

## Talking to a child worried about Coronavirus

**Source:** NSPCC

**Date:** 26 March 2020

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

**Read the information and advice:** [Talking to a child worried about coronavirus \(COVID-19\)](#)

### See also on NSPCC Learning

> [How to have difficult conversations with children](#)

## Books for children who are worried or anxious

**Source:** NSPCC Learning

**Date:** 24 March 2020

The NSPCC Library and Information Service has created a reading list of books for children who are worried or anxious. Our free information service remains open, and can provide reading lists and help you to find information on safeguarding topics. Contact [learning@nspcc.org.uk](mailto:learning@nspcc.org.uk)

**View the reading list:** [Books for children who are worried or anxious](#)

## Coronavirus: information for families with disabled children

**Source:** Contact

**Date:** 24 March 2020

Contact, the charity for families with disabled children, has updated its advice and support page with information relating to Coronavirus. The webpage includes information on: children with complex health needs; coronavirus and children's education; and coping at home. The Council for Disabled Children has published an open letter from the Children and Families Minister to children and young people with special educational needs and disabilities, their parents, families and others who support them signposting guidance published over the past week.

**Read the news story:** [Coronavirus: Information for families with disabled children](#)

**Read the letter:** [Open letter from the Children and Families Minister \(PDF\)](#)

## Resources: children and young people with autism

**Source:** The Association for Child and Adolescent Mental Health

**Date:** 25 March 2020

The Association for Child and Adolescent Mental Health (ACAMH) has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak. The National Autistic Society (NAS) has also published resources for people with autism of all ages.

**Listen to the podcast:** [Coronavirus, and helping children with autism – Episode 4: Autism, a parents' guide](#)

**Read the NAS resources:** [Resources for autistic people and families](#)

## Online safety

**Source:** Thinkuknow

**Date:** 24 March 2020

Thinkuknow has published guidance for parents and carers to support children who may be spending more time online at home while they do their school work and socialise with friends. Suggestions to help parents keep children safe online include: chatting to find out how they use online technology and what it means to them; reminding children to report anything worrying, and how they can do this; and setting up or reviewing parental controls.

**Read the news story:** [How to support your child at home](#)