

## Support for Parents

Please see attached some resources and websites which may be helpful to support you and your child.

**Scope upcoming workshops**  
Parents Connect are pleased to announce a series of workshops to support parents through Lockdown 3

Please email for a referral form:  
[parentsconnect@scope.org.uk](mailto:parentsconnect@scope.org.uk)

Tues 9 <sup>th</sup> Feb	10am	Circles of support
Mon 22 <sup>nd</sup> Feb	7pm	Surviving lockdown schooling
Wed 24 <sup>th</sup> Feb	4pm	Surviving lockdown schooling
Mon 1 <sup>st</sup> Mar	7pm	Well-being for parents
Wed 3 <sup>rd</sup> Mar	10am	Benefits for families
Wed 10 <sup>th</sup> Mar	4pm	Dealing with diagnosis
Mon 15 <sup>th</sup> Mar	7pm	Dads' support
Wed 17 <sup>th</sup> Mar	10am	Changing relationships
Mon 22 <sup>nd</sup> Mar	7pm	Guide to EHCPs
Wed 24 <sup>th</sup> Mar	4pm	Guide to EHCPs

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**8 ways to support children struggling in lockdown**  
CAHMS NHS HIGHLAND

### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**  
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**  
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.
- 3 Create structure and routine**  
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**  
Look online with your children to find useful information and resources that help children feel they have control.

### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**  
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**  
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**  
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**  
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'Feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

**Top Tips to say instead of stop crying**

### 10 Things to Say instead of Stop Crying

1. It's ok to be sad
2. This is really hard for you
3. I'm here with you
4. Tell me about it
5. I hear you
6. That was really scary, sad, etc.
7. I will help you work it out
8. I'm listening
9. I hear that you need space. I want to be here for you. I'll stay close so you can find me when you're ready.
10. It doesn't feel fair

happinesstheraplog.com  
The Gullman Institute

<p><b>NHS Every Mind Matters</b></p> 	<p><a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a></p> <p>This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional and mental wellbeing.</p>
<p><b>Stem4</b></p> 	<p><a href="http://www.stem4.org.uk">www.stem4.org.uk</a></p> <p>A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources</p>
<p><b>Samaritans</b></p> 	<p><a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>A charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 115 123 or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> 24/7</p>
<p><b>Child Bereavement UK</b></p> 	<p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p> <p>A site which has resources for young people who are grieving as well as providing information and advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on <b>0800028840</b></p>
<p><b>Combined Minds</b></p> 	<p>This app contains psycho-education for parents, families and friends with practical advice on how to provide mental health support to children and young people</p>
<p><b>Clear Fear</b></p> 	<p>An app to help children and teenagers manage anxiety through distraction and helpful activities.</p>
<p><b>Calm</b></p> 	<p>A mindfulness app that includes various relaxing sounds to listen to as well as 'sleep stories' and some guided meditations</p>
<p><b>Headspace</b></p> 	<p>A mindfulness app that has more of a 'podcast feel' to it with various talks, guided meditations and helpful videos available.</p>
<p><b>Cove</b></p> 	<p>A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play and instrument to use this app.</p>
<p><b>National Autistic Society</b></p> 	<p><a href="http://www.autism.org.uk">www.autism.org.uk</a></p> <p>For parents of children with autism, young people and adults with autism</p> <p>Call: <b>08088004104</b> (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)</p>
<p><b>Ambitious about autism</b></p> 	<p><a href="https://www.ambitiousaboutautism.org.uk/">https://www.ambitiousaboutautism.org.uk/</a></p> <p>Ambitious about Autism is the national charity for children and young people with autism. We are passionate about our mission: To make the ordinary possible. We support children and young people with autism</p>

	<p>as they find ways to unlock their potential and live fuller, more independent lives</p>
<p><b>Zigzag Parent support group</b></p> 	<p><a href="https://www.facebook.com/zigzag.leeds.autism.support/">https://www.facebook.com/zigzag.leeds.autism.support/</a></p> <p>Zigzag Leeds is a parent led support group offering parents and carers advice, support and guidance for those who care for a child or young person with an Autistic Spectrum Condition or similar conditions. The group offers help and support for families with or without a diagnosis.</p>
<p><b>STARS TEAM</b></p> 	<p><a href="http://www.starsteam.org.uk/support-for-parents-of-children-with-autism">http://www.starsteam.org.uk/support-for-parents-of-children-with-autism</a></p> <p>Drop in service: This is currently running fortnightly and taking place via telephone consultations. If you would like to request an appointment please contact the STARS Team on <a href="mailto:starsteam@leeds.gov.uk">starsteam@leeds.gov.uk</a> or <b>0113 3789792</b></p>
<p><b>Autism Education Trust</b></p> 	<p><a href="https://www.autismeducationtrust.org.uk/for-parents/">https://www.autismeducationtrust.org.uk/for-parents/</a></p> <p>All children with autism are different. Our tools and resources – developed in collaboration with parents, practitioners and consultants with expertise in autism – are designed to explore and build on these differences to support every single child with autism to reach their full potential. Although our training materials and most of our resources are aimed at teaching professionals, you, as a parent, can help your child by recommending AET training to your child’s teachers and SENCO.</p>