



## What Is Coronavirus?

It may be difficult during this time to explain to younger children the unusual and challenging situation we have found ourselves in. Young children will have a range of questions and concerns about the situation and as parents it can be difficult to find age appropriate answers that help us give an honest but reassuring answers. Below are some links to useful websites which may be useful

<https://www.parentclub.scot/kidscovidqs>

Here Nicola Sturgeon answers questions directly from children.

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Advice on how to speak with your child about the virus

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

Advice on answering questions for very young children

## Resources For Children

### Dave the Dog is Worried about Coronavirus



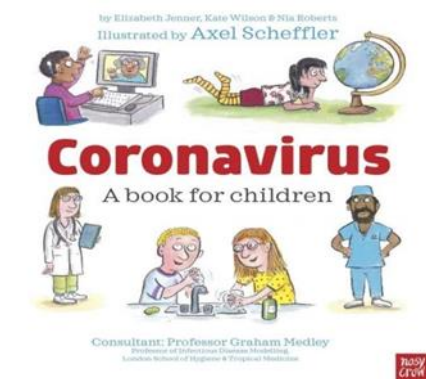
<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

### Playmobil Explains Coronavirus



[https://www.youtube.com/watch?v=QpJUS3\\_Uxlc](https://www.youtube.com/watch?v=QpJUS3_Uxlc)

### Coronavirus – a book for children



<https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>



# Staying Safe

Explaining to our children why we are social distancing, staying home and not going to school or nursery can be challenging. Below are links to some excellent resources to help:

## [Staying At Home With Suzie](https://www.youtube.com/watch?v=Qu07djSvLNg)

<https://www.youtube.com/watch?v=Qu07djSvLNg>



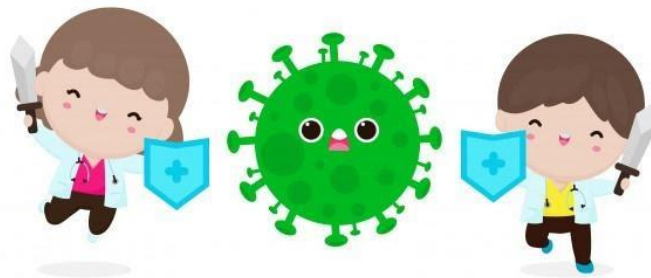
## [Time To Come In Bear](https://www.youtube.com/watch?v=DA_SsZFYw0w)

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w](https://www.youtube.com/watch?v=DA_SsZFYw0w)



## Wash Your Hands With Baby Shark

[https://www.google.com/search?q=wash+your+hands+with+baby+shark&rlz=1C1GCEB\\_enGB898GB898&oq=Wash+your+hands+with+baby+shark&aqs=chrome.0.0l2.15812j0j4&sourceid=chrome&ie=UTF-8&safe=active&ssui=on](https://www.google.com/search?q=wash+your+hands+with+baby+shark&rlz=1C1GCEB_enGB898GB898&oq=Wash+your+hands+with+baby+shark&aqs=chrome.0.0l2.15812j0j4&sourceid=chrome&ie=UTF-8&safe=active&ssui=on)



## Staying Safe When Out and About

Another difficulty with young children is explaining when outdoors why we must wear masks and stay a safe distance apart, which can be quite worrying for some children. Below is some advice on how to familiarise children with masks and some age appropriate resources to explain staying safe when out and about:

Resources for children:

We Wear Masks



[https://www.youtube.com/watch?v=lnP-uMn6q\\_U](https://www.youtube.com/watch?v=lnP-uMn6q_U)

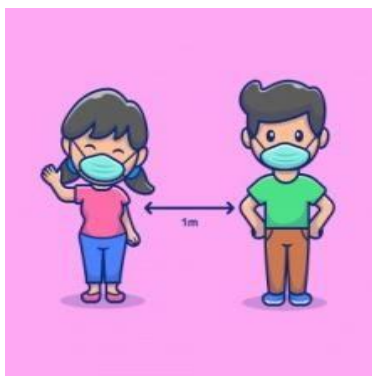
Seeing other People Wearing Masks

<https://www.youtube.com/?v=a9ZjM42cPmc>



What is Social Distancing?

<https://www.youtube.com/watch?v=KXUT62G-IcU>



In the current situation advice for parents is changing rapidly, sometimes on a daily basis, and it can be difficult to find the correct and relevant information regarding our own family situation and circumstances.

Below are a list of resources offering up to date information:

- [Highland Council Coronavirus Updates](https://www.youtube.com/watch?v=Cx3oUuP4_MI)  
[https://www.youtube.com/watch?v=Cx3oUuP4\\_MI](https://www.youtube.com/watch?v=Cx3oUuP4_MI)
- [NHS Advice Highlands](https://www.youtube.com/watch?v=QV_UnPl8qMA)  
[https://www.youtube.com/watch?v=QV\\_UnPl8qMA](https://www.youtube.com/watch?v=QV_UnPl8qMA)
- [Coronavirus advice Scotland](https://www.youtube.com/watch?v=Puutha0scq8)  
<https://www.youtube.com/watch?v=Puutha0scq8>
- [Citizen Advice Scotland](https://www.citizensadvice.org.uk/scotland/)  
<https://www.citizensadvice.org.uk/scotland/>

Highland council are offering a **FREE** telephone helpline where you can access information from a range of Highland Council services and teams.

**0300 303 1362**

