



St Mary's  
Catholic Primary School and Nursery

### **Recommended Resources/Tips to Support Parents**

Please see below for our weekly recommendations of resources and tips to support parents during the current COVID-19 outbreak.

- CEOP is a well known and valuable child exploitation resource bank. Given current circumstances they are releasing a new activity pack every 2 weeks to support parents to deliver online safety activities with children at a time when they will be spending more time online at home.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

- At present many parents will be juggling childcare with working from home. Top tips for parents working from home:

<https://www.barnardos.org.uk/blog/tips-parents-working-home-barnardos-colleagues>

- The NSPCC has created an information and advice resource for parents/careers of young people with anxiety about Coronavirus.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

- Professionals, parents and young people can be directed to the Young Addaction Pan Cheshire social media pages for daily updates, resources, tips and support

<https://www.facebook.com/Pan-Cheshire-Missing-and-Child-Exploitation-Service-1039465136264241>

<https://twitter.com/PanCheshireMFH>