

Support for parents from Place2B



Hello Parents and Children,

I know the last few months have been a bit strange and different but I hope you are all settling into your new routines at home. Everyone at school misses you all and have been thinking about you every day.

We know you are doing your best at home, change is hard. I think you may have surprised yourself how well you have coped, even the small things are important. Change can seem scary, we like to know where we are heading and what we are doing next. However, we can control how we manage this change, think about your strengths what you and your family enjoy doing and the things you don't ever get the chance to do. Things are unknown but we will get through this together, create a routine, think about the things you can manage and what you would like to have done by the end of the day.

This is a break, tell yourself and your family that you will see friend/family/school soon, we all can't wait to hear your stories and see your smiles. Also, you must be kind to yourself and each other.

We have put together some resources for you all to share, please try them with your children;



Looking after yourself and your child/children;

<https://www.youtube.com/watch?v=8GmQijmUrkk>

I found this useful for both adults and children in re-framing anxiety

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Looking at the facts of the virus and how to keep us safe, and our own self-care.

<https://www.lucysblueday.com/> Has a free ebook called 'Lucy's in Lockdown' designed to help children to express their feelings about covid-19 and lockdown.

<https://www.kooth.com/> Free online support for young people looking for advice or help if you are not feeling your best. They also have some good videos to watch.

<https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

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

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

<https://www.healios.org.uk/services/thinkninja1>

Think Ninja – Helps young people manage their emotional health, good YouTube clip.

www.harmless.org.uk

Harmless is a user led organisation that provides a range of services about self harm and suicide prevention including support, information, training and consultancy to people who self harm, their friends and families and professionals and those at risk of suicide.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

For Adults; Practical advice for staying at home, eating well and staying hydrated.

Connect with people

Find and routine

Keep active

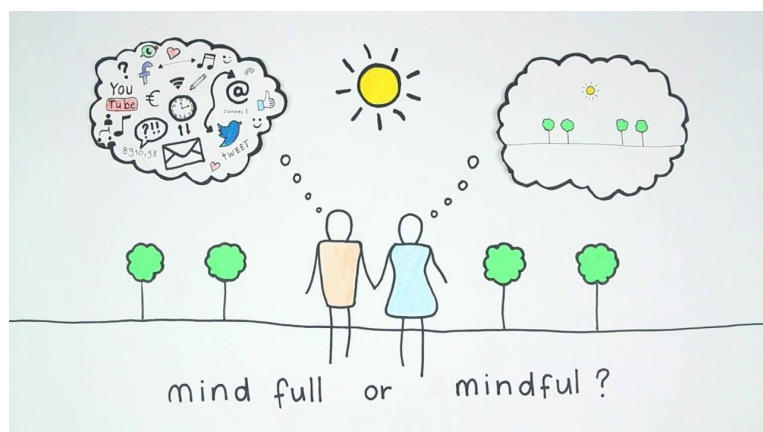
Ways to relax and create

Ways to help if you are worried; games

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Online safety help, protecting your children online. Ways to keep them safe.



Ways to keep calm, when feeling overwhelmed.

<https://www.headspace.com/>

Mindfulness; Stress less. Move more. Sleep soundly.

- Hundreds of guided meditations on everything from stress to sleep
- Over 40 mindfulness exercises for cooking, eating, commuting and more
- Super-short meditations you can do anytime.
- Expert guidance from former monk, and Headspace co-founder, Andy Puddicombe
- Sleep Sounds to ease the mind into a truly restful night's sleep

- Fun, simple animations to help you with your meditation practice and answer any questions you might have

<https://www.newhorizonholisticcentre.co.uk/>

Meditation for Adults and children. Apps and YouTube videos to watch.

- Relief of Stress and Anxiety
- Supports Healthy and Emotional Development
- Increased Focus and Concentration
- Increased Creativity
- Feeling More Calm and Relaxed
- Restful Nights Sleep

<https://millpondsleepclinic.com/sleep-advice/baby-child-sleep-advice-videos/>

Helpful videos on sleep for babies which also helpful to think about our children/teenagers and adults. Going back to the basics.

- Early Rises
- Bedtime Routine
- Sleep advice videos



Exercise at home with the family. It is fun, exhausting, but good for mind and body, do as much as you can. Brilliant for the children with lots of energy to burn!!

<https://www.youtube.com/watch?v=-TGEdzRzSbw>

Joe Wicks has a live PE lesson on Monday, Wednesday and Friday at 9am.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Why it's important to exercise.

<https://youtu.be/FP0wgVhUC9w>

Zumba Kids lots of great dances to; Old Town Road, Minions.....

<https://www.jumpstartjonny.co.uk/home>

Fun workouts and chill-out videos, lots of free videos.

<https://www.youtube.com/user/GoNoodleGames>

Fun and interesting ways to get active.

<https://www.youtube.com/watch?v=SmBa-0bJYXQ>

Gentle exercises for lower back pain

<https://www.youtube.com/watch?v=njeZ29umqVE>

1 mile happy walk, gently ways to move

<https://www.cosmickids.com/>

Yoga, storytelling and meditation.

<https://www.youtube.com/watch?v=X655B4ISakg>

Yoga – Breathing and moving for children and parents.



Creative and interactive ways for keeping the children busy.

https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765?c=15

Links to zoos that offer live web-cams of animals

<https://biglifejournal-uk.co.uk/pages/podcast>

'Big Life Kids' Mindfulness podcast

https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg

'Draw with Rob', drawing together with illustrator Rob Biddulph

<https://www.michaelrosen.co.uk/>

English children's novelist, poet, and the author of 140 books, this website will give you video links to some funny and interesting poems he has written.

<https://www.bbc.co.uk/cbbc/shows/art-ninja>

He is an animator with amazing art skills. He loves to teach his secrets and get you to create your own art. Great ideas and YouTube videos to watch.

<https://littlebinsforlittlehands.com/lego-challenge-calendar-ideas-kids/>

Lego challenges, Coding and lots of other indoor fun ideas.

<https://hourofcode.com/us/how-to/parents>

Coding with animals and they can dance.

<https://www.carylhart.com/special-projects/free-book-resources>

Lots of fun creative free stuff to do at home

<https://musiclab.chromeexperiments.com/>

Making learning music more fun and creative a hands-on experience.

<https://www.thepetitecook.com/water-cake/>

Difficult times call for creative measures, and among many things, this includes reinventing the way we cook and bake. Especially when you're stuck at home.

<https://www.peta.org/living/food/three-ingredient-vegan-cookie/>

Only need three ingredient recipes.

Please keep up all your talents and interests. Keep singing, baking, dancing and learning about the world around you.

The staff can't wait to see you change and grow over the next coming weeks. We are all looking forward to welcoming you back, whenever that might be.

Top tips for coping with change

1. Stay in the 'here and now'

Try to focus on just the day ahead of you rather than fixating on longer-term plans. Put down your phone and relax for a moment. Just take one day at a time, and if you feel your mind drifting bring it back to focus on doing something mindful or creative, like making a creative scrapbook.

2. Manage your expectations

The current situation has taken away from most of us the ability to make plans and stick to them. It's natural to want to make plans, and have things to look forward to, but for now only, it's better to focus on things that are closer in time.

3. Find a routine

To help you feel more in control of your life and less stressed about the changes around you, find your own little routine that can help you keep focus on the here and now. Routines give us a great sense of security. Here's more on making a great daily routine.

<https://www.bbc.com/ownit/take-control/structure-at-home>

4. Avoid online 'triggers'

Don't spend too much time online reading social media and following every news story. It can be hard to tell what is real or accurate, and everyone likes to share their opinions online. Unfollow accounts that stress you out to avoid feeling like the news is spiralling out of control.

5. Talk. Talk. Talk

Whether over online messages, the phone, or in person - tell your family and friends how you are feeling because other people will most likely be feeling the same way and talking to people you trust will always help.