

Resources for Families

We appreciate that this is an incredibly difficult time for you and your child and you may have questions about how to support them at home with adjustment, anxiety, worries and how to stay connected. We have therefore compiled a list of web-based resources, apps and organisations that might be helpful to you now or in the future. For more detailed access to sources of support please take a look at our brain injury hub which provides a wealth of information for young people and their families: www.braininjuryhub.co.uk

Resources to explain coronavirus:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Explain in Makaton

<https://www.makaton.org/Assets/Store/FreeResources/Coronavirus-social-story.pdf>
<https://m.youtube.com/watch?feature=youtu.be&v=xq8ZBn-7oKo>

Explain in pictures

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

Why am I not at school?

<https://www.autismbedfordshire.net/wp-content/uploads/2020/03/AB-Social-story-Why-am-I-not-at-school.pdf>

Learn hand washing technique in Makaton

<https://www.youtube.com/watch?v=5N2JL1G2mzk&feature=youtu.be>

Learn hand washing technique with this fun rap!

<https://vimeo.com/134952598>

Talking to young people:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

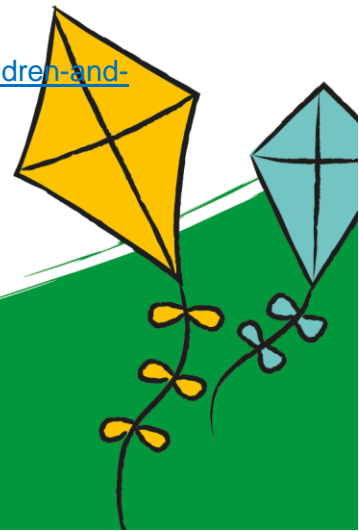
Other resources for young people's wellbeing:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

<https://www.childline.org.uk/toolbox/calm-zone/>

Audio books for young people who find it difficult to access print

<https://www.calibreaudio.org.uk/>



Stories in sign language

<https://www.signedstories.com/>

General website with helpful information and links to a range of different resources/activities

<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

ABI Resources:

Neuroscience for Kids

Excellent site about the basics of the functioning of the brain, but it's not just for kids! It's very helpful for adults too.

<http://faculty.washington.edu/chudler/neurok.html>

Explore how the brain works in small digestible steps: 'Sam's Brainy Adventure'

<http://faculty.washington.edu/chudler/flash/comic.html>

A range of resources, with rehabilitation at home blogs to be posted in the coming weeks

<https://www.braininjuryhub.co.uk/>

Another website with child brain injury information

<https://childbraininjurytrust.org.uk/>

Emotional Support Resources for you and for siblings:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

These Apps can be downloaded to help with anxiety and mood. These also provide relaxation and meditation exercises.

- Calm
- Headspace
- Rootd - to help panic, anxiety and mood
- Stop Panic and Anxiety Self Help
- Colorfy - focused meditation
- Stress and Anxiety Companion

MIND

An organisation that promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

www.mind.org.uk

CBT Get self help

This site provides lots of online resources to help manage different feelings.

There are some great relaxation and mindfulness exercises available.

www.getselfhelp.co.uk

