



## Using Social Stories to explain Coronavirus

Social Stories can be a helpful way of sharing information in an accurate and reassuring way. The following links are to two Social Stories which may cover the main issues surrounding Coronavirus.

The stories are generic Social Stories, however all Social Stories should be tailored to an individual child's needs and level of understanding (e.g. simpler language or shorter stories). Stories should also be tailored towards the specific issue that a child may need some help in understanding (e.g. how the virus is spread or how to wash hands effectively).

These stories are meant as templates from which parents and carers can adapt to suit their individual child.

### **'Learning about the Coronavirus'**

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf>

### **'Pandemics and the Coronavirus'**

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

## Useful links about Social Stories

For further information on Social Stories please refer to:

National Autistic Society website : [www.autism.org.uk](http://www.autism.org.uk)  
Carol Gray 's website: [www.carolgraysocialstories.com](http://www.carolgraysocialstories.com).



## COVID-19

### Links to useful information for families

#### General guidance for parents

NHS website – for up to date guidance on Coronavirus -  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

National Autistic Society – guidance and helpline for parents', young people and staff:  
[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

#### Useful resources for talking to your child

Flourishing Families – A simple guide to how to talk to children about Coronavirus:  
<https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/advice-and-support/health/coronavirus>

British Psychological Society – How to talk to your child about Coronavirus:  
<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

#### Advice for helping your child if they're worried

World Health Organisation – how to help children cope with stress:  
[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

Advice for parents whose children are worried:  
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Advice for teenagers who are worried:  
<https://youngminds.org.uk/>