



## **Activities and support for parents, children and young people**

Register for [FREE online parenting courses](#). Topics include-

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenagers brain

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND).

[Family Links](#) have a selection of free downloads with practical tips and advice for parents. They also have a free [online parenting course](#) hosted by Netmums. Although it is hosted by Netmums, it is perfect for Dads too.

[Surrey Parenting Handbook](#) This is a reference book for parents and carers of 11 to 19 year olds in Surrey. It includes information and contacts on 20 topics, ranging from alcohol, drugs and substance misuse to support for young carers.

[Hungry Little Minds](#)- Simple, fun activities for children, from newborn to five years.

[Twinkl](#) have created a parents home learning hub, you can also have a month's free subscription, by following the link- [www.twinkl.co.uk/offer](http://www.twinkl.co.uk/offer) and entering the code UKTWINKLEHELPS.

### **Free NHS apps**

[The Baby Buddy](#) app guides you through your pregnancy and the first 6 months following your baby's birth. It is designed to help you look after your baby's mental and physical health, as well as your own, and give your baby the best start in life.

[The British Red Cross Baby and Child First Aid](#) app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.

[Peanut](#) is an app that gives you access to a social network to connect with other women across fertility and motherhood. It aims to make it easy to meet, chat and learn from like-minded women.

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## **Support and advice for young people**

**CYP Haven** for young people – although the centres are closed, there is a virtual phone service operating every weekday 4-8:30pm and weekends 12-6pm. The phone number is listed on the website

Also, there are also apps available on the website

- **Shine – Self Care and Meditation:** Learn a new self-care strategy every day and explore an audio library of over 500 meditations, stories and ambient music
- **ReachOut WorryTime:** A tool to help with containing worry to designated periods, reducing worry and improving self-reflection and problem-solving skills
- **Headspace – Meditation and Sleep:** A guide to everyday mindfulness in a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise and physical health.

**Children and Family Health Surrey** are offering a text service on 07507 329951 for young people aged 11-19 in Surrey to ask and talk about a range of issues.

**The Mix**- offer information and advice about any subject to children and young people between 13-25. It provides helpline and online support.

**Kooth**- is a free, anonymous, confidential, safe, online wellbeing service, offering counselling, information, and forums for children and young people.

## **Free NHS apps**

**The MeeTwo** app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

**Bluelce** is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

## **Keeping active and healthy for all ages**

**NHS Change for Life** have a range of activities for children of all ages that can be done at home or in the garden, and some activities **just for indoors**

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**Virtual PE classes-** At 9am every weekday Jo Wicks will be running virtual PE classes on his YouTube channel to ensure children are still keeping fit from home.

**CBeebies for the younger children-** While you are self-isolating, it can be difficult to find things to do with young children to keep them active at home. Have a look at these easy ways to get you and your young children moving.

### **Free NHS app for healthy teeth**

**Brush DJ** plays two minutes of your music so you brush your teeth for the right amount of time. The app has short videos on how to brush your teeth and how to clean in between them using an interdental brush or floss.

### **Healthy eating**

NHS **Change for life** have healthy meal ideas and recipes for you to try. It is not advised that you go shopping specifically to buy any missing ingredients. Perhaps just add them to your shopping list for the next time you go to the shops.

### **Further advice and support**

**Wellbeing-** **The Government** have put together some really useful guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak which includes advice on looking after yourself and helping children and young people cope with stress.

**Shout** provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can:

- text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving

**Children and Family Health Surrey-** Access to a Surrey-wide 0-19 advice line for support on all aspects of child health, development and parenting as well as other useful information and links. There are details about the changes to their services due to the Coronavirus / COVID-19 outbreak.

**ChildLine-** is a free, private and confidential service for children and young people where you can talk about anything. They continue to offer a phone line service between 9am and midnight, though young people won't be able to join the queue for a 1-2-1 chat after 10:30pm.

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**SURREY**



[Young Minds](#) have advice for adults about talking to children about the current situation. Young Minds also have [some support available](#) for you if you are struggling with the news about coronavirus or having to isolate and it is affecting your mental health. There is a blog available with advice and support. [Young Mind's Parent Helpline](#)- also have a free helpline for parents worried about their child or young person.

[UNICEF](#) have advice for parents and carers around talking to children about the Coronavirus COVID-19 emergency including 8 tips to help comfort and protect children.

[MIND](#) have some practical advice for staying at home, taking care of your mental health and wellbeing, support for work, benefits and housing and a checklist for staying at home.

#### **Free NHS app**

[Chill Panda](#) is an app to help you to learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

#### **Staying safe online**

It's natural that young people will be spending more time online at the moment, whether it be to keep in touch with friends or play games. It's important therefore that you and your child are aware of how best to keep safe online.

[Internet Matters.org](#) offer information advice and support to parents to keep children safe online, this includes general tips to manage children's screen time, which can be found [here](#).

[Netaware](#)- The NSPCC provides parents with advice regarding keeping children and young people safe online. It includes guides to the social networks, apps and games they might use.

[Thinkuknow](#)- has different websites for children and young people of different ages, which give advice about staying safe when you're on a phone, tablet or computer.

[The Breck Foundation](#) campaigns for a safer internet for all children and young people – whether they are gaming, communicating on social media, using apps or taking part in any other internet-based activity.

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## **Support for family life and relationships**

**Family Lives**- is a charity whose aim is to help support parents and carers to deal with all aspects of family life.

**Relate**- Highly trained counsellors available to support everyone's relationships during this difficult time. There is support available through live chat and telephone and webcam counselling. Following the government's latest advice on COVID-19, most face-to-face services are temporarily closed. They have also put together some advice and tips for keeping relationships healthy during self-isolation and social distancing.

## **Support for single parents**

**Gingerbread**- Support available for single parents including advice around contact arrangements. Gingerbread groups will not be having meet ups for the foreseeable future however any Gingerbread coordinators are encouraging communication through WhatsApp and Facebook as an alternative way for single parents to stay in touch with each other.

**CAFCASS**- Cafcass has put together some guidance to support children and families during the COVID-19 emergency to encourage effective co-parenting and help maintain a child's routine.

## **Top 10 tips for surviving the COVID-19 emergency**

1. Have a routine – Children thrive on routines and there'll be less chance of them getting upset or angry. Maybe write this up or draw pictures to help children to understand what will happen each day.
2. Keep moving – There are plenty of online resources to keep you all fit and healthy while indoors or take it in turns to lead an exercise class.
3. Get things done – tick off those jobs you've been meaning to do; the whole family can help too!
4. Give each other space (not just the 2-metre rule here!) but time to be alone for a little while.
5. Stay in touch – make some time each day for you **all** to interact with people outside of the home. It's really important for the children to be encouraged to maintain their friendships, albeit virtually.
6. Don't be too precious about the odd 'duvet day'. As long as this is not every day, a once a week PJ day with movies and snuggles will be wonderful for mental health and bonding.

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7. Cook together – let the children see what they can come up with using whatever is in your cupboards/fridge/freezer and remember, it may not be a culinary delight but does that matter?
8. Play – we never stop learning through play; let your children teach you
9. Write it down – encourage your children to write down their feelings/worries. Once they have done this move to item 10.....

Talk – don't let things brew, open up and let people know how you are all feeling. Be honest with your children and if you don't know the answer (which is very likely as this whole situation is unclear and constantly changing) just say so.

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