

# COVID-19

Taking care of your family's wellbeing



## Explaining Covid-19 to children



Advice from Dr Ranj

[iPlayer](#) : [Newsround](#)

**newsround**

[Coronavirus FAQs](#)

[Dave the dog is worried about coronavirus](#)

**Children's  
COMMISSIONER**

[Children's guide to coronavirus](#)



[COVIBOOK in different languages](#)

[My story about pandemics and the coronavirus](#)

## Advice and ideas for parents



**World Health  
Organization**

[Helping children cope with stress](#)

**BBC  
NEWS**

[Talking to children about coronavirus](#)

[Coronavirus talking points for parents and teachers](#)

**YOUNGMiNDS**

[Talking to your child about coronavirus](#)

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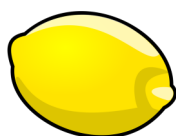
## Relaxation exercises for young children



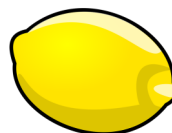
Breathing  
and  
stretching



Magic treehouse guide  
to imagery relaxations



Squeezy  
lemons



## Resources for teenagers

**YOUNG**MINDS

Looking after your  
mental health  
whilst self-isolating



**Anna Freud**  
National Centre for  
Children and Families

Self-care tips for  
young people