Mental Health Resources
For Children under 10
This Covid pack has been put together by the Early Intervention team in Child and Adolescent Mental Health Service (CAMHS) in NHS Grampian to help children manage any feelings they may have about coronavirus.

A resource pack for children under 12 years old to help manage difficult feelings about coronavirus.
A Story Book for Children

A book developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). Children, parents and teachers from around the world took the time to share how they were coping with the COVID-19 pandemic.
COVID-19 is a new virus that is spreading across the world. Coronaviruses have been around for a long time but COVID-19 is a new strain. Coronaviruses are very small and look like they have a crown when you look at them using a microscope. COVID-19 was first identified in China but is now in almost every country around the globe.

Most people who are infected with COVID-19 will only have a mild illness. They may have a high temperature, a sore throat, a runny nose or a cough. So far there have not been many reported cases in children across the world.

COVID-19 is spread by droplets. That means you need to be very close to someone with COVID-19 who is coughing to become infected. The droplets can survive for hours on hard surfaces. You can help protect yourself and other people by preventing the spread of the virus. Washing your hands with soap and water and avoiding touching your face will help.

Some children will need to be tested to see whether they have been infected with the virus. The test is really simple and does not hurt. It is a swab of your nose and throat. Some children will need to stay in hospital for treatment. Other children will be able to go home and wait for the results while avoiding contact with other people.

The doctors and nurses who will look after you if you are unwell need to wear funny clothes to protect you, to protect them and to protect other people. They need to make sure they are not spreading any infections. They are just normal people under the funny masks and gowns.
Sometimes when someone gets unwell they have to stay home.

Sometimes when someone gets unwell the whole family has to stay home.

When a family is staying home, this is called self-isolating.

An adult will let me know when it’s ok to go outside.

I can do lots of activities at home and have lots of fun.
Indoor activities for kids

The great indoors

It can be difficult to get kids up and about at the best of times, and especially if you are all stuck at home.

But we have loads of great indoor children's activities and games for them to play so they can still get the activity they need even when they cannot get outside.

Get started with our easy-to-follow Shake Up games inspired by your kids' favourite Disney characters.

Get active at home

Get your kids moving with our fun Disney inspired indoor games and activities

Jungle Jig with Nala and Simba
Nala and Simba are reunited in the jungle. Can you move to your own jungle beat?

Anna's Frozen Game
Arendelle’s frozen! So you have to keep moving to avoid turning into an ice statue.

Bo Peep’s Herd and Seek
Bo Peep has lost her sheep. Can you race around and herd them back home?

Click here for more activities
One of the best ways to keep children safe from coronavirus and other diseases is to simply encourage regular handwashing, for at least 20 seconds. This song is all about how to wash your hands and stay healthy!

MindHeart have created this video book to support and reassure our children regarding the COVID-19. This is an invitation for families to discuss the full range of emotions arising from the current situation.

Sing along with The Wiggles to make learning fun!

Watch this short animation to help explain the virus to your children. We have also prepared a story book that supports you to tackle misinformation and help children understand Coronavirus.
Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

**If your child has any of the following:**
- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the ‘Glass test’)
- Has testicular pain, especially in teenage boys

**You need urgent help:**
Go to the nearest A&E department or phone 999

**If your child has any of the following:**
- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

**You need to contact a doctor or nurse today.**
Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E

**If none of the above features are present**
- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional advice is available to families for coping with crying of well babies
- Additional advice is available for children with complex health needs and disabilities.

**Self care**
Continue providing your child’s care at home. If you are still concerned about your child, call NHS 111 - dial 111