



PARENT AND PUPIL WELL-BEING



https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf

One of the most important ways to keep mentally healthy is to have routine and structure. The Education Endowment Foundation (EEF) have produced helpful guides to support parents. This one helps support routines for a child at home.

<https://www.staffordshire.gov.uk/Education/Access-to-learning/Graduated-response-toolkit/School-toolkit/EPS-COVID-19-recovery-materials/Resilience/Resilience-leaflet-Parents-and-carers.pdf>

This leaflet aims to provide parents and carers with information to help build resilience and promote positive emotional mental wellbeing in the aftermath of COVID19. **The back page of this leaflet contains phone numbers of local support groups which you might find useful.**

<https://www.camhs-resources.co.uk/>

This site contains lots of helpful resources from across the Internet. It covers mental health and wellbeing, along with a section on Coronavirus.

<https://www.annafreud.org/coronavirus/>

Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years of experience. Their website offers advice for both young people and parents with useful questions and answers.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Every Mind Matters is there to help you manage and maintain your mental health, offering simple and practical advice.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Mind, the mental health charity has a range of practical advice and guidance for both adults and children.

<https://www.actionforhappiness.org>

This month Action for Happiness are helping people to focus on their relationships, to stay in touch, show friendship and be kind in these challenging times. Their **Friendly February** calendar is full of ideas to help you stay connected.

[february_2021.jpg \(3508x2480\) \(actionforhappiness.org\)](#)

