



COVID-19

COVID-19 Resources | 2020



This document has been developed to collate useful resources on COVID-19 to assist the CYMHS, Education and NGO workforce in supporting QLD families. Resources will be sources from a range of creditable sources and internet links or documents will be attached. This document will be updated and maintained on a regular basis. Please email claire.rabaa@health.qld.gov.au for the latest version or if you would like to recommend a resource for inclusion.

1. COVID Health/ Medical Information

- [Australian Government Department of Health COVID-19 Resources](#) - The Queensland Government has developed this (above) website that contains all the latest advice, information and updates on the rapidly escalating Novel Coronavirus (COVID-19). The site includes information for the general public concerned about infection or prevention strategies, information for businesses who are impacted, and links for clinicians looking for the latest clinical guidelines. It's important during this difficult time that we share accurate information, and debunk myths or misunderstandings.
- [Queensland Government: Novel coronavirus \(COVID 19\) Information](#) - Access to information, FAQs and resources via Queensland Health public facing.
- **How to wash your hands (for children).** 
- **Taking care of your behavioural health: Tips for social distancing, quarantine and isolation.** 



2. For Parents and teachers discussing COVID-19 with children/youth- Emotional Wellbeing Focus

- **Queensland Department of Education** has a [coronavirus factsheet](#) that links to further resources in the document (Translations available).
- Australian Childhood Foundation: Ways to stay connected with our children. 
- [Reach Out Schools](#)
- [Emerging Minds](#) - scroll down about half way there is a video for parents intended to upskill them in how to talk to their child about the pandemic.
- [Headspace](#)
- Growth Mindset: Words to build resilience and help younger children. 



- **Australian Research Alliance for Children and Youth (ARACY)**
 - [How to talk to your children about coronavirus – ABC](#) - Cora's mum Denise said her daughter cried for about four or five days because she had been discussing it with her classmates and was anxious about her grandparents as well as her own health.
 - [Worried about your child getting coronavirus? Here's what you need to know – The Conversation](#) - The best way to avoid COVID-19 infection (and infection with any other respiratory virus) is by washing your hands with soap and water, using a tissue or the crook of your elbow to cover your mouth when you cough or sneeze and by avoiding close contact with others who are unwell.
- [National Association of School Psychologists \(US\) Talking to children about COVID-19](#)
- **Anna Freud Centre**
 - [Supporting schools and colleges during periods of disruption](#)
 - [supporting staff wellbeing in schools](#)
- [Children's Mental Health Ontario](#): Talking to your anxious child about COVID-19
 - Includes recommendations to stay informed, keep a consistent routine for children/youth, being open and honest with the facts about the virus, and suggests preventative measures
 - Includes links to additional resources
- [Canadian Psychological Association: Mental health and coping with COVID-19](#)
 - Provides general information about how people might cope with COVID-19
 - Includes suggestions on how to support those who have pre-existing mental health conditions
 - Provides advice for parents/caregivers to identify and support children who are stressed by COVID-19
- [Child Mind Institute: Talking to Kids about the Coronavirus](#)
 - Includes a short video by Dr. Jamie Howard (Director, Trauma and Resilience Service, Child Mind Institute) on how to have conversations with children about the coronavirus and its impact
 - Emphasizes the importance of being open and available for children to ask questions
 - Highlights the value of keeping a routine and consistency during times of change and schedule disruptions (e.g., school closures)
 - References other sources including the [Centres for Disease Control and Prevention](#), resource on 'what to do when children are anxious'
- [Psychology Today: How to talk to kids and teens about the coronavirus](#)
 - Provides suggestions on how to discuss the COVID-19 virus and support children and youth during this time
 - Breaks down suggestions by developmental age (e.g. preschool, elementary school, high school)

3. For Young Children (Infants)

- **Queensland Centre for Infant and Perinatal Mental Health** has a ['Birdie and the Big Sickness'](#) book on their website. A lovely resource for supporting younger children.



4. Multicultural: Translated Resources

- [Multicultural – Translated Resources](#)
- What is COVID -19 <https://bit.ly/2xa9ZgA>
- Look after yourself <https://bit.ly/3bgb1Gj>
- A4 poster Look for the signs <https://bit.ly/3944NrJ>

5. AUSLAN Translated Resources

- [AUSLAN Birdie and the Big Sickness](#)
- [Coronavirus Information in Auslan for Children](#)

6. Printable Resources

- [From Fear to Hope Workbook](#)
 - Contains a series of six drawing prompts - each with its own purpose and helpful notes for parents.
 - Includes a breathing exercise for children and tips for parents.
 - You will need to checkout through the online store, however this is a free resource and does not require any credit card information
- **Social Stories for children**
 - [Carol Grey: My Story about Pandemics and the Coronavirus](#)
 - The Autism Educator: what is the coronavirus? 
 - Mind Heart Kids: My name is coronavirus 
- [A comic exploring the new coronavirus](#) - The website link includes a short 3-minute audio clip that explains (to children and youth) what the virus is and preventative measures we can take to stay healthy. [Print and fold comic](#) for teens.
- [World Health Organisation Helping Children Cope](#) Printable infographic: Helping children cope with stress during the COVID-19 outbreak.
- [Coronavirus Social Story](#) - An infographic developed by an autism educator to help alleviate fears and anxiety children may be experiencing at this time.
- [National Child Traumatic Stress Network: Parent/caregiver guide to helping children cope with COVID-19](#)
 - Includes information on COVID-19
 - Provides suggestions on how to prepare families for the impact of the outbreak with links to resources that have accurate and up-to date information
 - Summarizes information on preventative measures to stay healthy
 - Provides coping strategies to support families and children with the stress of an outbreak



- Provides strategies on how to help and support children and is broken down by age group/developmental period
- [American Academy of Child and Adolescent Psychiatry: Talking to Children about Coronavirus](#) - Fourteen suggestions to help parents/providers have conversations about the COVID-19 outbreak with children/youth.

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