



## MENTAL HEALTH AND WELLBEING RESOURCES FOR PARENTS OF YOUNG CHILDREN.

The next few months are going to be challenging for all of us. These are unprecedented times and it's understandable that many of us are struggling with worry and anxiety.

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

First the basics:

**Routine** - children feel safer when there are recognisable routines to the day, eat healthily and drink plenty.

**Exercise** - outside if possible - every day. Jo wicks personal trainer is doing a daily PE lesson for kids on Youtube.

**Sleep** - stick to regular bedtimes and routines.

**Try to find positives** - we will be spending a lot more time with each other, find ways to connect, set goals for the day to add a sense of achievement. Learn to bake or garden with the kids. There are loads of resources on line regarding home schooling and activities.

Below are some resources to help if your children are struggling with worry, anxiety or any other mental health problems at this time.

### **Books**

- "What to do when you worry too much" - aimed at 6-12-year olds - explains worry and uses CBT techniques to manage symptoms.
- "Badgers parting gift" - how to explain death and dying to young children.

### **Online resources**

**Young minds** – <https://www.youngminds.org.uk> - has useful information about how or explain corona virus to children . There's a parents survival guide including Top Tips and information about looking after yours and your child's mental health whilst self-isolating. Parents can email [parents@youngminds.org](mailto:parents@youngminds.org).

Parents help line 08088025544.

**Kooth** - <https://www.kooth.com> - online support service for young people aged 10-24

**Childline** - 08001111. <https://www.childline.org.uk>

**Safespeak** - <https://www.safespeak.org.uk> - counselling services for children run by relate  
Phone number 01332349177.

**Family Lives** - <https://www.familylives.org.uk> - help line 0808800222- can provide local support regarding all aspects of parenting including mental health support.

**CAMHS** – wealth of resources to help deal with children and teens mental health. "On my mind" website aiming to empower children and young adults to make informed choices about their mental health support.



**Gingerbread** – <https://www.gingerbread.org.uk> - support for single parents.

**Bereavement** – <https://www.winstonswish.org> or <https://www.childbereavement.org>

**Distraction and home-schooling** - some ideas <https://www.allinonehomeschool.com>

### **Apps**

Chill panda

Penguin isle

### **Above all remember:**

You are not alone

Remember self-care

Connect with others - share your own vulnerability

Distraction, mindfulness, absorbing activities

We are all in this together and together we will get through this