

Dear parents and carers,

We hope that you have already had a look at the Corona book for children which is signposted on the home page. There are many other useful resources in that folder. Please have a look..

In addition you may find some of the links below helpful. Some are aimed at children whilst others are intended to support you as parents and carers.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.theparentpractice.com/podcast/cvpod#.Xpv8l8hKhPb>

<https://www.annafreud.org/coronavirus/>

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

<https://mentalhealth-uk.org/blog/the-stress-bucket/>

<https://mentalhealth-uk.org/help-and-information/best-working-life/>

<https://www.coramlifeeducation.org.uk/harolds-daily-diary> - these activities link to the Life Bus which visits school.

The Children's Commissioner for England, in association with the privacy law firm Schillings, has produced a digital safety and wellbeing kit for parents and a safety guide for children to help keep children safe and well online during the coronavirus outbreak.

<https://www.childrenscommissioner.gov.uk/coronavirus/digital-safety-andwellbeing-kit/>

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/ccoparents-digital-safety-wellbeing-kit.pdf>

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/ccochildrens-digital-safety-wellbeing-kit.pdf>

This is a really difficult time for parents too, so we've got some advice to support them on the NSPCC website • coronavirus (COVID-19) advice and support for parents and carers • supporting children's mental health during the pandemic • advice for parents working from home

We hope that you find these useful at this difficult time.