



## Top Ten Links for Parents

1. Links to useful resources from the Royal College of Paediatrics and child Health. It gives general advice on talking to children, health issues and helplines.  
<https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>
2. Barnados has an advice hub for parents and carers and young people. It gives advice on mental health, wellbeing and family activities  
<https://www.barnados.org.uk/coronavirus-advice-hub>
3. Childline had developed a toolbox of calming activities, art, games, apps and journals to support mental health: <https://www.childline.org.uk/toolbox/>
4. University College London have provided a useful guide on the wellbeing of families with good practical advice and resources.  
<https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/social-emotional-and-mental-health-families>
5. Anna Freud has access to top tips for parents, resources and Podcasts.  
<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>
6. Education Endowment Foundation have shared evidenced based resources to support schools and parents to make the most of home learning:  
<https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>
7. The Special Needs Jungle have provided links, activities and resources for children and young people in relation to sensory needs, visual impairments, wellbeing, education, virtual escapes, exercise and much more:  
<https://www.specialneedsjungle.com/wp-content/uploads/2020/03/SEND-111-Coronavirus-distance-learning-resources-F.pdf>
8. Resources and tips for autistic people and families are provided by the National Autistic Society: <https://www.autism.org.uk/services/helplines/coronavirus.aspx>
9. The NHS, Every Mind Matters have tips and advice on looking after your mental health:  
<https://www.nhs.uk/oneyou/every-mind-matters/>
10. Dudley Council have provided guidance and links to Family resources:  
<https://www.dudley.gov.uk/council-community/emergencies/coronavirus-advice/coronavirus-guidance/>

