

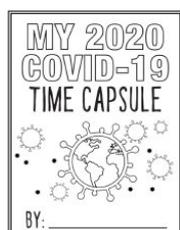
SAFEGUARDING SUPPORT FOR PARENTS COVID-19 AND BEYOND

There is no doubt that this is an extremely worrying time for everyone. We are all finding new ways of doing things whilst managing our own worries. Over the past few weeks we have had lots of requests for support and we have put together some of the resources that we have found useful.

My child wants to talk about coronavirus but i am unsure how to approach it?

It is vitally important that children can talk about their worries and their fears and that they do not bottle these up as they see change and worry around them. It is so important not to pretend nothing is happening. You know your child best and therefore how best to approach sharing information but below are so useful links that can help.

- [Storybook to share about the Coronavirus](#) - KS1 / KS2
- [Dr Ranj explains CoronaVirus to Jobi](#) - EYFS / KS1
- [Read this Newsround Article - What is being done about CoronaVirus?](#) - KS2
- [Worry booklets to share and work through with your child](#) - All Years
- [Top Tips to help talk to your child about scary news](#) - KS1/KS2



Is there anything we can do as a family to get the conversation started?

Some families have found creating a family COVID-19 time capsule a really good way to support discussion about how the whole family is feeling during this time. If you would like to try it, please find a helpful link [here](#).

We are finding it hard to cope with the new 'normal'. What can we do?

The BBC have put together a great resource about coping with the speed at which our lives have been turned upside down. Many of our routines have changed overnight. Many of the people we rely on have become distanced from us.



Click [here](#) to read the guidance.

My child is suffering from anxiety, what can I do?

There are some great resources out there to help with this. Young Minds have developed resources particularly to help guide parents to provide support. They can be found [here](#).

YOUNGMINDS



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My child is getting really stressed about the smallest thing, what can I do to help?

The World Health Organisation have developed a flyer with top tips to help children cope with stress at this time. You can find this [here](#).



My child seems to be online quite a lot, how can I make sure I keep them safe?

As you know we have issued guidance on 'Staying Safe with Distance Learning'. The headline of this document which can be found [here](#) are as follows:

- We will never ask your child to share their password
- There will be no 1:1 lessons
- Lessons will ALWAYS be run by LEO staff
- Ensure your child always completes distance learning in an open space
- Talk to them about online safety
- Why not try the daily online safety quiz, found here:



Communicating Online - NSPCC

It is really important to talk to your child about Online Safety. It is never an easy conversation to have. The NSPCC provide a wealth of information for parents about how to have these conversations. Click [here](#).



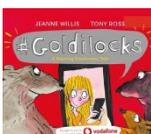
Healthy Relationships

Many of our children now engage in online gaming or social media of one kind or another. It is vital that we continue to remind children about the importance of 'healthy relationships'.

For Early Years and KS1 children the NSPCC have created a wealth of resources for younger children called the 'Pants Rule'. You can watch the 'Pantosaurus Song' below or click [here](#) to access the parent resources available including how to talk to your children about the 'Pants Rule'.

[Talk PANTS with Pantosaurus and his PANTS song.](#)

For KS2, Jeanne Willis and Tony Ross in collaboration with Vodafone created a book about the importance of this. You can read the book [here](#) or listen to it [here](#).



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Safety Settings

There are many ways to keep our children safe in particular through checking that the safety settings are turned on whenever they are online. Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer.

Questions to ask yourself:

- Can they chat to strangers?
- Can they video chat or 'go live'?
- Are their posts public?

Internet Matters has a wealth of resources to help with this. One of our favorites is available [here](#). You select the device from a drop down menu and it has step by step instructions for you to follow.



Online Games / Apps

Online games and Apps are developing at lightning speed. It is very difficult to stay on top of the safety aspects of all of the new developments but 'Net Aware' are here to help you. If you click [here](#) you will find an easy to use app/game guide. Simply type the name of it in and it will tell you all you need to know to keep your children safe.

Who can I contact if I am worried?

If you or your child have any concerns that you would like to talk to us about, you can use the concerns form at the bottom of the distance learning site. This will come straight through to the school and someone will contact you.

To access these forms here please click on your child's school below.



If you have a safeguarding concern you can call or make a referral to Sutton's Child First Contact Service using the details below. If you feel a child is in immediate danger, do not hesitate to call 999.

Child First Contact Service

Tel: 020 8770 6001

Out of hours number: 020 8770 5000

Email: childrensfirstcontactservice@sutton.gov.uk

[Click here for the referral form](#)

