

Parental directory and resources

We have signposted students to relevant online resources as well as reminding them who they can contact within College during this time. There are also some excellent resources aimed at parents which the pastoral team have distilled and put into an easy to access directory below. We recognise that this is not an exhaustive list and you may well have found other excellent sources of advice – please do share with us and your groups of friends within year groups.

Online information:

<https://www.thinkuknow.co.uk/parents/>

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

<https://www.saferinternet.org.uk/blog/cyberbullying-advice-parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

The London Grid for Learning has produced a simple to access resource on top tips for online learning

<https://coronavirus.lgfl.net/safeguarding>

The NCA-CEOP article below explains how to help young people get the most from their technology and how to avoid the risks:

<https://parentinfo.org/article/coronavirus-stay-at-home-and-look-after-your-online-health>

Parentzone also offer excellent advice and information on features (good and bad) plus privacy and safety settings on the online services that young people use including the most popular social apps that your son or daughter might be using: <https://parentzone.org.uk/advice/parent-guides>

General mental health resources for parents:

(Please also see the resources and apps recommended in the student booklet)

- Youngminds: <https://youngminds.org.uk/find-help/for-parents/>
- ParentZone: https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=69346bfb78-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-69346bfb78-178777213
- Place2be: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/december/6-ways-to-support-children-s-mental-health-this-winter/>
- Mental health and self care for young people: <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>
- Managing your feelings: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/managing-feelings-about-changes-to-lockdown/>
- Anna Freud: <https://www.annafreud.org/parents-and-carers/>

Supporting young people during a lockdown

- Helping teenagers cope with lockdown
<https://parentinfo.org/article/quaranteened-helping-teenagers-cope-with-lockdown>
- What is it like being a teenager in lockdown? BBC video
https://www.bbc.co.uk/news/video_and_audio/headlines/52257781/coronavirus-what-s-it-like-being-a-teenager-during-lockdown
- Childline – 10 tips to cope with lockdown
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>

- Julia Samuels – teenagers and families in lockdown – how to survive podcast
<https://www.facebook.com/watch/?v=209158977017215>
- How to celebrate special occasions during lockdown
<https://parentinfo.org/article/how-to-celebrate-special-occasions-during-lockdown>

Mental health advice – general and young people

How to look after your family's mental health when you are stuck indoors

<https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors>

Supporting your child's health and wellbeing during COVID-19

<https://parentinfo.org/articles/health-and-wellbeing/all>

Coronavirus: supporting yourself and your children during this difficult time

https://www.caba.org.uk/help-and-guides?field_subject_tid=2915&sort_by=created&sort_order=DESC

How to stop anxiety spiralling out of control:

https://theconversation.com/coronavirus-how-to-stop-the-anxiety-spiralling-out-of-control-133166?mc_cid=f3fe177ded&mc_eid=0cdf62e2f8

Emerging Minds advice for parents

https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

Tips for starting difficult conversations about coronavirus with children

<https://parentinfo.org/article/three-tips-for-starting-a-difficult-conversation-with-your-child>

Youngminds – looking after yourself during coronavirus

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Action for Happiness – how to keep mentally healthy during uncertain times

<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>

Staying mentally well during COVID-19 – an online 9 module course:

<https://elearning.creativeeducation.co.uk/courses/covid19-staying-mentally-well/>

Managing fear and anxiety around coronavirus

<https://bunny.drcatherinesykes.com/2020/03/health-anxiety-links-covid19.pdf>

Redwhale – emotional and psychological survival guide

[https://www.gp-update.co.uk/SM4/Mutable/Uploads/pdf_file/PEARL-Emotional-and-Psychological-wellbeing\[2\]-EDITED.pdf](https://www.gp-update.co.uk/SM4/Mutable/Uploads/pdf_file/PEARL-Emotional-and-Psychological-wellbeing[2]-EDITED.pdf)

NSPCC tips – whole range of advice

https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/?utm_source=Adestra&utm_medium=email&utm_content=Coronavirus%20%28COVID-19%29%20advice%20and%20support%20for%20parents%20and%20carers&utm_campaign=CASPAR-2020-04-06

Supporting mental health and wellbeing – Government guidance

<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>

Anxiety UK – How to help with “Coronxiety” including many useful webinars

<https://www.anxietyuk.org.uk/coronxiety-support-resources/>

Mental Health First Aid England – really good range of resources

https://mhfaengland.org/remote-working-resources/everyone/#helpful-links?_cldee=ZGFsQHdlbGxpbmd0b25jb2xsZWdlLm9yZy51aw%3d%3d&recipientid=contact-0188ac8d0223e911a95e000d3ab5a84e-cfe6fd456828498dbe7dfc99e9db548e&esid=72773b18-ef77-ea11-a811-000d3ab82d69

A guide to living with anxiety and worry during global uncertainty

https://www.dropbox.com/s/7wpk1sqnns7lktu/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb%20%281%29.pdf?dl=0&mc_cid=b9bfaeac45&mc_eid=0cdf62e2f8

Child in Mind podcasts helping parents understand and manage child and family mental health issues

https://www.annafreud.org/childinmind/?mc_cid=b9bfaeac45&mc_eid=0cdf62e2f8

How to work effectively from home

Working from home – your wellbeing action plan:

<https://www.cwmt.org.uk/working-from-home>

The Guild- Remote working resources advice

<https://docs.google.com/document/d/1IVPRguoqIkUiD0d4Ut3MPhXK2-SyDvsUfQz-uiAvnNk/edit>

Tips to avoid work from home burnout

<https://hbr.org/2020/04/3-tips-to-avoid-wfh-burnout>

Educational resources and general advice:

<https://www.childrenscommissioner.gov.uk/coronavirus/resources/>

Tips for working at home – video on working at home with children:

https://www.shponline.co.uk/lone-working/home-working/?elq_mid=3455&elq_cid=1651564&elqTrackId=BF2BD984DFEE12A01A8756D1E7802BED&elq=f66a9451bbba45bcaa910a0872cebb73&elqaid=3455&elqat=1&elqCampaignId=2145&mc_cid=b9bfaeac45&mc_eid=0cdf62e2f8

Mental health at work – supporting yourself and colleagues:

https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/?utm_source=Workplace+Updates&utm_campaign=2ea7afed21-EMAIL_CAMPAIGN_2019_06_24_03_49_COPY_01&utm_medium=email&utm_term=0_ef4a7868f3-2ea7afed21-76849495