Supporting Parents Help Finder (Young Minds)

Times are tough for many people right now. Parents find themselves pulled in many different direction and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: https://youngminds.org.uk/supporting-parents-helpfinder/

Answer six questions to find out how you can support your child's mental health during the pandemic.

(Source: SafeguardPro)

When emotions explode (Young Minds)

Young Minds have also created a useful poster highlighting ways to give support to children when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Download the poster here:
https://youngminds.org.uk/media/4291/when-emotions-explode-poster.pdf

(Source:SafeguardPro)

Screen Savers: **Looking after your eyes, body and mind when using screens**.

Excellent advise!!

We are spending more time online than ever before, possibly sitting and working with poor posture as we use makeshift desks and chairs. There is a tendency to take fewer breaks and less exercise and this is affecting our physical well-being.

Beacon House the specialist, therapeutic service for young people, families and adults has produced a series of six posters outlining ways to keep safe and alert when working at home, whether children or adults.

Download the posters here: https://beaconhouse.org.uk/wp-content/uploads/2020/05/Screen-Savers-1.pdf