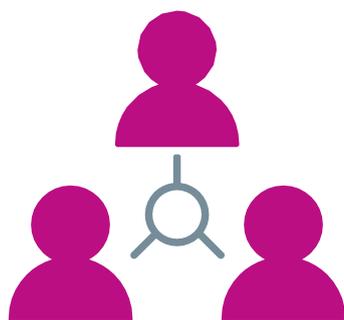




# Family life during “Lockdown”

Over the past few weeks, the coronavirus (COVID-19) crisis has brought a lot of sudden changes for families with children. Parenting can be very rewarding. However, in these uncertain and challenging times you may be feeling stressed as you try to balance work, childcare and self-care while dealing with worries – both your children’s and your own. In recognition of this, we have put together some of the best reliable and free sources of information and advice to help you and your family to cope under lockdown.

## Best for advice to support family life during the COVID-19 pandemic



### [NSPCC](#)

Tips and advice to support you and your family – whether you want to try something new today or just start thinking about changes you could make over the coming weeks.

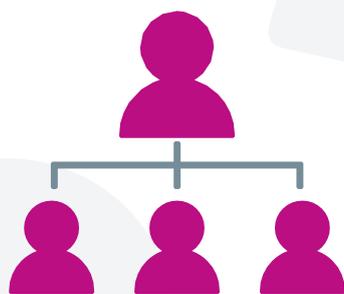
### [Family Lives](#)

Advice on coping during the outbreak, both practically and emotionally.

### [Relate](#)

Blogs, advice and tips for helping your relationships to stay healthy.

## Best for parenting tips



### [Family Information Services Hub](#)

Access to early help services, information, resources and advice available for families, children and young people, including guidance relating to the current coronavirus (COVID 19) pandemic

### [Family Lives – Parents Together Online](#)

Online parenting course in six interactive blocks filled with techniques and ideas to help you become a more confident and happier parent.

### [Parent Channel TV](#)

The website also has a range of short videos with instant parenting tips on Family Lives’ Parentchannel.tv.

### [MindEd for Families](#)

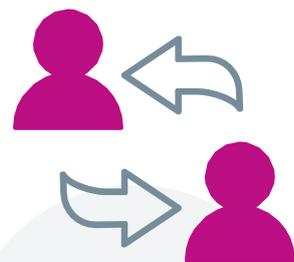
Written by experts and parents together, this provides materials for parents and carers of children and teens struggling with mental health issues.

**Online safety** – As a parent or carer you play a key role in helping your child stay safe online. See [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

## Best for support from other parents

### [FamilyLivesforum](#)

Family Lives forums are a safe space for families to share dilemmas, experiences and issues with others who understand the ups and downs of family life.



## Best for helping your child or young person with their mental health during the COVID-19 outbreak

### [Public Health England – Guidance on supporting children and young people’s mental health and wellbeing](#)

Advice for parents and carers on how to look after the mental health and wellbeing of children and young people of all ages during the pandemic.

### [Young Minds](#)

Tips, advice and where to get support for your child’s mental health during the COVID-19 crisis.

### [Anna Freud Centre videos](#)

Separate videos for young people and for parents/carers provide targeted advice and guidance on dealing with the disruption caused by the coronavirus.

### [Self-care resources](#)

Simple self-care resources also available.

### [Childline Coronavirus advice](#)

Information about the coronavirus and simple tips and advice to help children cope during the lockdown.

### [Calm Zone](#)

Help children to overcome stress and anxiety.

### [Kooth](#)

Free online safe and anonymous mental health & wellbeing support (age 11-25).

### [Thirteen](#)

Covers issues that affect young people e.g. emotional health, substance misuse & relationships. Also support relating to COVID-19.



## Best for ideas and activities to keep children busy and entertained

### [HomeStart](#)

Great practical ideas for activities to do with children of all ages if you’re self-isolating or practicing social distancing.

### [Chatterpack](#)

A list of free online boredom-busting resources.

### [DfE Guidance: Online educational resources for home education](#)

A wide range of support and resources for children and young people of all ages. Includes a section on wellbeing.



## Best for your own wellbeing



<a href="#">Mind</a>	Lots of advice to support your wellbeing.
<a href="#">Talking Therapies</a>	There is a free NHS service for adults in the East Riding who may be struggling with stress, sleep issues, low mood and anxiety.
<a href="#">Public Health England – Guidance on the mental health and wellbeing aspects of COVID-19</a>	Advice and information on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak. Includes a full guide and an easy read version.
<a href="#">Every Mind Matters</a>	Expert advice from the NHS and Public Health England to help you look after your mental health and wellbeing.

## Best for if you feel you need more help



<a href="#">Family Lives</a>  Helpline:  0808 800 2222	Free and confidential national helpline service for families. Offers emotional support, information, advice and guidance on any aspect of parenting and family life.  Open: Monday - Friday 9am - 9pm and Saturday and Sunday 10am - 3pm
<a href="#">Young Minds</a>  Parents' helpline  0808 802 5544	Free and confidential national helpline. Offers advice to parents/carers worried about a child or young person under 25 years old. Advice on a child's behaviour, emotional wellbeing or mental health condition.  Open: Monday - Friday 9.30am - 4pm

**Family Information Services Hub** provides FREE impartial information and guidance about a wide range of services for children, young people and their families.

**Webpage:** <https://fishwebsearch.eastriding.gov.uk/fishwebsearch/>

**Contact:**  01482 396469  [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk)

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