



Sharing Information about COVID-19 with Neuro-diverse Children and Young People: Guidance for Teachers and Parents

National organisations like the National Autistic Society, Mencap and others which advocate for children and young people with SEND are publishing information and guidance on-line to support teachers and parents in their conversations with them in school and at home about the current world wide-situation.

These resources aim to provide clear and accessible explanations of facts and provide strategies to allay some of the anxiety and confusion pupils with SEND may be feeling and experiencing as they try to make sense of changing messages and manage the disruption to their usual routines.

Here is a list of some of the sites which currently have information and ideas which will help you talk about and explain COVID-19 and others which will hopefully support older children with SEND, including those with mental health needs, to better manage any anxieties or worries they may have.

- [Easy read explanation of COVID-19 from Mencap](#).
- [This page from the NAS](#) provides a simple explanation and links to other resources which may be useful.
- If you know pupils would benefit from having a social story about COVID-19, then Carol Gray, the renowned originator of the social story has produced a version which can be accessed [here](#).

Teachers and parents will want to use this framework and adapt it to make a version which will be as meaningful and relevant to the pupil as possible. One example of an adapted version (without illustrations) is also on the SEND Moodle.

- An online [BBC Newsround article](#).
- [Recent COVID-19 news from BBC Newsround](#).
- [A simple explanation](#) for pupils working well below their year group.
- [A Makaton signed video on COVID-19](#), again, more relevant for those with the most significant needs
- [WHO guidance to support mental health](#) at this time
- This [advice from MIND](#) is not child specific but it is relevant and useful
- [A letter to adults](#) from the Children's Commissioner
- [How to talk to your teenager](#) from the Anxiety and Depression Society of America
- [This blog post](#) might be useful to support the well-being of the adults involved
- [Headspace meditation](#) for children up to 12 and some older children with SEND
- [A collection of free apps](#) aimed at lifting mood and developing mindfulness in teenagers.