Supporting your child’s mental health and wellbeing

Useful resources for parents

BBC Newsround – Paul and Freddy’s mental health top tips:

<https://www.bbc.co.uk/newsround/51888080>

Children 1st – Talking to children about Coronavirus:

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/talking-to-children-about-coronavirus/>

NSPCC – Talking to a child worried about coronavirus:

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

BBC Bitesize – How to look after your child’s mental health:

<https://www.bbc.co.uk/bitesize/articles/zmw7d6f>

Activities and conversations starters during the coronavirus pandemic:

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

BBC Bitesize – How to talk to you child so they tell you how they are feeling:

<https://www.bbc.co.uk/bitesize/articles/z7xmmfr>

Story – The lonely starfish:

<http://the-office.com/bedtime-story/lonelystarfish.htm>

Cbeebies – How to talk to your child about emotions:

<https://www.bbc.co.uk/cbeebies/grownups/talking-to-your-child-about-emotions-love-monster?collection=parenthood-tips-and-tricks>

Cbeebies – Help your child to focus:

<https://www.bbc.co.uk/cbeebies/joinin/dualwa-listening-concentration-focus?collection=parenthood-tips-and-tricks>

Cbeebies – Help your child cope with missing someone:

<https://www.bbc.co.uk/cbeebies/joinin/help-your-child-cope-with-missing-someone?collection=parenthood-tips-and-tricks>

Cbeebies – Talking about death with your little one:

<https://www.bbc.co.uk/cbeebies/grownups/our-family-talking-about-death-with-your-little-one>

Cbeebies – Helping your child to chill out:

<https://www.bbc.co.uk/cbeebies/joinin/help-your-child-to-chill-out>

Cbeebies – Helping children deal with change:

<https://www.bbc.co.uk/cbeebies/grownups/helping-children-deal-with-change>

Cbeebies – help your child cope with their emotions:

<https://www.bbc.co.uk/cbeebies/joinin/help-children-cope-with-emotions>

Young Minds - Talking to your child about Coronavirus:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Young Minds – Supporting your child during the coronavirus pandemic:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Young Minds – What can I do if my child won’t stay home?

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#what-can-i-do-if-my-child-won't-stay-home?->

BBC Bitesize – How to build resilience in your child:

<https://www.bbc.co.uk/bitesize/articles/zbbrrj6>

Young Scot – Who to contact in Scotland if need support during the coronavirus outbreak:

<https://young.scot/get-informed/national/who-to-contact-in-scotland-if-you-need-support-during-the-coronavirus-covid-19-outbreak>