

## COVID-19 health and wellbeing resources for families

We know this is a worrying time for everyone.

Helping children and young people cope with the information and changes related to the Coronavirus can be a huge challenge. From school closures and social distancing to increased awareness of infection and hygiene, there is a lot for children and families to process.

This guide brings together **trustworthy** information and resources to support you and your family during these difficult times.

### Local health and wellbeing support

Calderdale Community Midwifery	Support from the Calderdale community midwifery team	For non-urgent queries: 01422 261364 <a href="https://www.cht.nhs.uk/services/clinical-services/maternity-services/">https://www.cht.nhs.uk/services/clinical-services/maternity-services/</a>
Calderdale Public Health Early Years' Service (PHEYS)	Support from the Health Visiting Team, breastfeeding support, maternal mental health, and support in pregnancy and for children from birth to 5 years.	To speak to a health visitor: 030 0304 5076 "Calderdale Health Visiting" on Facebook
Healthy Early Years Calderdale	An online health and wellbeing guide for parents of children aged birth to five years	<a href="http://www.healthyearlyyears.co.uk/">http://www.healthyearlyyears.co.uk/</a>
Healthy Futures Calderdale	Health and wellbeing advice, support, signposting and referral service from public health nurses for school-aged children and their families.  NEW Chat Health confidential secure text messaging service, launches 27 <sup>th</sup> April 2020	To speak to a nurse: 030 3330 9974 "Healthy Futures Calderdale" on social media  Young people's service: text 07480 635297 Parents and carers service: text 07507 332157
Safeguarding Calderdale	Advice and support if you are worried about any adult or child.	Multi Agency Screening Team: 01422 393336  Out of hours Emergency Duty Team: 01422 288000.  <a href="https://safeguarding.calderdale.gov.uk/">https://safeguarding.calderdale.gov.uk/</a>
Open Minds Partnership (the new name for Calderdale CAMHS - Child and Adolescent Mental Health Services)	If parent/carers, young people or professionals have concerns about the emotional health of a young person, please contact the First Point of Contact	01422 300 001  <a href="mailto:firstpointofcontact@calderdalecamhs.org.uk">firstpointofcontact@calderdalecamhs.org.uk</a>  <a href="https://calderdalecamhs.org.uk/">https://calderdalecamhs.org.uk/</a>
Calderdale Council coronavirus advice and updates	Provides links to information including: financial support, food banks, mental health, domestic abuse and support for migrants	<a href="https://www.calderdale.gov.uk/v2/coronavirus/advice-and-updates">https://www.calderdale.gov.uk/v2/coronavirus/advice-and-updates</a>
C & K Careers	Careers advice and guidance for Calderdale and Kirklees residents aged 13+	<a href="https://ckcareersonline.org.uk/">https://ckcareersonline.org.uk/</a> 01484 213856 chat@ckcareers.org.uk

## Staying well at home and what to do if your child is unwell

NHS 111 online	Online COVID-19 symptom checker	<a href="https://111.nhs.uk/covid-19/">https://111.nhs.uk/covid-19/</a>
NHS and Government advice	NHS coronavirus advice  Coronavirus (COVID-19): what you need to do	<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>  <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>
Lullaby Trust	Provides safe sleep advice and advice on coronavirus for if you are pregnant or have a young child	<a href="https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/">https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/</a>
RCOG	Coronavirus infection and pregnancy information for pregnant women and their families	<a href="https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/">https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/</a>
Royal College of Paediatrics and Child Health (RCPCH) and Healthier Together	Advice for parents during coronavirus on how to manage common childhood illnesses and when/where to seek medical advice	<a href="https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf">https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf</a>
Unicef	Advice on infant feeding and breastfeeding during the coronavirus outbreak	<a href="https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/">https://www.unicef.org.uk/babyfriendly/infant-feeding-during-the-covid-19-outbreak/</a>
Institute for Health Visiting	Top Tips for Parents: advice on looking after your new baby from when they are born to when they go to school	<a href="https://ihv.org.uk/families/top-tips/">https://ihv.org.uk/families/top-tips/</a>
Child Accident Prevention Trust (CAPT)	Preventing accidents in the home	<a href="https://www.capt.org.uk/News/preventing-accidents-in-the-home">https://www.capt.org.uk/News/preventing-accidents-in-the-home</a>

## Helping children and young people to understand COVID 19

The Children's Commissioner	Children's guide to coronavirus: aims to answer children's questions, tell them how to stay safe and protect other people, and how to make the best of their time at home	<a href="https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf">https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf</a>
Alder Hey Children's NHS Foundation Trust	Coronavirus fact sheet for children	<a href="https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093">https://campaignresources.phe.gov.uk/resources/campaigns/101/resources/5093</a>
BBC News	Coronavirus: Keep it simple, stick to facts - how parents should tell kids	<a href="https://www.bbc.co.uk/news/uk-51734855">https://www.bbc.co.uk/news/uk-51734855</a>
BBC Newsround	Coronavirus: What is being done to tackle the virus?	<a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
Coronavirus: a book for children	Free digital book to help primary-aged children to understand coronavirus, illustrated by Axel Scheffler, the Illustrator of The Gruffalo	<a href="https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf">https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf</a>
My Hero is You: how kids can fight COVID-19	Free digital book to help primary-aged children to understand coronavirus	<a href="https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html">https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html</a>

## Responding to children and young people's anxiety about COVID 19

Childline	Telephone and online support for children and young people	<a href="https://www.childline.org.uk/08001111">https://www.childline.org.uk/0800 11 11</a>
Open Minds Calderdale	Emotional health and wellbeing information, support, advice and signposting for children, young people and families in Calderdale, including support around coronavirus.	<a href="http://www.openmindscalderdale.org.uk/">http://www.openmindscalderdale.org.uk/</a>
Public Health England	Government guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak	<a href="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://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</a>
World Health Organisation (WHO)	Helping Children Cope with Stress during the COVID 19 outbreak	<a href="https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2">https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2</a>

## Bereavement support for children and young people during COVID 19

Child Bereavement UK	Supports children facing bereavement	<a href="https://www.childbereavementuk.org/08000288840">https://www.childbereavementuk.org/0800 028 8840</a>
Grief Encounter	Information and advice on supporting bereaved children, young people and families during the Coronavirus pandemic	<a href="https://www.griefencounter.org.uk/08088020111">https://www.griefencounter.org.uk/0808 802 0111</a>
Winston's Wish	Support for children and their families after the death of a parent or sibling	<a href="http://www.winstonswish.org/08088020021">http://www.winstonswish.org/0808 802 0021</a>
Open Minds Calderdale	Open Minds Calderdale Bereavement support	<a href="http://www.openmindscalderdale.org.uk/bereavement-support/">http://www.openmindscalderdale.org.uk/bereavement-support/</a>

## Looking after parent and carer wellbeing during COVID 19

NHS Every Mind Matters	Tips and advice to support your mental wellbeing while staying at home	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips</a>
Citizens advice	Coronavirus: what it means for you, including information on what to do if you are worried about having less money because of coronavirus	<a href="https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/">https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/</a>
Relate	Advice and tips for helping your relationships stay healthy during COVID-19	<a href="https://www.relate.org.uk/relationship-help/covid-19-advice-and-information">https://www.relate.org.uk/relationship-help/covid-19-advice-and-information</a>
The Lucy Faithfull Foundation	Confidential helpline for anyone concerned about their or someone else's behaviour	0808 1000 900
Active Calderdale	Includes ideas and resources to help you keep active during coronavirus	<a href="https://active.calderdale.gov.uk/">https://active.calderdale.gov.uk/</a>

## Staying safe online during COVID 19

Thinkuknow	Advice for children from age 4 upwards, and parents/carers about how to stay safe online	<a href="https://www.thinkuknow.co.uk">https://www.thinkuknow.co.uk</a>
Net Aware	A guide to keeping children safe on social networks, apps and games	<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>
Internet matters	Practical tips to help children benefit from the internet safely and smartly	<a href="https://www.internetmatters.org">https://www.internetmatters.org</a>
Parent info	Support for parents and carers to keep their children safe online	<a href="https://parentinfo.org/">https://parentinfo.org/</a>
NSPCC	Online safety advice for parents	<a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a>

## Support for children and young people with additional needs

Calderdale Local Offer for children with special needs or disabilities	Information on services and support in Calderdale for children and young people aged 0 - 25, with special educational needs and disabilities	<a href="https://www.calderdale.gov.uk/v2/residents/education-and-learning/local-offer/send">https://www.calderdale.gov.uk/v2/residents/education-and-learning/local-offer/send</a>
Contact	Coronavirus information for parents of disabled children	<a href="https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/">https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/</a>
The Association for Child and Adolescent Mental Health	Coronavirus, and helping children with autism	<a href="https://www.acamh.org/">https://www.acamh.org/</a>
National Autistic Society	Coronavirus resources for autistic people and families	<a href="https://www.autism.org.uk/services/helplines/coronavirus/resources">https://www.autism.org.uk/services/helplines/coronavirus/resources</a>
National Children's Bureau	Open letter from the Children's Minister to children with SEND and their families	<a href="https://www.ncb.org.uk/sites/default/files/uploads/documents/SEND_docs/Minister%20Ford%27s%20open%20letter%20to%20the%20SEND%20sector.pdf">https://www.ncb.org.uk/sites/default/files/uploads/documents/SEND_docs/Minister%20Ford%27s%20open%20letter%20to%20the%20SEND%20sector.pdf</a>
National Deaf Children's Society	COVID-19 (coronavirus): support for deaf children	<a href="https://www.ndcs.org.uk/covid-19-coronavirus-support-for-deaf-children/">https://www.ndcs.org.uk/covid-19-coronavirus-support-for-deaf-children/</a>

# Things to do while staying at home during COVID 19

Government Department for Education	Details of online education resources for home education	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources">https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources</a>
BBC Bitesize	Government recommended daily lessons and resources for primary, secondary and post 16 pupils, including celebrity sessions!	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
Oak National Academy	Government recommended video lessons, across a broad range of subjects for every year group in primary and secondary school	<a href="https://www.thenational.academy/">https://www.thenational.academy/</a>
Calderdale Council	50 things to do in Calderdale before you're 5! A Free app with low cost and no cost activities for children from birth – 5 years old	<a href="https://calderdale.50thingstodo.org/app/os">https://calderdale.50thingstodo.org/app/os</a>
Public Health England	Active Imaginations – ideas for exercise in the home for children aged 2 – 4 years	<a href="https://www.activeiminations.co.uk/">https://www.activeiminations.co.uk/</a>
Joe Wicks, The Body Coach	Daily PE lessons for all ages 9.00-9.30am	<a href="https://www.youtube.com/thebodycoachtv">https://www.youtube.com/thebodycoachtv</a>
Book Trust – Getting children reading	Free online books and videos, games, win prizes, quizzes, and learn how to draw favourite characters	<a href="https://www.booktrust.org.uk/books-and-reading/have-some-fun/">https://www.booktrust.org.uk/books-and-reading/have-some-fun/</a>
World Book Day	Stay at home ideas including audio books and craft ideas	<a href="https://www.worldbookday.com/">https://www.worldbookday.com/</a>
David Walliams - author	David Walliams reads a free story every day	<a href="https://www.worldofdavidwalliams.com">https://www.worldofdavidwalliams.com</a>
British Red Cross	Power of kindness calendar: how children and young people can practise kindness every day during the coronavirus emergency	<a href="https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar##">https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar##</a>
BBC Cbeebies	Things to do indoors with your children	<a href="https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?collection=have-fun-at-home">https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?collection=have-fun-at-home</a>
Hungry Little Minds	Simple fun activities for 0-5 year olds	<a href="https://hungrylittleminds.campaign.gov.uk/">https://hungrylittleminds.campaign.gov.uk/</a>
BBC Tiny Happy People	Activities and advice to help develop your child's communication and language skills	<a href="https://www.bbc.co.uk/tiny-happy-people">https://www.bbc.co.uk/tiny-happy-people</a>
British Cycling: Ready Set Ride	Helping children to learn to ride a bike, including activity calendar and online videos	<a href="https://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0">https://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0</a>
Calderdale Library Service	Books are available for FREE by joining Calderdale library service. You can open an account for your child as soon as they are born, giving access to 3,000 eAudiobooks, 4,500 eBooks, and over 1,500 eComics	you can join the library at <a href="https://www.calderdale.gov.uk/v2/residents/leisure-and-culture/libraries/join-library">https://www.calderdale.gov.uk/v2/residents/leisure-and-culture/libraries/join-library</a> .
BMW Education	Safe on the Streets animated road safety education for 7-11 year olds	<a href="https://bmweducation.co.uk/safe-on-the-streets/">https://bmweducation.co.uk/safe-on-the-streets/</a>
Google Arts and Culture	Take virtual tours and discover new places across the world from your home	<a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>