



Need a little help?

♥ Who can help...

♥ What they can do...

♥ Where to find them...

♥ Anna Freud National Centre

Tips to help families work together and support each other. The website also has other ideas and activities to support families.

<https://www.annafreud.org/media/11260/option-3-covid-advice-families2.pdf>

♥ BBC Bitesize

A parents' toolkit offering tips on supporting your child's wellbeing, practical advice, and activity ideas for some lockdown entertainment.

<https://www.bbc.co.uk/bitesize/articles/znsmlxyc>

♥ CAMHS (Child and Adolescent Mental Health Service)

A wide range of resources including downloads, websites and apps to support well-being and promote good mental health.

www.camhs-resources.co.uk

♥NHS - Every Mind Matters

Ten top tips to help look after children's mental health.

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

♥Nosy Crow

A free information book explaining the Coronavirus to children.

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

♥NSPCC

Advice for families including support for separated families/those with SEND needs and keeping safe online.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

♥Partnership for Children

Resources for parents to support children to develop coping and social skills.

Includes resources on transition from primary to secondary school.

<https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents.html>

♥Public Health England Advice

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

♥Reading Well

A suggested book list for KS2 children although suitable for a wider age range, to support children's health and wellbeing.

<https://reading-well.org.uk/books/books-on-prescription/children>

♥Red Cross

A set of free and engaging online resources for children and young people to do at home during the coronavirus lockdown which explore and promote the value of kindness.

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-resource-list>

♥The Scouts

Activities and tasks to do indoors as well as advice how to support emotional wellbeing etc.

<https://www.scouts.org.uk/the-great-indoors>

♥Youngminds.org

Some practical tips for all families, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic, including links to other organisations and blogs.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>