



# John of Gaunt Infant and Nursery School Part of the Aylsham Learning Federation

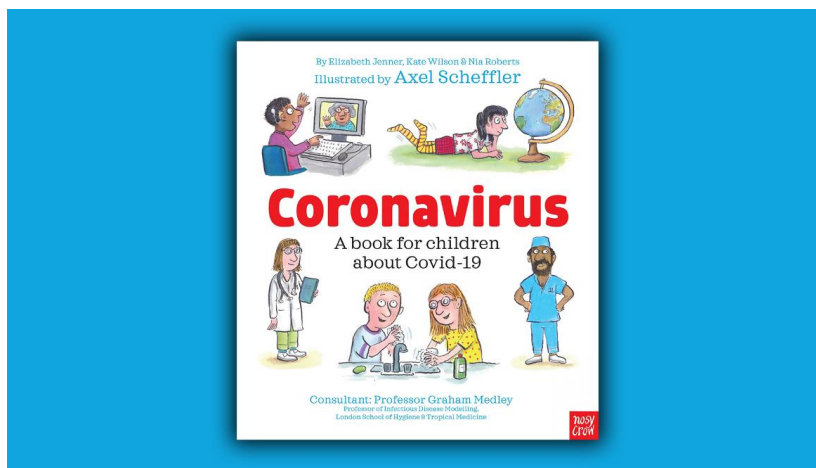
Looking after our children's mental health and wellbeing is even more important in times like those we find ourselves in at the moment. We have put together some information for you which we hope might help. There are also contact numbers for organisations which may be able to help you further.

Remember, if you have a wellbeing concern, you can contact Mrs Clarke for support.

## Every Mind Matters

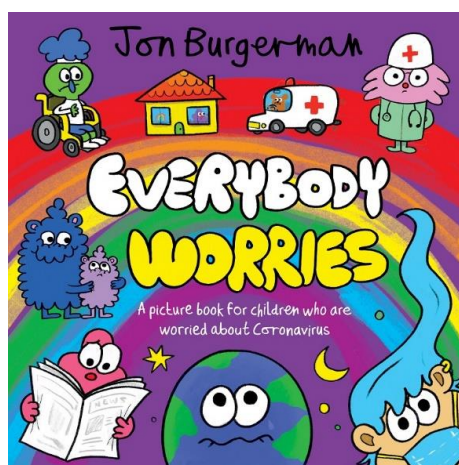
<https://www.nhs.uk/oneyou/every-mind-matters>

## Free Coronavirus books for children



Axel Scheffler, illustrator of *The Gruffalo*, has released a free e-book to help discuss Coronavirus with children.

Find out more here: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

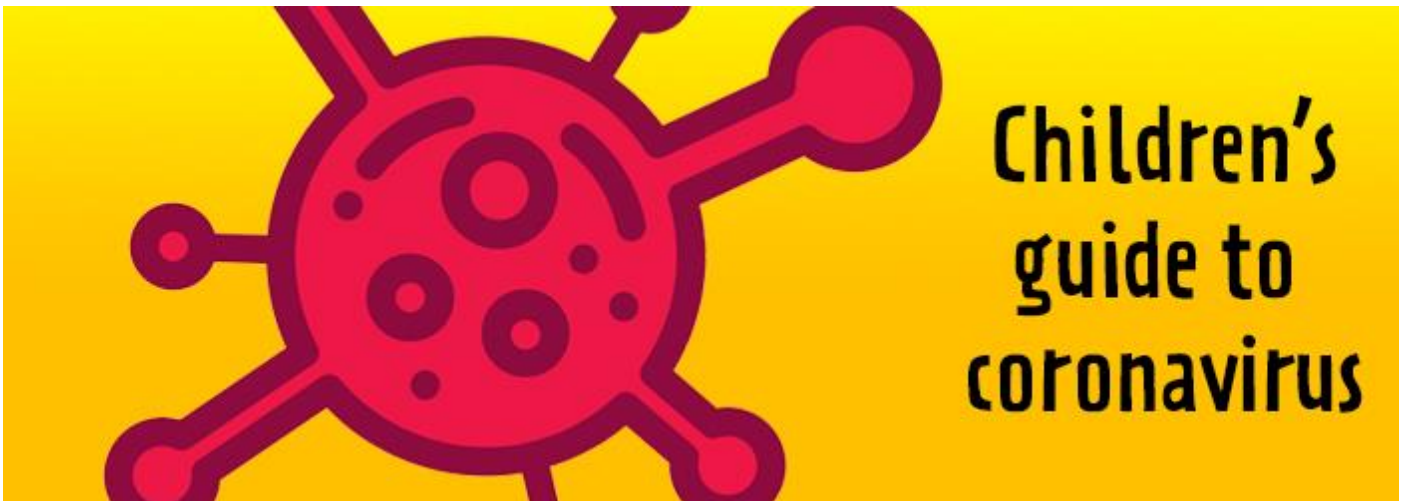


Find Jon Burgerman's new bright and friendly e-book here:

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>



## Children's guide to Coronavirus



<https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/>

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

The Anna Freud National Centre for Children and Families is a great starting point for more information about how to support your child's mental wellbeing during this time.

Find out more here: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

### **Top Tips to help families work together**

<https://www.annafreud.org/early-years/early-years-in-mind/resources/top-tips-to-help-families-work-together-and-support-one-another-during-the-coronavirus-outbreak/>

### **Other Useful Websites:**

<https://youngminds.org.uk/>

<https://www.familylinks.org.uk/>

<https://www.mentalhealth.org.uk/coronavirus>

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.norfolkscb.org/people-working-with-children/covid-19-update/childrens-guide-to-coronavirus/>

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>



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## **Helplines:**

Young Minds Parents' Helpline 0808 802 5544 (Monday to Friday 9.30am-4pm)

NHS 111 (For help, advice and reassurance, 24 hours a day, 365 days a year)

Mind Infoline 0300 123 3393 (9am to 6pm, Monday to Friday)

Point 1 – 0800 977 4077