



# Investing in Children

Hi All,

Please check out the links below to fantastic resources for young people, parents and carers and advice for schools and colleges to support young people's mental health during periods of disruption.

Anna Freud: Self-Care and Coping Strategies

<https://www.annafreud.org/selfcare/>

BBC: How to protect your mental health

<https://www.bbc.co.uk/newsround/51861089>

CBBC: Video and Questions

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

National Association of School Psychologists: Parent Resources

[https://www.nasponline.org/resources-and-publications-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-Covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-Covid-19-(coronavirus)-a-parent-resource)

Young Mind: Feeling Anxious about Coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

**Books**

Something bad happened: A kid's guide to coping with events in the news

**Dawn Huebner:** How to process different world events

The day the sea went out and never came back **Margot Sunderland.** A story for children who have lost someone they love.

What to do if you're scared or worried: A guide for kids

The way I feel **Janan Cain.**

A terrible thing that happened **Margaret Holmes,** a story for children who have witnessed violence or trauma.