



Parenting Resources | Communicating Covid-19

Here you'll find a collection of free resources, which we hope will be useful to anyone caring for young children during this particularly challenging moment in time.

NAME	LINK	DESCRIPTION	FORMAT
Child Mind Institute	https://childmind.org/article/talking-to-kids-about-the-coronavirus/	Helpful guidelines on how to talk to children about Covid-19.	Website
Mind Heart	https://innovationedge.org.za/wp-content/uploads/2020/03/Child-Friendly-Explanation-of-Coronavirus.pdf.pdf	Child-friendly storybook explanation of Covid-19 and how it spreads.	PDF Download
Zero to Three	https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus	Tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.	Website
Covid-19 Handbook	https://coronavirustechhandbook.com/childcare	Stay up to date with latest in childcare resources about Covid-19 and join the WhatsApp chat for further discussions and support.	WhatsApp
World Health Organisation (English)	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting?fbclid=IwAR2p5cXLCDmI8dK6qxAZtN2xrcceklxsjrrXizvbZFX5uPBDwdFO1-d3ejY	Easy to use tips and information for parenting during Covid-19.	PDF Download
World Health Organisation (isiXhosa)	https://www.covid19parenting.com/xhosa	Easy to use tips and information for parenting during Covid-19.	PDF Download



South African Sign Language	https://www.youtube.com/watch?v=jaV39waZj9E&t=	Sign language explanation of Covid-19 for Deaf Children.	Video
Early Childhood Development Action Network	https://mailchi.mp/ecdan/covid19	Frequently updated resources for parenting during the Covid-19 crisis.	Website
SmartStart	https://www.smartstart.org.za/covid-19-resources-and-guides/	Easy to understand information about Covid-19 & how to make a Tippy Tap hand washing solution.	PDF Download
Access to Justice during Covid-19	https://innovationedge.org.za/wp-content/uploads/2020/03/e0979fed-9103-4770-8d14-e1b4dc9eb74.jpg	Key contacts for legal advice and support during the Covid-19 crisis.	PDF Download
Parenting Tips	http://www.karentuiboyes.com/2020/03/parenting-coronokids/	Parenting tips and ideas for caring for children during the Covid-19 pandemic.	PDF Download
Bulungula Incubator	https://innovationedge.org.za/wp-content/uploads/2020/03/COVID-19-Rapid-Response-General.pdf	Rapid response guidelines for protecting vulnerable members of rural communities.	PDF Download
Child Mind Institute (isiXhosa)	https://innovationedge.org.za/wp-content/uploads/2020/03/684cc4e0-daeb-4c2a-91cd-61b4416faf73.jpg	isiXhosa version of how to speak to your children about Covid-19.	PDF Download
SARTAC	https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus-accessible-.pdf	Covid-19 information by and for people with disabilities.	PDF Download
Cape Town Together Facebook Group	https://www.facebook.com/groups/CapeTownTogether/permalink/211230013314779/?hc_location=ufi	A community-based response to help educate and support each other through creating community action networks across Cape Town.	Facebook
SA Department of Health	https://sacoronavirus.co.za/	South African Resource Portal for Covid-19	Website

UNICEF	https://innovationedge.org.za/wp-content/uploads/2020/03/COVID-19-AND-PARENTS-final.pdf	An easy to understand explanation of Covid-19 and how to prevent its spread.	PDF Download
Bulungula Incubator (isiXhosa)	https://drive.google.com/drive/u/1/folders/11s7rGP9-GHsPu8_xEF9BANSlyfVPSbys	Practical advice on preventing the spread of Covid-19 in our rural areas.	Video
Cape Town Together (isiXhosa)	https://www.youtube.com/watch?v=4d58e7Uhlyo&feature=youtu.be	How to protect yourself from Covid-19 in an informal settlement.	Video
The Story of the Oyster and the Butterfly	https://innovationedge.org.za/wp-content/uploads/2020/03/Book-Oyster-Butterfly.pdf.pdf	A beautiful story to help children process these difficult times through fun activities and storytelling.	PDF Download
Covid-19 Learning Channel	https://innovationedge.org.za/wp-content/uploads/2020/04/37d9788f-421c-4718-9e13-21b2ec3a9a0b.jpg	Free learning channel for Covid-19. No data required.	Video
Coronavirus: a book for children	https://innovationedge.org.za/wp-content/uploads/2020/04/Coronavirus-ABookForChildren.pdf	An engaging children's book to help our youngest understand Covid-19.	PDF Download
My Hero is You Story Book	https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf	A book written for children around the world affected by the COVID-19 pandemic.	PDF Download
UNICEF (Sign language)	https://www.youtube.com/watch?v=osiCkeGYLKU&t=65s	COVID-19 explained to parents of young children” in South African Sign Language	Video
Mobile Learn Africa	https://t.co/OANplBp8yS?amp=1	Frontline Healthworkers talks on flattening the curve (isizulu)	Video
Mobile Learn Africa	https://t.co/E4rP14Xtdw?amp=1	Frontline Healthworkers talks on flattening the curve (ixhosa)	Video
Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_English_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (English)	PDF Download

Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_isiXhosa_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (isixhosa)	PDF Download
Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_isiZulu_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (isizulu)	PDF Download
Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_Sepedi_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (Sepedi)	PDF Download
Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_Setswana_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (Setswana)	PDF Download
Tip for Parents	https://innovationedge.org.za/wp-content/uploads/2020/04/COVID-19_Afrikaans_9-April-2020.pdf	Tips for Parents in the time of COVID-19 (Afrikaans)	PDF Download
UNICEF and DSD	https://innovationedge.org.za/wp-content/uploads/2020/05/COVID-19-AND-PARENTS-Afrikaans.pdf	COVID-19 explained to parents of young kids (Afrikaans)	PDF Download
UNICEF and DSD	https://innovationedge.org.za/wp-content/uploads/2020/05/COVID-19-AND-PARENTS-Sesotho.pdf	COVID-19 explained to parents of young kids (Sesotho)	PDF Download





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