

Well-being resource list for parents/carers during lockdown

Resource	Produced by	Internet Link
Practical guidance to support own well being	NHS	https://www.nhs.uk/oneyou/every-mind-matters/
Supporting families during lockdown	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/
5 ways to manage parents well being	BBC	https://www.bbc.co.uk/bitesize/articles/zrmhscw
Resources to help parent well being	BBC Bitesize	https://www.bbc.co.uk/bitesize/articles/zkyr47h
Parent/carer self help advice	Anna Freud Centre	https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/
Top tips for parent/carer during lockdown	Anna Freud Centre	https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/
Parent/Carer support for pupils with SEND	BBC	https://www.bbc.co.uk/bitesize/articles/zh9v382
Parent survival guide	Young minds	https://youngminds.org.uk/find-help/for-parents/parents-survival-guide