

## Update from the Educational Psychology Team (14/04/2020)

A number of resources are being developed and redistributed during the current pandemic. Finding the right resource for the right individual can be overwhelming in itself. There is no doubt that having the security of familiar adults that can provide a predictable and safe environment will go some way in reassuring our children and young people. However, the following resources may also help you in managing the message and in finding ways of reducing the natural anxiety that may be experienced during this unprecedented period.

Stay Safe

Helen

**Helen Osborne**

Prif Seicolegydd Addysg / Principal Educational Psychologist

☎ 07740856146

✉ [helen.osborne@swansea.gov.uk](mailto:helen.osborne@swansea.gov.uk)

### Resources for Children & Families

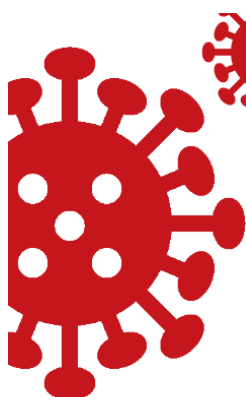
-Children's Commissioner - Information & Resources

-Anna Freud - Supporting Young People's Mental Health

-STARS - A range of visual resources designed to aid autistic children and young people's understanding of the Coronavirus.

-Young Minds: Talking to your child about Coronavirus

-Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic



**Coronavirus  
COVID-19**

for the latest from Swansea Council visit:

[swansea.gov.uk/CoronaVirusAdvice](https://swansea.gov.uk/CoronaVirusAdvice)

**#HereForSwansea**

