

COVID-19: Resources for Parents/Carers

In the light of school closures, we wanted to provide a range of advice and resources for parents/carers.

We are keen to signpost you to resources that start valuable conversations with your children and young people, providing tested tools to maintain wellbeing at a time of concern and anxiety for many families.

At the end of this document we have included some resources that will allow children to continue learning at home.

New Updates

[Meditation with Andrew Johnson](#): A guided meditation designed to help you relax and focus on the present.

The Anti-Bullying Alliance has released the following statement in response to the current circumstances:

“We remain more committed than ever to supporting the children, families and children’s workforce staff in providing safe environments for children to live play, learn and grow free from bullying. We are working hard on supporting schools and children’s workforce to continue their anti-bullying endeavours in this time and we are doing so via [a three step approach](#):

- [Encouragement](#): we want to be a force to encouragement and inspiration at this difficult time. We will be sharing good news stories to try and lift spirits. You can share some of the messages we’ve already created via the link.
- [Providing FREE online anti-bullying tools and training](#): We will be sharing our [free online CPD training](#) and tools to help schools in their anti-bullying strategy. We will also promote the amazing online resources of our members.
- [Signposting to advice and support](#): whilst we do not offer advice and support to parents and young people at this time we plan to share all the many organisations that do and help people get the support they need.”

[Stonewall](#) have produced a range of free downloadable activity packs and educational resources that can be used in the classroom with children and young people still attending school, or at home for those who are now being cared for by family and friends.

- [Frida Kahlo Home Learning](#) (first resource pack released)
- [Home Learning Hub](#) (will be continually updated)
- [General Education Resources Page](#)

[Relationships Matter Newsletter](#) *first edition*

The purpose of the newsletter is to provide helpful information about opportunities to reduce the impact of parental conflict on children. Whether you're together or separated, a professional or a member of the public, disagreements are completely normal and a part of everyday life, however evidence shows that regular conflict has a big impact on children and within families. What matters is how the conflict is dealt with.

[Kooth Update](#)

Kooth.com

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](#) where young people can register and others can find out more about the service.



[Living Life to the Full](#)

Living Life to the Full for Young people is aimed at people attending secondary school and those who support them (family, friends, teachers, youth workers etc.). It contains three courses:

- Core course of key modules covering understanding why you feel as you do, changing upsetting thinking, and doing things that make you feel better.
- Optional modules- lots of topics from dealing with irritability and anger, building confidence, and asking for what you need (assertiveness).
- Modules, books to read online, and interactive worksheets you can complete on your phone.

National Advice (Please note this advice will be continually updated as new information emerges):

- [NHS Information and Advice](#)
- [NHS Self-Isolation Information and Advice](#)
- [Great Ormond Street Hospital COVID-19: Information for Children, Young People and Families](#)
- [GOV.UK COVID-19 Guidance for Educational Settings](#)
- [Department of Health & Social Care: Coronavirus](#)
- [Coronavirus Health Advice for People with Asthma](#)

Pages for your General Mental Health Information and guidance:

[Mind: Coronavirus and your wellbeing](#)

Information from Mind to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're asked to stay at home or avoid public places, for example if your employer asks you to work from home

- you have to self-isolate

[Mindwell Leeds: Information on Coronavirus](#)

Useful tools and signposting from Mindwell to help you prioritise your wellbeing.

[Adjusting to hanging out at home – Gem Turner](#)

Gem is an award winning disabled blogger and consultant who has a lot of experience of staying at home for mandatory rest periods. She gives some advice on things to consider when self-isolating.

[Free online tours of the best art galleries in the world](#)

Google Arts & Culture teamed up with over [500 museums and galleries](#) around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

[National Trust](#)

The National Trust are working hard to open as many spaces as they can free of charge, with no parking fees, whilst closing all cafes and gift shops, to ensure people still have access to nature in order to support wellbeing. This will vary from site to site in terms of whether they are spacious enough to allow for social distancing.

Information and guidance to support children and young people:

[MindMate Website](#)

MindMate is a Leeds website for families, professionals, children and young people around youth mental health. If you're a [young person](#), MindMate can help you understand the way you're feeling and find the right advice and support. If you're a [parent](#), [carer](#) or [professional](#), MindMate can help you support a young person you know. We would recommend hovering over the young person's tab, clicking 'games' and then selecting 'stress pot', as this is a timely and helpful activity to do with your children.

[Clear Fear App](#)

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

[Calm Harm App](#)

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

[Young Minds Take 20 Parent Activities](#)

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are some ideas of #Take20 activities that you could do in 20 minutes.

[Anna Freud Self-Care Strategies](#)

Anna Freud consulted with a wide range of young people to create a portal of self-care strategies to help young people to manage their wellbeing. **Advice to give to young people:** It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help Anna Freud build an evidence-base for these activities by letting them know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help them decide which ones to research further.

Helplines, Online Chats and referrals pathways:

[Kooth: free online counselling platform for children & young people](#)

Free, safe and anonymous online support for young people aged 10-18 year old with trained counsellors as well as articles written by young people, a supportive online community forum and the function to record online journals. Kooth will still be operating as normal and are able to offer much needed support to young people at such a turbulent time. They are working on some digital materials specific to the current situation that we will send out when we have them. For now, [here is a video](#) outlining what the service does. **We have a link with an integration and participation worker who is able to offer remote staff training sessions for [kooth.com](#). If this is something you would like more information around, then please let us know.**

[Young Minds Parents Helpline](#)

The Young Minds Parents Helpline is available to offer advice to parents and carers worried about the mental health of a child or young person under 25. Young Minds will endeavour to reply to emails received within 3 working days.

[MindMate Single Point of Access \(SPA\)](#)

If you are concerned about the mental health of a young person, MindMate SPA referrals can link your child to the appropriate support. As a parent and carer of children (5-17 years) you can talk directly to the SPA team. Call 0300 555 0324 during office hours. Click on the link above to download a referral form.

[Leeds Survivor Led Crisis Service](#)

Leeds Survivor Led Crisis Service provides emotional support to people in crisis aged 16+. The team can be contacted on Tel: 0113 260 9328. Young people aged 13-18 living in Leeds can contact their Teen Connect crisis line on 0808 800 1212 or text message 07715 661 559.

[BEAT](#)

The BEAT website has lots of advice and resources around eating disorders including a helpline (0808 801 0677) and a Youthline (0808 801 0711), the link above will take you to their advice around eating disorders and coronavirus.

Healthy eating resources and advice:

[Change4life](#)

Fun and family friendly information for eating well and keeping active. Tips, ideas, recipes and games to help keep kids and adults happy and healthy. Parents and pupils can also download the free app and food scanner to find out what's really in food and drinks.

[Food a Fact of Life](#)

Lessons and curriculum resources that parents can use at home to help educate their children about healthy eating, cooking and where food comes from.

[NHS Choices Eatwell](#)

Information and advice on food, nutrition and the Eatwell Guide. This website also provides advice on digestive health and recipes ideas.

[British Heart Foundation](#)

Advice on keeping healthy and eating a balanced diet for heart health.

[The Trussle Trust](#)

A nationwide network of food banks that together provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

Physical Activity resources and advice:

- [Imoves](#)
- [Youth Sport Trust Free Home Learning Resources](#)
- [Jasmine Active Home Learning Resources](#)
- [BBC Children in Needs Workout Videos](#)
- [Jump Start Jonny](#)
- [TAGTIV8 Active Learning Games](#)
- [Cosmic Kids](#)
- [Questr School Closure](#)
- [Go Noodle](#)
- [Energetic Education](#)

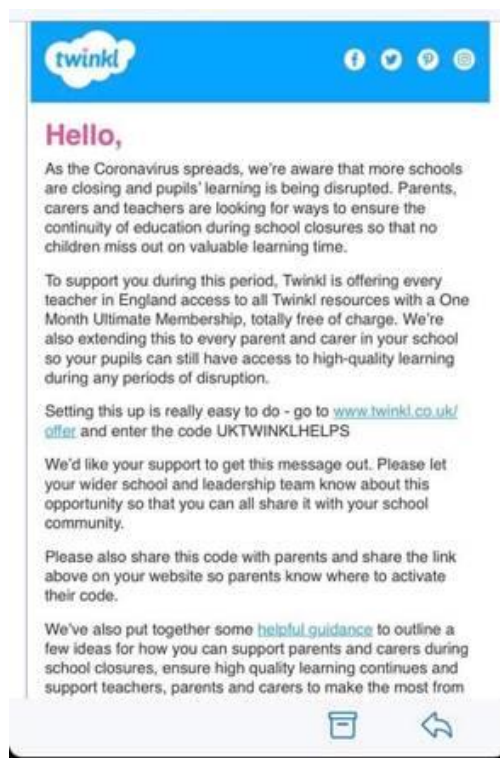
Resources and Advice Specific to children and young people with SEND:

- [Young Minds – COVID-19 and families with disabled children](#)
- [Easy-read guide to coronavirus from Mencap](#)
- [Dealing with COVID-19: Resources for Special Educators, Therapists & Families](#)
- [COVID-19 Information for Parents and Carers - WellChild](#)
- [WellChild calls on Government and society to step-up for vulnerable children with serious health needs in light of COVID-19](#)
- [50 Things to do before you're 5](#)
An app that lets you tick-off **50 fantastic things** for you and your child to experience together. This is an excellent resource for young children and can be adapted for SEND children.

Resources to Support Home Learning:

We recommend you read through/watch all content prior to showing your child/ren.

- [BBC Teach PSHE Resources](#)
- [Children's Mental Health Playlist – BBC Teach](#)
- [School Wellbeing PSHE Page](#)
- [School Wellbeing SEMH Web Links](#)
- [TED ED / TED ED Lessons](#)
- [TES: COVID-19 Home Learning Pack](#)
- [COVID-19 Support Resources: Google for Education](#)



Please share this list far and wide, let's do what we can to keep children happy, learning, laughing and calm! Tweet your activities and keep each other motivated using [@SchoolWellbeing](#)

Please note: The SEMH resources are aids to professional help, but are not substitutes. Please refer into the MindMate SPA if you have concerns about your child. In any emergency, call 999.

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