19) and the changes that affect their lives and routines, **can be difficult**. This is especially true if you are feeling confused or worried yourself. **Focusing on what your child wants to know and providing short, factual answers in a calm environment, can provide the reassurance that they need.**

More anxious children may need more support to manage their feelings and they may want to hear your answers more than once. If you have concerns about how your child is coping you can discuss this with your therapy team and/or medical professionals.

To help with this discussion here are **some resources that some wonderful businesses and individuals are sharing for free, to help kids understand and cope with their feelings around COVID – 19**. It is a great time to remind your child that there are many people helping others, and that they can help by washing their hands, covering their cough or sneeze, leaving space from others and helping their family.

1

This social story using Boardmaker™ pictures includes **social distancing** and things being closed including school and fun activities. Includes feeling upset about the changes. To access the story, [click here](#).



2

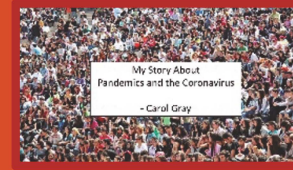
Another social story using Boardmaker™ pictures as the one above, includes the idea of **schoolwork at home**. To access the story, [click here](#).



¹Prepared by Kudos Services | Psychology Team

3

Very straight forward fact-based social story, explanation for **what a pandemic is** and the **need to wash hands and stay apart**. Reassurance that pandemics aren't common and that it will end even if we don't know when. Uses photos. To access the story, [click here](#).



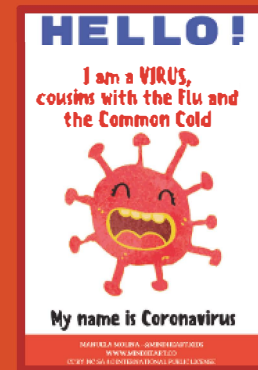
4

A kid's picture book that is free from the UK nurse, author's website. This book does **raise questions and concerns and feelings that kids are commonly experiencing** around COVID-19 and **help address anxiety**. Just make sure to point out that Nurse Dotty told this to Dave before we were all told about social distancing, which is why she gives him a hug at the end, or ask your child what are they not doing on that page to see if they know. Discuss how Nurse Dotty is not in Dave's house so now she would not hug or stand so close! To access the picture book, [click here](#).



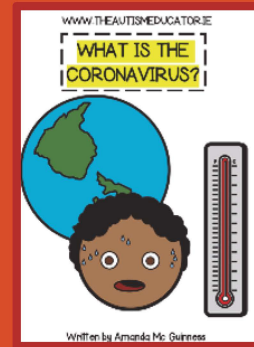
5

This PDF book is a workbook format as a **tool to help children work out the feelings they have around COVID-19**. Bold playful pictures, readers need to be able to understand that This book is written as if the Virus is doing the talking. Print out and complete with your child. Available in Spanish, English, Italian, Portuguese (Brazil and Portugal versions), French, Polish, Hebrew, Bahasa Indonesia, German, Turkish, Russian, Egyptian Arabic, Arabic, Romanian, Hungarian, Greek, Serbian, Danish, Welsh, Croatian and Japanese. To access the book, [click here](#).



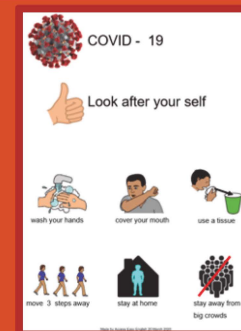
6

This social story is a **short summary of the what COVID-19 is**, the symptoms, what may happen if people get sick, what you can do e.g. hand washing with a little more description than many others stories and what may happen in the community, e.g. school closure, study at home, no out of home activities. **It concludes with the message that things will return to normal.** To access the story, [click here](#).



7

This website has a number of **easy English visual poster guides** which are updated with new information. To access the visual poster guides, [click here](#). For example # 1, [click here](#). For example #2, [click here](#).



8

The Wiggles teamed up with UNICEF for **this handwashing song and video clip**, they count to 15, so remember to count to 20 or sing happy birthday twice. Like many Wiggle songs you may catch yourself singing it – sorry! To access the song and video clip, [click here](#).



9

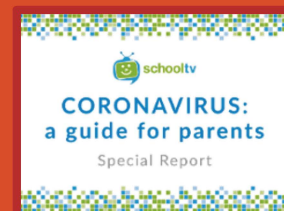
From the health promotion board of the Singapore government, this animated song goes through **the steps to hand washing**. May appeal to those not into the Wiggles. We apologise in advance if this song gets stuck in your head! To access the song and video clip, [click here](#).



Information for parents to watch to help them get ready to talk to their kids

10

Australian video clip hosted by Dr Michael Carr-Grigg (Child and Adolescent Psychologist) to **help parents get ready to talk to their kids about COVID-19 in supportive, factual and age-appropriate ways**. To access the song and video clip, [click here](#).



2

EMOTIONAL REGULATION RESOURCES

1

Empathy and Emotional Intelligence Chatterbox game for kids, which can be used to encourage discussion relating to emotions, actions and considering others. This playful-no-pressure game will help parents encourage open dialogue and conversations.

To download the game, [click here](#).



2

Staying connected with your children is an easy read resource for parents and carers to share connection, comfort and care with their children right now.

To access the resource, [click here](#).



3

Coping Calendar offers 30 suggested actions to look after yourself and one another. It offers ways to cope through this world crisis together.

To access the calendar, [click here](#).



3

RECIPES FOR FAMILY HOME-COOKING

1

Superhero Foods HQ by Foodbank WA is a website which has **healthy and yummy recipes** for kids which are easy to prepare.

To download these recipes, [click here](#).



2

Foost is a website that inspires people to enjoy a **healthy and happy lifestyle**. You and your family will benefit from the recipes and Kid-safe kitchen utensils and packs on offer.

To start cooking, [click here](#).

