

Anxiety

[Helping Your Child With Anxiety \(youngminds.org.uk\)](http://youngminds.org.uk)

[rebuild-and-recover-anxiety-tools-for-parents.pdf \(mentallyhealthyschools.org.uk\)](http://mentallyhealthyschools.org.uk)

Parent Booklet-Charlie Waller

Sleep

[Healthy sleep tips for children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Bereavement

Book list

[Michael Rosen's Sad Book: Amazon.co.uk: Rosen, Michael, Blake, Quentin: Books](http://Amazon.co.uk)

[Badger's Parting Gifts: 35th Anniversary Edition of a picture book to help children deal with death: Amazon.co.uk: Varley, Susan: Books](http://Amazon.co.uk)

[Death: I Miss You \(A First Look At\): Amazon.co.uk: Thomas, Pat, Harker, Lesley: 9780750260824: Books](http://Amazon.co.uk)

[Parents Guide To Support - Grief and Loss \(youngminds.org.uk\)](http://youngminds.org.uk)

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)

Screen Time

[Screen time advice for kids | Effects of screen time - Internet Matters](http://InternetMatters.org)

Emotions/ Feelings

Booklist

[Feelings: Inside my heart and in my head...: Amazon.co.uk: Walden, Libby, Jones, Richard: 9781848576902: Books](http://Amazon.co.uk)

[In My Heart: A Book of Feelings \(Growing Hearts\): Amazon.co.uk: Witek, Jo, Roussey, Christine: 9781419713101: Books](http://Amazon.co.uk)

[The Colour Monster: Amazon.co.uk: Llenas, Anna: 9781783704231: Books](https://www.amazon.co.uk/dp/9781783704231)

Attachments

Healthy Eating

[Healthy diet recommendations - British Nutrition Foundation](#)

Nail Biting/Pulling Hair

[Nudge Band - Stop Hair Pulling, Skin Picking, Nail Biting](#)

Positive Well Being

ELSA

Flyer

Support for Parents

- EP phone line **Phone:** **Leicestershire Educational Psychology Service**
Helpline: (Wednesday 9am to 11.30am term-time only) 0116 305
5100