

We have put together links to some websites and apps that we feel provide excellent support and advice for you and your child. We recommend that adults take a look at these first and consider their relevance for your individual circumstances.

Useful Websites

- **Cosmic Kids** - Yoga and mindfulness for kids.
- **BBC Bitesize** - The BBC Bitesize has lots of useful video and articles about coping with the feelings around living in lockdown and other areas that may be causing stress and anxiety in your child.
- **Young Minds** - A charity that supports young people with resources and advice on how to take care of their mental health.
- **Mind** - Mind is a mental health charity which offers support and advice for those struggling with their mental health.
- **Anna Freud National Centre for Children & Families** - working to transform current mental health provision by improving the quality, accessibility and effectiveness of treatment.
- **Place2Be's 'Parenting Smart' website** - <https://parentingsmart.place2be.org.uk/> This website is FULL of videos and articles to help with a whole range of issues that children might face, from fussy mealtimes to dealing with grief.
- **Public Health England's 'Every Mind Matters' initiative** - <https://www.nhs.uk/every-mind-matters/>
- **Supporting Children about Coronavirus** <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>
- **'Make it Count' Guide for Parents** - <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>
- **Mental Health and Parenting** - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
- **NHS mental Health support** - <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/cypmhs-information-for-parents-and-carers/>
- **CAMHS** - <https://www.camhs-resources.co.uk/>
- **NHS** - <https://www.nhs.uk/every-mind-matters/>

Useful Apps



Cbeebies have added a new section to their free 'Go Explore' app called 'Your Mindful Garden'.

Developed with a mindfulness consultant, its lets children discover three fun activities each day that introduces focus, creativity and calm. 'Your Mindful Garden' teaches valuable techniques to help children de-stress and unwind-useful skills both in these tough times and for later in life.

Head Space: Guided Meditation
MindShift
Headspace
Moodpath

Smiling Mind
Breathe, Think, Do with Sesame
Calm
Mindful Powers™