

## For Parents/Carers

[A BBC news page](#) with advice for parents with some useful information about supporting children's mental health

[3P Psychologies](#) is website from America which advises how parents can support and survive children while self-isolating. Several fun projects, as well as sound advice about children's anxiety:

[Young Minds](#) have also produced resources for parents that support children's anxiety around Covid 19

[The British Psychological Society](#) have produced advice for parents about how to talk to children around coronavirus

Website from [Hey Sigmund!](#) This is an excellent website for parents/carers containing the latest psychological news and research. The following two pages focus on [understanding children's anxiety around traumatic events](#) and a [guide to parents about how developing children experience anxiety and fear](#).

[The Royal College of psychiatry](#) has an excellent web page for parents and carers on childhood anxiety