

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 8

INFORMATION, ADVICE and SUPPORT for PARENTS and CARERS

The resources, training and CPD opportunities, listed below 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.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

MENTAL HEALTH & WELLBEING

Anna Freud Centre

[Support & guidance for parents & carers about children's mental wellbeing](#)

[Rebuild & Recover - support for parents & carers about children's mental wellbeing during the pandemic](#)

Anti-Bullying Alliance

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

Anti-Bullying from the Diana Award

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

Art Therapy

[Activities to do at home](#)

Barnardo's

[Helping children cope with anxiety](#)

BBC Bitesize

Is your child feeling bored, flat and unmotivated? Advice for parents, carers and school staff to help them support children and young people who are feeling bored, flat and unmotivated: [How to support](#)

Berkshire Healthcare Foundation NHS Trust

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

Charlie Waller Trust

[Guides for families about a variety of mental wellbeing issues](#)

Emerging Minds

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

Frimley CCG (NHS)

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

GEMS – Autism and ADHD support service

GEMS offers information, support, workshops and courses to parents and carers of children with autism and ADHD within East Berkshire. They also offer a variety of workshops and activities for children from age 5 and young people up to the age of 19. Further information and contact details can be found on the GEMS website: [gems4health](https://www.gems4health.org.uk)

Mental Health Foundation

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

MindEd

[Children and young people's mental health online learning for professionals, parents and carers](#)

National Online Safety

[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 Children

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

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

Public Health England

[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.

Young Minds

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

Parent and carer's helpline: 0808 802 5544

RELATIONSHIPS & SEX EDUCATION

Brook

RSHE at Home: an online FAQ series for parents and carers produced by Brook designed to support parents and

carers to start and continue conversations at home. Topics include: consent, LGBTQ, sex and disability. The sessions can be accessed here: [RSE at Home with Brook](#)

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... Sex Education

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

Family Planning Association

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

INEQE Safeguarding Group

What's Up with WhatsApp? Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features.

Access the guidance here: [What's Up with WhatsApp](#)

[Information and video about the new WhatsApp disappearing messages function and how to keep children safe](#)

Young People and Dating Apps: a guide to the risks, concerns and behaviours associated with young people and dating apps: [Young People and Dating Apps](#)

Internet Watch Foundation

T.A.L.K. Campaign

Is a new self-generated child sexual abuse prevention campaign launched by the Internet Watch Foundation. Data shows a 77% rise in cases of self-generated imagery cases since 2019. The hard-hitting campaign aims to empower girls, and warn their parents and carers, about the risks posed by online predators targeting children. The goal of this campaign is to build resilience to the threat of self-generated sexual abuse of children, thereby reducing the number of incidences. As part of the campaign, parents are encouraged to use the **T.A.L.K.** checklist to talk to their children about online dangers: [T.A.L.K. Campaign](#)

The Marie Collins Foundation

Online Harm - Guides for Professionals and Parents/Carers have been produced by the Marie Collins Foundation and the NWG Network aimed at reducing online harm. The [Online Sexual Harm Reduction Guide](#) is aimed at professionals; [How Can I Help My Child?](#) is aimed at parents and carers.

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)

National Online Safety

National Online Safety app for parents, carers and educators: a free comprehensive online safety app packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect children and young people when they're online including an extensive selection of guides for parents and carers on a range of topics: safer

remote learning, apps such as House Party and TikTok, social media and the pressures it can put children young people under, screen addiction, 'sexting', 'trolling', gaming and gaming platforms, plus many others. Find out more and download the app here: [National Online Safety app for parents](#) or via the National Online Safety website [HERE](#)

What Parents Need to Know about Sexting: an online safety guide about sending nude images (sexting) with information about the law and risks plus safety tips: [What Parents and Carers Need to Know about Sexting](#)

What Parents and Carers Need to Know about Tinder: a free guide from National Online Safety for parents, carers and professionals working with children and young people about the Tinder dating app.

Download the guide here: [What Parents and Carers Need to Know about Tinder](#)

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](#)

Women's Aid

Controlling Behaviour in Young People's Relationships A guide for parents and carers, produced by Women's Aid, including recognising if a child is being controlled by their partner, talking about healthy behaviour in relationships with a child, how to collect evidence of coercive control and where to go for help. Access the guidance [HERE](#)

ONLINE SAFETY

Association for Child and 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](#)

INEQ Safeguarding Group

What's Up with WhatsApp? Information and guidance from the INEQ Safeguarding Network for parents, carers and educators about the popular app and new features.

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National Online Safety

An extensive selection of guides for parents and carers on a range of topics including: safer remote learning, apps such as House Party and TikTok, social media and the pressures it can put children and young people under, screen addiction, 'sexting', 'trolling', gaming and gaming platforms, plus many others.

The guides can be accessed through the new FREE [National Online Safety app for parents](#) or via the National Online Safety website [HERE](#)

Royal College of Paediatrics and Child Health

[Screen-time guide for parents](#)

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](#)

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](#)

Unseen

This campaign aims to raise awareness among adults about County Lines and encourage them to get advice from the Modern Slavery & Exploitation Helpline 08000 121 700 if they have concerns about a child or young person. There are some promotional materials you can download from the website here: [Unseen](#)

You Tube

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

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](#)

GENERAL HEALTH and PREVENTION

Berkshire Healthcare Foundation NHS Trust

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

Healthier Together

The Healthier Together is a new website for parents. It provides clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last. Most importantly, the resources are used not only by parents but also by healthcare professionals. This means that your child is likely to receive consistently high-quality care, irrespective of which healthcare

provider you take them to see, and their advice is likely to mirror that on the Healthier Together website which will reduce unnecessary variation the parental anxiety that inconsistent advice generates: [Healthier Together](#)



Healthier Together
Local advice and support to help manage and improve the health and wellbeing of babies, children, and young people
ACQUIT BRACKNELL FARNHAM HADDONHALL NORTH EAST HAMPSHIRE SLOUGH SURREY WIMBORNE
www.frimley-healthiertogogether.nhs.uk

New Site for Parents on Dealing with Childhood Illnesses 0-18
The site aims to empower parents, carers and young people with knowledge and easily accessible help at their fingertips.
If you are unsure if you can stay home or need to see someone for your sick child **Healthier Together can help!**

- Clear **traffic light system** for illness advice so you feel confident with the decision you make and **what you can do at home**.
- You can find help with day-to-day queries such as pregnancy, feeding, sleep and development.
- Current topics from COVID to mental health and emotional well-being.
- Brings together national resources and **Local services** available in Berkshire, Bucks, Hampshire and Surrey.
- SMS option to share with other parents and young people and can be accessed on any device; phone, tablet or computer.

Public Health Slough

[Reducing your risk from Coronavirus](#)

[# One Slough project](#)

FREE PARENTING COURSES and GUIDES

Solihull Online Parenting Courses

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.

The courses include a new **Understanding your Child's Mental Health and Wellbeing** module.

Access to the courses and guides are free and unlimited with no expiry date, so you can return at any time you wish.

The courses can be accessed free of charge by Slough residents using an access code. Visit www.inourplace.co.uk , create your account and apply the access code **PARENTING**

Communicating with Teens

Useful information, advice and guidance for parents and carers produced by Relate:

[Communicating with Teens](#)

[Help with Family Life and Parenting](#)