

Support and Advice for Children, Parents and Carers

1. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—GOV.UK

Guidance for parents and carers on supporting children and young people's mental health and

wellbeing during the coronavirus (COVID-19) outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

2. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—CHILDLINE

Information and reassurance for children and young people about Coronavirus (Covid-19) and

advice about what to do if they are worried:

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

3. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—NSPCC

Advice for parents and carers about how to help if their child is anxious or worried about Coronavirus (Covid-19). Plus advice on how to support and keep children safe if they're struggling with their mental health:

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-

4. SUPPORTING CHILDREN'S MENTAL WELLBEING— NATIONAL DEAF CHILDREN'S SOCIETY

Advice and support for deaf children during the Coronavirus (Covid-19) period to ensure they aren't

facing further barriers as schools close and that their families have access to information and resources

to support their child: NATIONAL DEAF SOCIETY <https://www.ndcs.org.uk/>

5. SUPPORTING CHILDREN'S MENTAL WELLBEING—HELPING CHILDREN WITH AUTISM

Coronavirus and Helping Children with Autism— A Parent's Guide. A FREE podcast from the

Association for Child & Adolescent Mental Health: PODCAST: CORONAVIRUS & AUTISM - A PARENT'S GUIDE <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

6. REMOTE LEARNING & ONLINE SAFETY DURING CORONAVIRUS

General online safety tips for parents: THINK U KNOW - ONLINE SAFETY

<https://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home>

Video guide for parents about You Tube and how to use parental controls and filters:

7. YOU TUBE GUIDE FOR PARENTS – VIDEO

<https://www.youtube.com/watch?v=1Yvlfw7obwE&feature=youtu.be>

Remote Learning guides for parents, teachers and pupils: PARENTS TEACHERS PUPILS

https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-parents?utm_source=Email&utm_campaign=WuW-Remote-Learning&utm_medium=email&utm_campaign=NOS%20WUW%20200320%20-%20Remote%20Learning&utm_content=NOS%20WUW%20200320%20-%20Remote%20Learn

8. House Party App Safety Guide for Parents: HOUSEPARTY APP - PARENT'S GUIDE

https://nationalonlinesafety.com/guides/what-parents-need-to-know-about-houseparty?utm_source=Email&utm_campaign=WuW-Houseparty-members&utm_medium=email&utm_campaign=NOS%20Weekly%20UpdateWUW%20250320%20non%20members&utm_content=NOS%20Weekly%20UpdateWUW%20