

G D S T

GIRLS' DAY SCHOOL TRUST

T A L K S

How to help your child through Covid

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Useful Resources

FACE COVID – Russ Harris

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

<https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>

Young Minds

<https://youngminds.org.uk/media/3762/coronavirus-parent-to-parent-advice-guide.pdf>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Emerging Minds

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

<https://emergingminds.org.uk/podcast-practical-parenting-in-the-pandemic/>

Mental Health Foundation

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

Wellbeing podcasts available through iTunes (relaxation, mindfulness, sleep, exercise)

Winstons Wish

<https://www.winstonswish.org/coronavirus/>

Child Bereavement

<https://www.childbereavementuk.org/coronavirus-supporting-children-through-difficult-times>