

## **Useful Resources and Advice for Parents and Carers**

Dear Parents / Carers,

*Please see below for a number of links to information that may find useful at the current time.*

- Bexley Children's Services - 020 3045 5440.
- Greenwich Children's Services - 020 8921 3172
- <https://www.kooth.com/> - a free online counselling and emotional well-being support service for young people aged 11-19 in Bexley
- [www.healtheme.co.uk](http://www.healtheme.co.uk) - Access to the Bexley and Bromley School nursing service
- NSPCC Helpline: 0808 800 5000 Contact professional counsellors for help, advice and support
- Childline: 0800 1111 - Free, confidential advice and support for children and young people
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### **#StaySafeStayHome Online Advice and Resources to Support Families**

Up to date news, articles and resources with parents able to enhance their knowledge and share experiences

<https://www.internetmatters.org/resources/staysafestayhome-tech-advice-and-resources-to-support-families-at-home/>

### **Google Safety Tools for Families**

Practical tips and resources on how you can make Google (and its related apps such as YouTube) family friendly to use:

<https://www.internetmatters.org/google-safety-tools-for-families/>

### **Live Streaming Considerations**

Ensure you and your child are staying safe by checking some of the practical considerations of live lessons.

<https://static.lgfl.net/LgflNet/downloads/digisafe/Safe-Lessons-by-Video-and-Livestream.pdf>

### **YouTube Moderation**

Alan Mackenzie, whose company eSafety Adviser regularly updates schools with information, has produced this video for parents with some tips on some of the functions that can be used to make watching a safer experience:

<https://www.youtube.com/watch?v=1Yvlfw7obwE&feature=youtu.be>

### **HouseParty**

Many students will be using the HouseParty app to keep in touch remotely. Parents / Carers may find the article below useful in finding out more about it:

<https://www.waynedenner.com/blog/why-is-everyone-using-the-houseparty-app/>

### **Managing Your Mental Health**

The links below give support for both adults and young people:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://youngminds.org.uk/>

[https://www.actionforhappiness.org/media/530511/ten\\_keys\\_guidebook.pdf](https://www.actionforhappiness.org/media/530511/ten_keys_guidebook.pdf)

### **Advice leaflet for parents / carers and young people**

AACOSS, the Association of Adult and Child Online Safety Specialists, have put together a simple information leaflet covering various social media apps. It is available from our school website:

<https://www.bexleygs.co.uk/attachments/download.asp?file=1656&type=pdf>

### **How children and young people of different ages may react to changes since COVID 19**

The following advice was produced by the Medway Child Health Team:

All children and young people are different, but there are some common ways in which different age groups may react to a situation like the coronavirus (COVID-19) outbreak. Understanding these may help you to know how to support your family. The common reactions to distress will fade over time for most children and young people, though could return if they see or hear reminders of what happened.

#### For infants to 2-year olds

Infants may become more easily distressed. They may cry more than usual or want to be held and cuddled more.

#### For 3 to 6-year olds

Preschool and kindergarten children may return to behaviours they have outgrown. For example, toileting accidents, bed-wetting, or being frightened about being separated from their parents or caregivers. They may also have tantrums or difficulty sleeping.

#### For 7 to 10-year olds

Older children may feel sad, angry, or afraid. Peers may share false information, but parents or caregivers can correct the misinformation. Older children may focus on details of the situation and want to talk about it all the time, or not want to talk about it at all. They may have trouble concentrating.

#### For preteens and teenagers

Some preteens and teenagers respond to worrying situations by acting out. This could include reckless driving, and alcohol or drug use. Others may become afraid to leave the home. They may cut back on how much time they connect with their friends. They can feel overwhelmed by their intense emotions and feel unable to talk about them. Their emotions may lead to increased arguing and even fighting with siblings, parents, caregivers or other adults. They may have concerns about how the school closures and exam cancellations will affect them.