#Coping Family life during the lockdown

NHS East Berkshire Clinical Commissioning Group

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.

Five ways to wellbeing

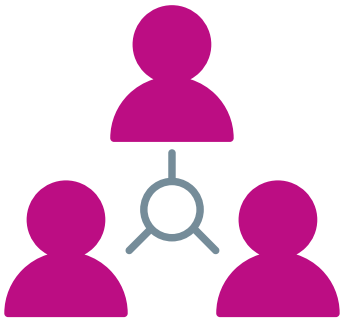
#Coping

Young people's guide

#Coping

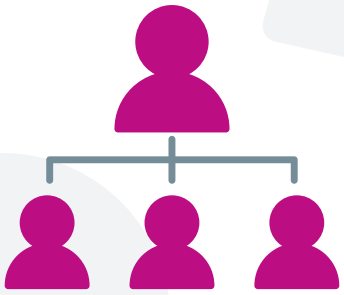
Also available

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



NSPCC click here	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 click here	Advice on coping during the outbreak, both practically and emotionally.
Relate click here	Blogs, advice and tips for helping your relationships to stay healthy.

Best for parenting tips

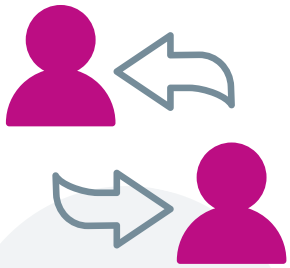


Solihull Online Parenting Programme click here Access code: Parenting *Free to East Berkshire residents	Online parenting guides – bump to 19 years, for parents/carers and parents-to-be, including top tips from childcare, education and NHS experts.
Family Lives – Parents Together Online click here Parent TV channel	Online parenting course in six interactive blocks filled with techniques and ideas to help you become a more confident and happier parent. The website also has a range of short videos with instant parenting tips on Family Lives' Parentchannel.tv.
Mind Ed for Families click here	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 and www.thinkuknow.co.uk for more information.

Best for support from other parents

Family Lives forum click here	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.



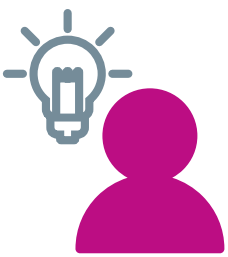
Best for helping your child or young person with their mental health during the COVID-19 outbreak

Public Health England – Guidance on supporting children and young people's mental health and wellbeing click here	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.
YoungMinds click here	Tips, advice and where to get support for your child's mental health during the COVID-19 crisis.
Anna Freud Centre Videos Self-care resources	Separate videos for young people and for parents/carers provide targeted advice and guidance on dealing with the disruption caused by the coronavirus. Simple self-care resources also available.
Childline: Coronavirus advice Calm Zone	Information about the coronavirus and simple tips and advice to help children cope during the lockdown. Help children to overcome stress and anxiety.
Partnership for Children click here	Online resources include resilience-building activities to help children to deal with change and uncertainty during the coronavirus pandemic.



Best for ideas and activities to keep children busy and entertained

HomeStart click here	Great practical ideas for activities to do with children of all ages if you're self-isolating or practicing social distancing.
Chatterpack click here	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



Mind click here	Lots of advice to support your wellbeing.
Talking Therapies Silver Cloud online	A free NHS service for anyone aged 17+ within Berkshire who may be struggling with stress, sleep issues, low mood and anxiety.
Public Health England – Guidance on the mental health and wellbeing aspects of COVID-19 click here	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.
Every Mind Matters click here	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



Family Lives helpline 0808 800 2222 click here	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
YoungMinds parents' helpline 0808 802 5544 click here	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 provide FREE impartial information and guidance about a wide range of services for children, young people and their families.

Click on your area for more information.

Bracknell Forest Royal Borough of Windsor and Maidenhead Slough

Slough Borough Council www.slough.gov.uk

Royal Borough of Windsor & Maidenhead www.rbwm.gov.uk

Bracknell Forest Council

achieving for children

Slough Children's Services Trust www.scstrust.co.uk

NHS Berkshire Healthcare NHS Foundation Trust

This document has been compiled by East Berkshire CCG. For further information please contact eastberksccg.enquiries@nhs.net

Also available #Coping Young people's guide #Coping Five ways to wellbeing