

Help for Parents

Mental Health Blog - how to support children during the lockdown:

<https://www.karinamarchant.co.uk/blog/how-to-support-children-during-the-lockdown>

Play Torbay

<https://mailchi.mp/486b2a228cdb/play-torbay-free-activities-and-sen-support-4782129?e=f400ba385e>

Coronavirus: Resources for Mental Health and Wellbeing (Heads Together)

Heads Together have published a free toolkit with resources to help address anxiety during these challenging times. The toolkit includes support for school staff, videos with practical guidance and tips for schools, parents and carers about coronavirus and mental health.

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Young Minds Helpline for parents

If a parent needs advice about their child's mental health they can contact the parent helpline on 0808 802 between 9:30am-4pm. The Young Minds website also has a wealth of information:

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

Support for parents of children with speech, language and communication needs:

Visit <https://speechandlanguage.info/parents> for lots of speech and language resources, advice and tips for parents working at home with their children who have SLCN.

Home activity packs from Think U Know about Online safety - 15 minute activities to do at home for age groups 4-5s, 5-7s and 8-10s

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-64765685

<https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=628f11fdc3&e=69c104a187>