

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

8 - INFORMATION, ADVICE and SUPPORT for PARENTS and CARERS

The resources listed below by topic, are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable. ALL RESOURCES ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

Susan

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MENTAL HEALTH & WELLBEING

ANNA FREUD CENTRE

[Support & guidance for parents & carers](#)

[Rebuild & Recover - support for parents & carers](#)

ANTI-BULLYING ALLIANCE

[Information and advice for parents and carers](#)

ANTI-BULLYING FROM THE DIANA AWARD

[Information and guidance for parents and carers](#)

ART THERAPY

[Activities to do at home](#)

BARNARDO'S

[Helping children cope with anxiety](#)

BERKSHIRE HEALTHCARE FOUNDATION NHS TRUST – CHILDREN, YOUNG PEOPLE & FAMILIES SERVICES

[Advice for parents, carers and patients of CYP mental health services](#)

CHARLIE WALLER MEMORIAL TRUST

[Guides for families](#)

EAST BERKSHIRE NHS

[Your Wellbeing #Coping Guides for Children, Young People and Families](#)

EMERGING MINDS

[Coronavirus podcasts for professionals, parents and carers – topics include Teens Screens & Quarantines, Social Isolation & Young People's Mental Health](#)

MENTAL HEALTH FOUNDATION

[Mental health in schools, make it count - a guide for parents & carers](#)

MIND ED

[ONLINE LEARNING: Children and young people's mental health for professionals, parents and carers](#)

NATIONAL ONLINE SAFETY.COM

[Guide to being kind online](#)

[Guide to social media pressures linked to appearance](#)

[Guide to social media pressures linked to social media influencers](#)

[Guide to social media pressures linked to friends and followers](#)

[Guide to social media pressures linked to likes](#)

NSPCC

[Advice for parents and carers on supporting children's mental wellbeing](#)

PARENT ZONE

[How to look after your family's mental health when you're stuck indoors](#)

PARTNERSHIP FOR CHILDRE

[Wellbeing activity sheets to use at home for primary aged children](#)

[VIDEO: Helping parents and teachers talk to children about death](#)

PLACE 2 BE

[Answering children's questions about Coronavirus](#)

PUBLIC HEALTH ENGLAND

[PUBLIC HEALTH ENGLAND: COVID-19 guidance for parents on supporting children and young people's mental health and wellbeing](#)

available in English, Arabic, Bengali, Chinese (CN), Chinese (HK), French, Gujarati, Portuguese, Polish, Punjabi, Urdu.

PUBLIC HEALTH NORTHERN IRELAND

[When will this be over? talking to children about Coronavirus](#)

YOUNG MINDS

[Support & guidance for parents & carers](#)

[Parent and carer's helpline: 0808 802 5544](#)

RELATIONSHIPS & SEX EDUCATION

DEPARTMENT FOR EDUCATION

[Understanding relationships and health education in your child's school - a guide for parents \(primary\)](#)

[Understanding relationships, sex and health education at your child's school - information for parents \(secondary\)](#)

[Relationships Education, RSE and Health Education FAQs](#)

DO..

[Information and advice for parents and carers about supporting their children](#)

FAMILY PLANNING ASSOCIATION

[Sexwise website - up to date information about contraception](#)

MERMAIDS

[Support and information for the parents, carers and families of gender diverse young people](#)

Parent & carer helpline 0808 801 0400 (Monday – Friday; 9am – 9pm)

NSPCC

[How to have difficult conversations with children – guidance for school staff , parents & carers](#)

PARENT INFO (CEOP and PARENT ZONE)

[Advice and information for parents and carers about relationships, sex and talking to children & young people](#)

[about sensitive issues](#)

PUBLIC HEALTH SLOUGH

[Information, advice and sexual health services in Slough](#)

SAFE SEX BERKSHIRE

[Information, advice and sexual health services in Slough](#)

ONLINE SAFETY

ASSOCIATION FOR CHILD & ADULT ONLINE SAFETY SPECIALISTS

[Online safety advice video for parents](#)

CEOP - PARENT ZONE

[Resources for families, to help them meet the challenges of the digital age.](#)

CHILDNET

[Resources for parents and carers to help keep children safe online](#)

CHILDREN'S COMMISSIONER FOR ENGLAND

[Digital safety kit for parents](#)

[Digital 5 A Day - tips for achieving a healthy, balanced online life](#)

E SAFETY ADVISER

[Online safety videos for primary and secondary pupils on subjects including cyber security, sharing images and being kind online](#)

INSTAGRAM

[How to use new anti-bullying features](#)

NATIONAL ONLINE SAFETY.COM

[A guide to safer remote learning for parents](#)

[A guide for parents about the House Party app](#)

[A guide for parents about the Tik Tok app](#)

[A guide about the pressures children and young people feel from social media linked to appearance](#)

[A guide about the pressures children and young people feel from social media linked to social media influencers](#)

[A guide about the pressures children and young people feel from social media linked to friends and followers](#)

[A guide about the pressures children and young people feel from social media linked to likes](#)

[How not to become a screen zombie – a guide for young people to raise their awareness around screen addiction](#)

[What parents need to know about protecting personal data](#)

[A guide for parents about 'sexting'](#)

[A guide for parents about 'trolling'](#)

[The full range of parent guides available can be accessed **HERE**](#)

NET AWARE (O2)

[Reviews for parents and carers about the most popular social networks, apps and games](#)

[Online Safety Gurus offering practical support and advice to schools, parents and carers](#)

ROYAL COLLEGE OF PAEDIATRICS & CHILD HEALTH

[Screen-time guide for parents](#)

SAFE TO NET FOUNDATION

[Support for parents and carers to keep children safe online](#)

THINK U KNOW

[Advice for parents & carers on supporting their children during the Coronavirus period and keeping them safe online](#)

[Think U Know parent's homepage](#)

[Online safety home activity worksheets](#)

YOU TUBE

[A video guide for parents about You Tube and how to use parental controls and filters](#)

UK SAFER INTERNET CENTRE

[Advice for keeping children happy and safe online while learning at home](#)

[Improve your privacy online – advice for teachers and parents](#)

X-BOX

[New parental control app](#)

ALCOHOL and DRUGS

DRINKAWARE

[Advice for parents and carers about children and alcohol](#)

SLOUGH TURNING POINT

[Young People's Service](#)

TALK TO FRANK

[Advice and information about young people and drugs for parents and carers](#)

YOUNG MINDS

[Supporting your child - drugs and alcohol](#)

HYGIENE and INFECTION PREVENTION

BERKSHIRE HEALTHCARE FOUNDATION NHS TRUST – CHILDREN, YOUNG PEOPLE & FAMILIES SERVICES

[Information for parents and carers about school age immunisations](#)

DEPARTMENT OF HEALTH

[NHS Test and Trace service](#)



Test & Trace.pdf

PUBLIC HEALTH SLOUGH

[Reducing your risk from Coronavirus](#)

[# One Slough project](#)



#OneSlough.pdf

FREE ONLINE PARENTING COURSES

Bringing up children is a lot of fun, but can also have its challenges and there are times when receiving some advice would be helpful. Parents and carers living in Slough now have free access to online parenting courses backed by the NHS.

The courses can be taken in English and community languages: Polish, Arabic, Hindi, Urdu, Arabic, Bulgarian and Chinese. There are also courses to help parents whose children have special educational needs.

Sign up for free parenting classes [HERE](#) use the access code 'PARENTING'.

Access to the courses and guides are unlimited with no expiry date, so you can return as and when you need and want to.