



The Bishop's Stortford High School

Support for Parents & Carers

Parent Advice & Tips for Supporting Children during the continued
'Lockdown' due to COVID-19



During these uncertain times, it can be very daunting and worrying for you and your family coping with another lockdown. With updates and briefings in the news, it is natural to feel anxious and wonder how you will juggle everything. Below are a range of services to support not only you, supporting your children, but can support you, as the parent or carer.

BBC Bitesize

Five ways to manage your wellbeing as a parent during lockdown

<https://www.bbc.co.uk/bitesize/articles/zrmhscw>



The experts in digital family life

Where to report and get support during lockdown

<https://parentzone.org.uk/article/where-report-and-get-support-during-lockdown>

Sometimes you just want a straightforward answer to a straightforward question. If that's the case and you can't find the answer on this website, please use the contact details below.

Parent Zone Crisis Messenger

Do you need help now? Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text **PARENTZONE** to **85258**.

General Enquiries

If you have a general question or want more information about what we do, email info@parentzone.org.uk or give us a call on 020 7686 7225.



We build better family lives together

Coping practically and emotionally during the Covid-19 lockdown

Contact

If you would like further support and advice, you can call our helpline on 0808 800 2222 or email us at askus@familylives.org.uk. You can talk to us online via our live chat service which is open, Monday to Friday between 1.30pm and 9pm.

Examples of advice include:

- Advice for families in self-isolation
- Co-parenting and contact arrangements
- Managing conflict
- Advice on domestic abuse (and Refuge on **0808 2000 247** or www.refuge.org.uk)
- Working from home
- Home learning
- If your child has SEN or a disability
- Managing anxieties and worries



**Building
stronger
families**

**Supporting adult family members via telephone, text, email
and web chat**

https://www.family-action.org.uk/what-we-do/children-families/familyline/?gclid=EAlaIqobChMIpqj1p_u37gIVhqjVCh0OtA8TEAAYASAAEgJoxfD_BwE

Provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. All support takes place via telephone, text message or email and is free. Mon-Fri, 9am to 9pm

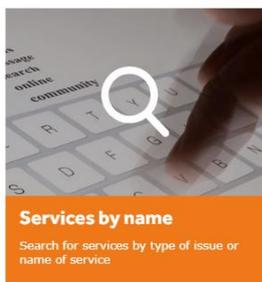
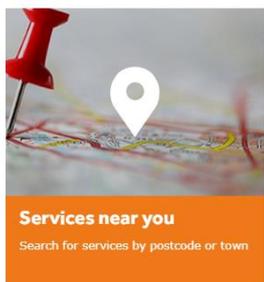
Tel: 0808 802 6666 Text: 07537 404 28 familyline@family-action.org.uk



**Anna Freud
National Centre for
Children and Families**

Support and advice for parents and carers

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>



**Lots of advice and a useful
directory can help to search for
services in your local area**



Help with family life and parenting

https://www.relate.org.uk/relationship-help/help-family-life-and-parenting?gclid=EAlaIqobChMIpqj1p_u37gIVhqjVCh0OtA8TEAAYAyAAEg LHMPD_BwE

Examples of advice include:

- Family common problems
- Parenting together
- Step families
- Family counselling
- Parenting teenagers

Coronavirus update

Relate has increased the availability of our highly trained counsellors to support everyone's relationships during this unprecedented time. Find out more about our [telephone counselling, webcam counselling and WebChat services](#)

Want to find out what's available to you in your area? Find details of your [local Relate service here](#)
We've also just launched new service, [relatehub](#), offering free 30 minute WebChats with our Relationships and Wellbeing Advisors as a direct response to the COVID-19 pandemic.

If you're over 18, living in England and have been impacted by COVID-19 you are eligible for this free service - [visit relatehub to find out more.](#)

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Examples of advice include:

- **Children staying at home**, e.g. legal aspects, checking they feel safe, leaving a child alone with siblings
- **Online safety**, e.g. how to talk to your child about online safety, setting up parental controls, online games, advice on sexting, livestreaming and online video apps and internet connected devices.
- **Talking to your child** if they are **worried about coronavirus** (COVID-19) and if they are struggling with their mental health
- **Supporting children with special educational needs and disabilities** and advice for parents and carers on supporting SEND children during coronavirus (COVID-19).



National Network of Parent Carer Forums
'Our Strength Is Our Shared Experience'

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

The National Network of Parent Carer Forums (NNPCF) is an independent national voice of parent carer forums who aim to deliver better outcomes for families living with special educational needs and disabilities (SEND).

YOUNGMINDS

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

- Supporting your child during the coronavirus pandemic
- How you can support your child during lockdown
- How to support your child with mental health issues, e.g. anxiety, low mood and depression, and access mental health services during the pandemic
- Advice on home schooling, how to deal with struggles with your child's behaviour, e.g. your child is not following restrictions
- How to support your child having lost a loved one
- How to seek financial support for the family
- Tips to help you cope with a difficult living situation at home
- Parent's tips for looking after yourself and managing family life in lockdown and for supporting your family's wellbeing.
- Parents' advice for getting through the pandemic



Other services include:

Gingerbread gingerbread.org.uk Single Parent Helpline: 0808 802 0925

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

Families Need Fathers fnf.org.uk Helpline: 0300 0300 363

Help with shared parenting issues arising from relationship breakdown whether you're the mum or dad, married or unmarried.

Grandparents Plus grandparentsplus.org.uk Call: 0300 123 7015

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.

Pink Parents pinkparents.org.uk

Pink Parents offer a range of support services and social activities for all Lesbian, Gay, Bisexual and Transsexual families, whether you are considering parenting, have grandchildren, are fostering or adopting or are an Uncle or Aunty, PinkParents can offer you support and a place to meet new friends.

Being a Step Parent beingastepparent.co.uk

BeingAStepParent contains over 90 articles written by experts who continually update and add new content.

Action for Children actionforchildren.org.uk [Parent Talk](#)

We protect and support children and young people, and campaign to bring lasting improvements to their lives.

Concerned about Covid-19? You're not alone. We've pooled practical advice on everything from family life to home schooling. Down-to-earth parenting advice you can trust. We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.



Channel Mum channelmum.com

Channel Mum is the friendliest and most honest community for mums everywhere. There is always a place for you here, because we know it takes a village to raise a child. You can also [chat to other mums](#) and professionals in the Channel Mum Support Group.

Home-Start home-start.org.uk

Home-Start volunteers help families with young children deal with the challenges they face. We support parents as they learn to cope, improve their confidence and build better lives for their children from birth

to starting school. Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family's home supporting them in the ways they need.

One Plus One oneplusone.org.uk

One Plus One is an online relationships resource offering information and support through an interactive website [Click](#) and online courses such as [See it differently](#) designed to help couples see the impact of their arguments on children and learn how to do it differently, and [Getting it right for children](#) to help separated parents communicate without distressing their children.

MumsMeetUp mumsmeetup.com

MumsMeetUp connects mums locally and across the UK. It provides a quick and simple solution for mums to find others in their area, in the same boat, and to go on the journey of being a mum together - creating proper real life friendships for them and their children. Within just a few clicks mums are able to search their county and locality to find mums similar by age, age of child and circumstances (such as mums to be, working mums, single parent mums & more). Additionally, mums of children with disabilities are able to search by similar conditions, as well as location. It is a web based app which works just as well on mobiles as on all screen sizes.

Netmums netmums.com

A unique local network for Mums (or Dads), offering a wealth of information on both a national and local level. Once registered, you can access details for all kinds of local resources, from child-friendly cafes to childminders, places to go etc.

National Women's Register nwr.org.uk

We're here to connect women who are interested in everything and talk about anything. If you would like to meet other women to share and explore thoughts, ideas and experiences, then NWR is for you. Enjoy lively, stimulating conversation and broadened horizons whilst having fun and meeting people.
