

## Support and Guidance for Families

The Local Authority have been sending schools daily briefings and, along with these, have referred to a number of resources. Below, we have listed some links to support your family during this time. If you have younger children, look through the different links beforehand and share the different information with them.

### Childline

**Website:** <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

**Year groups:** Any young person, up to the age of 19, can access support from Childline.

**Description:** A well-known charity to children at Akroydon, following their assembly in the autumn term, Childline has updated its webpage to include tips for children and young people on coping at home during lockdown. The advice includes top 10 tips to help children cope during lockdown and great advice for children who are feeling worried or anxious about their current situation. There are also other great tips, including what children can do to express their feelings; an interactive worry game called 'Balloon'; and other links to support your child to stay healthy.

### Healthy Futures Calderdale School Nursing Team

**Website:** <https://www.locala.org.uk/index.php?id=86&fbclid=IwAR1k1jE8Fen3eTvp95LMxd-oo0gfOujNyHQeyBUIN3zzxIzqpFErmbmr8nE>

**Year groups:** School-aged children and their families.

**Description:** Healthy Futures Calderdale School Nursing Team can provide health and wellbeing advice and support for school-aged children and their families. As well as accessing information on their website, you can contact the team on 030 3330 9974 or search "Healthy Futures Calderdale" on social media. On their Facebook platform regular advice, including DfE online education resources, support for parents during the lockdown, interactive stories and lots more, is posted. This is a great way to feel connected to services within Calderdale as well as keep up-to-date with advice.

### Calderdale Public Health Early Years (PHEYS) - Locala

**Website:** <https://www.locala.org.uk/your-healthcare/calderdale-pheys>

**Year groups:** Supports families of children aged 0-5 years old.

**Description:** The Calderdale Health Visiting team offers accessible services for families, bringing about a consistently efficient and effective response to your young child's healthcare needs. Their Public Health Early Years' Service provides: Health Visiting, Oral Health and Breastfeeding Support to families of children aged 0-5 years across Calderdale. During this time, the service is still available for advice and support for parents. Support can be accessed either by contacting them on their duty number 030 3330 9974. You can also find advice on their social media platforms: on Facebook find them by searing 'Locala Health Visiting Calderdale'.

## OpenMinds

**Website:** <http://www.openmindscalderdale.org.uk/>

**Year groups:** This service supports children, young people and families.

**Description:** This website provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time. When on the website, there are different options to select from, including support for under 17 years olds; support for early years; support for young adults; or emotional health and wellbeing support – Coronavirus. Beneath these options are lots of other links too. Within the Coronavirus section, there are a wealth of resources available for families and young people, with advice on how to stay both physically and mentally healthy during this time.

## The Children's Commissioner for England

**Website:** <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

**Year groups:** Children and families.

**Description:** The Children's Commissioner for England has put together a guide which aims to answer children's questions about Coronavirus; tell children how to stay safe and protect other people; and how to help them make the best of their time at home. Although your child has already been told about the importance of handwashing, the guide includes a great video on how to do this properly. There are also some tips on what to do whilst at home, such as keeping fit with Joe Wicks PE, art classes available on YouTube, how to learn a new language and lots more.