

Useful Information for Parents/Carers

Healthy Schools London

Emotional Wellbeing and Mental Health

[What is coronavirus? A fact sheet for kids](#) - Covid-19 information produced by the NHS

[Now More Than Ever, Every Mind Matters](#): **Public Health England** have launched a new campaign to support people to manage their mental wellbeing during this difficult time, using Every Mind Matters self-care resources

[Coronavirus \(COVID-19\) advice and support for parents and carers \(NSPCC\)](#): An online hub providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus.

[Coronavirus: tips to coping during lockdown \(Childline\)](#): Advice for Children and Young People

[Support for kids with ADHD during the Coronavirus Crisis](#): Families everywhere are struggling to care for (and homeschool) children cut off from their normal routines and activities during the coronavirus crisis. Kids with ADHD may need extra structure and support to manage attention and behaviour challenges and keep on track with learning in this challenging situation. This article from **Child Mind Institute** provides suggestions from ADHD experts for helping kids with ADHD weather this storm.

[Childhood Bereavement Network](#): Resources and support run by the **National Children's Bureau**

[Keeping Children and Young People active](#): Ideas and resources from **London Sport**

[Weekly challenges](#) for schools, families, carers and children to use to encourage 15 minutes of jogging or running outside: **#DailyMileAtHome**

Physical Activity for Health - Information sheet for parents and carers and home learning activity diary (**attached in a separate document**)

Healthy Eating

[Food a Fact of Life](#): Food – a fact of life has a range of resources and activities that are suitable for pupils to complete at home, covering where food comes from, cooking and healthy eating. These can be downloaded, and edited, by schools and provided to pupils.

PSHE and Safety

[Online Safety At Home](#): Home activity packs from **ThinkUKnow**

[Digital 5 a day](#) guide: A useful framework to help children get the most from their time online and balance digital activity with overall wellbeing from the **Children's Commissioner**

[Digital Safety and Wellbeing Kit](#): A kit for parents and a safety guide for children from the **Children's Commissioner**