**Support for families during COVID**

**The following websites and apps are evidence based sources of information recommended by health care professionals.**

***Good book for young children worried about coronavirus:***

“Everybody Worries” free ebook for children worried about coronavirus published by Oxford University Press:

[OUP "Everybody Worries" ebook](https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx)

***Evidence Based sources of information for parents:***

**Parenting and mental health through COVID**

*The Association for Infant Mental Health UK*

<https://aimh.org.uk/helpful-resources/>

[https://ihv.org.uk/ParentingCOVID19](https://protect-eu.mimecast.com/s/RXh9CJ85gs8lp62hKkaLY?domain=ihv.us5.list-manage.com)

Anxiety UK - advice and helpline

[*https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus*](https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus)Techniques to manage anxiety and panic. e.g. practising the APPLE technique which encourages you to Acknowledge, Pause, Pull back, Let go and Explore.

*Coping with stress (especially during COVID 19):*



*Health Visiting Service COVID wellbeing pack for parents:*



*Helping children cope with stress*



*Top tips for anxiety in young children*



**Nutrition from birth to 5 years and for families**

[www.firststepsnutrition.org](http://www.firststepsnutrition.org)

The First Steps Nutrition Trust is an independent public health nutrition charity that provides information and resource to support eating well from pre-conception to five years. This site has lots of information about formulas and baby foods that are on the market. It is not funded by any manufacturer.

If you still have a child who is breastfeeding, The Oxfordshire Breastfeeding support is offering virtual support during the COVID-19 period – log a request at:<http://bit.ly/obs_help>

**Healthy Start\_VitD:** [**https://www.healthystart.nhs.uk/**](https://www.healthystart.nhs.uk/)

***Child health and development:***

Small animations from Blackpool Better Start in helping parents think about all those little moments that help to build their babies brain <https://blackpoolbetterstart.org.uk/biglittlemoments/>

*Top tips on parenting in COVID times:*



**Immunisations**

GP surgeries continue to provide childhood immunisations in a safe way. It remains important to have your child immunised during this time.

<https://www.nhs.uk/Conditions/vaccinations/>

***Health Visitor Contact details:***

Website

[www.oxfordhealth.nhs.uk/health-visitors](http://www.oxfordhealth.nhs.uk/health-visitors)

Facebook Page

<https://www.facebook.com/OxfordshireNHSHealthVisitors>

Team HV contact numbers are in your child’s “red book” or in the Oxfordshire County Council Family Information Directory [here](https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/advice.page?id=DGrusAY-dJA)