



Family Handbook

Early Help Support for Families During
Coronavirus (Covid-19) Outbreak

**THIS HANDBOOK HAS BEEN
DEVELOPED TO ENABLE AND
ASSIST FAMILIES IN
WALTHAM FOREST TO
ACCESS SUPPORT AND
SERVICES DURING THE
CORONAVIRUS (COVID-19)
OUTBREAK.**

CONTENTS PAGE

Important Contacts	5
Top Parenting Tips (Triple P)	6-7
Example of a Day at Home	8
Early Help 0-18 Services	9
Support for Under 5's	10-11
Learning Together	12
Young Carers Online Community	13
Mental Health & Wellbeing	14
Domestic Abuse	15-16
NHS Covid-19 Advice for Parents	17
Covid-19 Response Services	18-21
Balancing Screen Time	22-23
Online Resources for Families	24-27
Steps to Digital Wellbeing	28
Digital Resilience	29
Acknowledgement	30



Click on an image or a link for more information.



HM Government

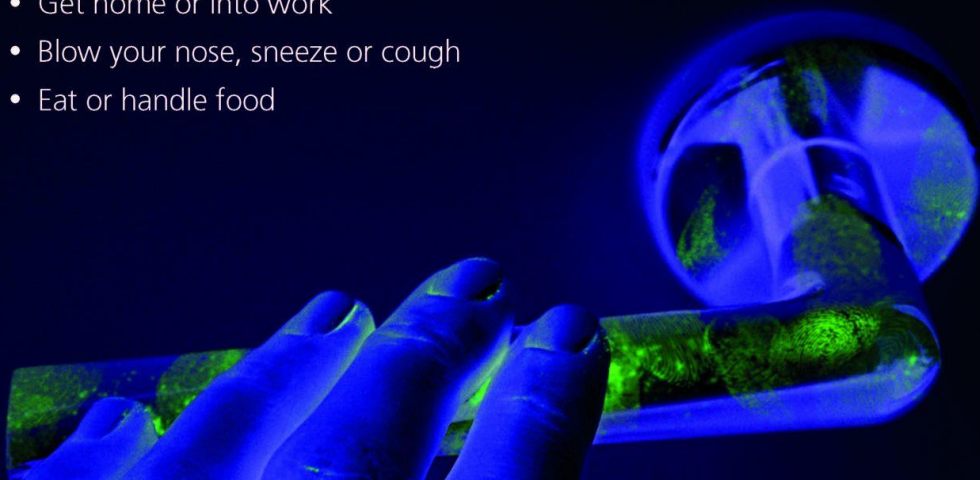
NHS

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



For more information and the Government's
Action Plan go to nhs.uk/coronavirus

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

IMPORTANT CONTACT NUMBERS

MEDICAL HELP/ ASSISTANCE	111
EMERGENCIES	999
COVID-19 SUPPORT FOR 70+ AND VULNERABLE RESIDENTS	0208 496 3000
WALTHAM FOREST COUNCIL	0208 496 3000
WALTHAM FOREST MASH SERVICES	0208 496 2310
WALTHAM FOREST PARKING	0203 092 0112
WALTHAM FOREST HOUSING	0208 496 4197
CITIZENS ADVICE BUREAU	0208 509 6444
UNIVERSAL CREDIT SUPPORT	0800 144 8444
LLOYD PARK CHILDRENS CHARITY	0771 449 5006
HENRY	0208 496 5223
NELFT	0300 300 1970
NATIONAL DOMESTIC HELPLINE: 24/7	0808 200 0247
RESPECT	0808 802 4040

For the latest information and advice on the Coronavirus (COVID-19) outbreak and support available in the borough please go to:

<https://www.walthamforest.gov.uk/service-categories/covid-19>

TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

1

Reassure your children that your family is your top priority

Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."

2

Take care of yourself the best you can

Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

3

Make sure your children know you are ready to talk

Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

4

Be truthful in answering children's questions

Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g. official government websites) rather than social media.

5

Maintain everyday family routines

Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g. have a daily plan of activities for school-aged children who are at home).

TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

6

Have a family plan of action

Involve children in preparing the plan. As situations can change quickly (e.g. new travel restrictions, school closures), update the plan as needed.

7

Have plenty of interesting things to do at home

Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

8

Take notice of behaviour you like

Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g. being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.").

9

Help children learn to tolerate more uncertainty

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.

10

Reach out and connect with loved ones

Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g. parents/caregivers with disabilities, older people).

EXAMPLE OF A DAY AT HOME

If it doesn't go to plan, it's good to let our hair down from time to time and understand that each child is an individual.

TIME	ACTIVITY	IDEAS
8.00AM - 9.00AM	WAKE UP & TIDY ROOM	Wake Up and Tidy Up Room and Beds
9.00AM – 10.00AM	BREAKFAST	
10.00AM – 11.00AM	ACADEMIC TIME	No Electronics – Books, Sudoku, Flash Cards, Study Cards
11.00AM – 12.00PM	CREATIVE TIME	Drawing, Paint, Lego, Crafts, Design, Music, Cook
12.00PM – 12.30PM	LUNCH	
12.30PM – 1.00PM	CHORE TIME	Help Clean and Tidy the House; Kitchen, Living Room, Toilet and Bathroom
1.00PM – 2.30PM	QUIET TIME	Reading, Puzzles and Quizzes
2.30PM – 4.00PM	ACADEMIC TIME	Electronics Ok – iPad, iPod & Internet
4.00PM – 5.00PM	AFTERNOON FRESH AIR	Walks, Jogs or Riding Bikes
5.00PM – 6.00PM	DINNER	
6.00PM – 7.00PM	FAMILY GAMES	Family Board Games – Monopoly, Scrabble, Twister
7.00PM – 8.00PM	TV TIME	+ Kids Shower Time
8.00PM – 9.00PM	BEDTIME	All Kids

EARLY HELP 0-18 SERVICES

Early Help 0-18 Services are continuing to support families across Waltham Forest.

Our dedicated family practitioners are still available and will continue to support families remotely during this period.

We have adapted our offer to families to minimise non-essential travel and contact.

1. **CONTACT** - Practitioners will continue to remain in contact with families via phone, mobile, WhatsApp, video calls or emails.
2. **OUR FAMILY JOURNEY** – We will continue to develop and review family plans periodically and remotely.
3. **SUPPORT** – Practitioners will signpost, refer or escalate support that may be needed by our families.

If you already have support from an Early Help practitioner and are experiencing difficulties, please contact your worker and they will support you through this period.

If you do not currently have support from Early Help but are experiencing difficulties during this outbreak and require some support, please self-refer to Early Help via mash on:

TEL: 0208 496 2310

(Monday-Thursday 9.00am-5.15pm and Friday 9.00am-5.00pm)

OUT OF HOURS: 020 8496 3000

EMAIL: MASHrequests@walthamforest.gov.uk

SUPPORT FOR UNDER 5'S

Children and Family Centre's across the borough are currently closed in-line with guidance from Public Health England, so unfortunately, we are unable to continue to offer our group or face to face support in the same way.

We know how important our services are to the many families who use them, and particularly during a time like this. So, we will continue to fund and deliver Children and Family Centre (CFC) services, directly and through our delivery partners but will be delivering them in a different way.

We are launching our new Waltham Forest Children and Family Centre Facebook page. This will be your new 'one-stop shop', for children's activities, information and advice across all services including Health, early learning & child development, childcare, family support, employment and training and lots more.

Don't miss out, register now to ensure you receive the most up to date information about your local CfC services at:

<https://www.facebook.com/groups/lbwfcfc>

LLOYD PARK CHILDREN'S CHARITY

GENERAL ENQUIRIES	Call Angela on 07714 495 006 or angelac@tlpcc.org.uk
UPTO DATE OFFER	https://en-gb.facebook.com/lloydparkcc/
FAMILY SUPPORT	Will be offered via telephone for support please e-mail familysupport@tlpcc.org.uk
BABY BANK	Enquires to Sarah Marsh (07714 495 001) and referrals to babybank@tlpcc.org.uk by Tuesday for Friday emergency parcels

HENRY

BEST START SERVICE	Our Infant Feeding Helpline will continue to be staffed Monday to Friday 9-5pm (0208 496 5222)
ONE TO ONE CONTACT	We will provide one-to-one contact for families with infant feeding practitioners, healthy family and oral health practitioners and speech and language therapists. To contact these staff, please call office line (0208 496 5223) or contact HENRY via email wfsupport@henry.org.uk

NELFT (NORTH EAST LONDON FOUNDATION TRUST)

NELFT CHILD HEALTH CLINICS	You can speak to a health visitor or school nurse to discuss health, wellbeing and child development issues by contacting our clinical duty team within our single point of access team Monday to Friday 9.00am - 5.00pm either by phone: 0300 300 1970 or email: nem-tr.0-19universalspawf@nhs.net
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CAB (CITIZENS ADVICE BUREAU)

ADVICE AND GUIDANCE	We will continue providing the full range of citizens advice services for our clients over the phone. Please call on 0208 509 6444 and leave a voice mail. An adviser will call you back the same day.
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Waltham Forest Children and Family Services are delivered by:

LLOYD Park
Children's Charity



NELFT **NHS**
NHS Foundation Trust

LEARNING TOGETHER



Waltham Forest's Early Years and Childcare Team has developed the Learning Together Project which has been created by qualified teachers and speech and language therapists in partnership with Chit Chat Pitter Pat.

This project is for parents/carers and their young children and includes simple and fun activities they can do together at home which can help children with their learning and development.

For parents/carers to get involved and start learning together, they should join the [Chit Chat Pitter Pat Facebook group](#) (and follow the [Chit Chat Pitter Pat Instagram](#)).

Chit Chat Pitter Pat will share daily videos and photos with top tips of fun activities for families to do together with weekly learning themes. These activities can also be downloaded from [Waltham Forest Council's website](#).

Our mission is to create a Learning Together Community support network in Waltham Forest for us to support parents/carers and for them to support and inspire each other.





Young Carers Online Community

Chat, Advice & Support



Online Support for Young Carers in Waltham Forest

We have created a safe virtual space to enable known Young Carers to stay in touch with the project and each other; seek support, advice and guidance on services that may be needed and available during our temporary closure.

Young Carers Project
0208 496 2960
young.carers@walthamforest.gov.uk

Subject to registration and agreeing to terms and conditions



MENTAL HEALTH & WELLBEING

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.



For more information or support around children's mental health and wellbeing, please visit: <https://youngminds.org.uk/> or contact the parents help line on **0808 802 5544**



MENTAL HEALTH DIRECT

NELFT **NHS**
NHS Foundation Trust

24/7 support
available for your
mental health needs

0300 555 1000



DOMESTIC ABUSE

We want to reassure all survivors that we are doing everything we can to support you during this challenging time.

The borough's local services are still working to provide support and advice over the phone or online.

We're encouraging all survivors to carry a mobile phone at all times if possible.

IF YOU ARE IN IMMEDIATE DANGER CALL 999

If you want to talk to a trained domestic abuse specialist call the following free 24/7 domestic abuse helpline:

- **0808 2000 247**
- Or visit www.nationaldahelpline.org.uk

Getting support to stop domestic abuse is an essential reason to travel. So, if you are unable to access a phone and online support, and you are not self-isolating; to speak to a specialist worker who can offer support, you can come to:

- **Leyton Children and Family Centre**
215 Queens Road, E17 8PJ
(between 10.00am and 4.00pm every weekday)

You do not need to have a child to access this service. We are operating the service in accordance with government guidelines so will be implementing physical distancing.

If you are worried about your own behaviour and think you might be at risk of hurting your partner or family, contact the Respect help line:

- It is confidential and free to call: 0808 802 4040
- or visit www.respect.uk.net

They will help and support you to stop.

If you are worried about a friend or neighbour suffering domestic abuse you too can speak to a trained professional on the 24/7 domestic abuse helpline: 0808 2000 247



HM Government

**AT HOME
SHOULDN'T
MEAN 
AT RISK**

#YOUARENOTALONE

FIND SUPPORT AT:
gov.uk/domestic-abuse

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury that doesn't stop after 10 minutes of pressure
- ▶ Fever with a stiff neck

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than 3 months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts
- ▶ Head injury

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Moderate tummy pain
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for 5 days or more
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress that can't be reassured

YOU SHOULD CALL 111 IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 5 days

COVID-19 RESPONSE SERVICES

FINANCIAL ASSISTANCE & SUPPORT

UNIVERSAL CREDIT	0800 144 8 444	https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19
LOCAL WELFARE ASSISTANCE (LWA)	020 8496 8505 or 020 8496 8417	https://www.walthamforest.gov.uk/content/local-welfare-assistance-lwa
DISCRETIONARY COUNCIL TAX HARDSHIP SCHEME	020 8496 3000	https://www.walthamforest.gov.uk/content/discretionary-council-tax-hardship-scheme
DISCRETIONAL HOUSING PAYMENT SCHEME	020 8496 3000	https://www.walthamforest.gov.uk/node/905
TURN2US – BENEFITS ADVICE AND CALCULATOR	-	www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-Sickness



HM Government

Coronavirus

Coronavirus and claiming benefits

FOOD PARCELS & ASSISTANCE

<p style="text-align: center;">RUKSHANA KHAN FOUNDATION</p>	<p style="text-align: center;">07939 232 123</p>	<p style="text-align: center;">rukhsanakhanfoundation@outlook.com</p>
<p style="text-align: center;">E4 COVID-19 COMMUNITY RESPONSE</p>	<p style="text-align: center;">0203 3897894</p>	<p style="text-align: center;">chingfordcorona@gmail.com</p>
<p style="text-align: center;">WF MUTUAL AID PROVIDERS</p>	-	<p style="text-align: center;">https://www.facebook.com/groups/wfcoronavirus/</p>
<p style="text-align: center;">HORNBEAM CENTRE</p>	-	<p style="text-align: center;">Anne@hornbeam.org.uk</p>
<p style="text-align: center;">EAT OR HEAT</p>	<p style="text-align: center;">0800 772 0212</p>	<p style="text-align: center;">referrals@eatorheat.org</p>
<p style="text-align: center;">PL8 4U AL SUFFA</p>	<p style="text-align: center;">07539 364110</p>	<p style="text-align: center;">PL84UALSUFFA@GMAIL.COM</p>
<p style="text-align: center;">CANN HALL MOSQUE - LEYTONSTONE</p>	<p style="text-align: center;">020 8555 0963 / 07984 602475</p>	<p style="text-align: center;">admin@cannhall.org</p>
<p style="text-align: center;">MUSLIM COMMUNITY ASSOCIATION LEYTON - LEYTON</p>	<p>IFHAKER: 07511 446605 MAHBUB: 07803 720921 RAZA: 07889 956381 MASUK: 07533 158840</p>	-
<p style="text-align: center;">AL-FATH TRUST - WALTHAMSTOW</p>	<p style="text-align: center;">07809 649312 07984 062282</p>	-
<p style="text-align: center;">ST MARGARET WITH COLUMBIA – LEYTONSTONE</p>	<p style="text-align: center;">07709 611310</p>	<p style="text-align: center;">stmargarete11@gmail.com</p>
<p style="text-align: center;">CHRIST CHURCH</p>	<p style="text-align: center;">FRANCIS ROAD, E10</p>	<p style="text-align: center;">ALTERNATING SUN & MON. SUN 1PM - 2PM MON 10AM - 12PM</p>
<p style="text-align: center;">COMMUNITY FRIDGE - TRANSITION</p>	-	<p style="text-align: center;">info@transitionleytonstone.org.uk</p>

HEALTH & MENTAL HEALTH


EVERY MIND MATTERS – ADULTS	111	www.nhs.uk/oneyou/every-mind-matters/
FIVE WAYS TO WELLBEING – ADULTS	-	https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2ndcMG37ZM8
KOOTH – YOUNG PEOPLE	-	https://www.kooth.com/
YOUNG MINDS – CHILDREN AND YOUNG PEOPLE	020 7089 5050 080 8802 5544	www.youngminds.org.uk/
YOUNG MINDS – PARENTS	080 8802 5544	-
WALTHAM FOREST TALKING THERAPIES (IAPT) – ADULTS WITH STRESS, ANXIETY, DEPRESSION OR INSOMNIA	0300 300 1554 (option 4)	https://www.talkingtherapies.nelft.nhs.uk/waltham-forest- wf.talkingtherapies@nhs.net
SAMARITANS	116 123 (helpline)	
SENDIASS – CHILDREN WITH SEN OR PARENTS/ CARERS	020 3233 0251	www.walthamforestsendiass.org.uk/bookings/slots?category=4254-callbacks
WALTHAM FOREST GPs – EVERYONE	-	https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=89590
GENERAL HEALTH CONCERNS – EVERYONE	111	https://111.nhs.uk/

OTHER SUPPORT

CITIZENS ADVICE WF – CORONA VIRUS	0208 509 6444	https://www.citizensadvice.org.uk/local/waltham-forest/
NATIONAL DOMESTIC ABUSE	0808 2000 247	www.nationaldahelpline.org.uk
RESPECT HELP LINE	0808 802 4040	http://respect.uk.net/
MEN’S ADVICE LINE	0808 801 0327	www.mensadvice.org.uk/
RIGHTS OF WOMEN	020 7251 6575	https://rightsofwomen.org.uk/get-advice/advice-lines/
WALTHAM FOREST COMMUNITY HUB – YOUTH AND SENIOR CITIZENS	0208 223 0707 07716736315	info@wfchub.org
WALTHAM FOREST MIGRANT SUPPORT	TEXT FULL NAME TO 07496 394175	-
CARERS FIRST	0300 303 1555	www.carersfirst.org.uk/waltham-forest
SAMARITANS	116 123	www.samaritans.org/branches/leyton/
AGE UK	020 8558 5512	-
SALVATION ARMY	07827 031422 020 8558 7290	marie.burr@salvationarmy.org.uk

Balancing screen time

internet
matters.org



5 top tips to support children and young people

1

Lead by example

Just like anything, **children copy their parents' actions and behaviour.** If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

Set boundaries WITH your kids

Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

Ensure a healthy mix of screen activity

Make sure they have a good balance of **screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

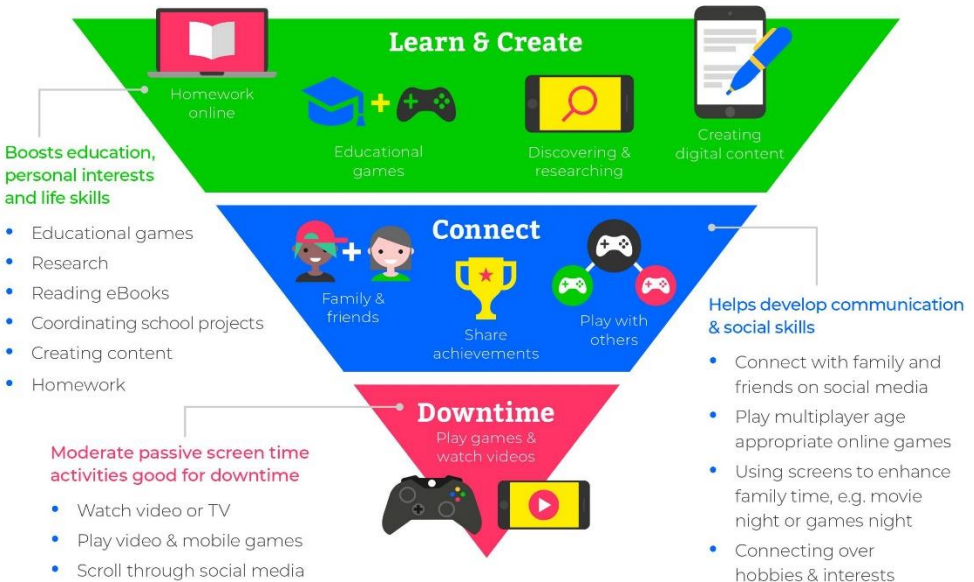
Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.



Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Visit internetmatters.org/screentime for more advice

InternetMatters

internetmatters

@im_org

**internet
matters.org**

ONLINE RESOURCES FOR FAMILIES

KEEP FIT FOR ADULTS

ONLINE YOGA	https://eastofeden.uk/
10 MINUTE WORKOUT	https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=2T_osdWMZs0
STRENGTH AND FLEX EXERCISE PLAN	https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/
GET IT FOR FREE	https://www.nhs.uk/live-well/exercise/free-fitness-ideas/
STAY ACTIVE AT HOME	https://www.sportengland.org/stayinworkout#get_a_ctive_at_home
THE BODY COACH	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
H&B INDOOR EXERCISES	https://www.hollandandbarrett.com/the-health-hub/weight-management/fitness/exercise/how-to-exercise-indoors/
THE BLAIR ACADEMY	https://www.youtube.com/channel/UCQbgkf7sBGPgphzgEf7RzzQ?view_as=subscriber

KEEP FIT FOR KIDS

10 MINUTE SHAKE UP	https://www.nhs.uk/10-minute-shake-up/shake-ups
SWOREKIT KIDS WORKOUT	https://app.sworkit.com/collections/kids-workouts
P.E LESSONS WITH JOE	https://www.youtube.com/playlist?list=PLYClOpd4VxBvQafyve889qVcPxYEjdSTl

GARDENING

BEGINNERS GUIDE TO GARDENING	https://www.rhs.org.uk/advice/beginners-guide
GARDENING	https://www.youtube.com/watch?v=1TIE2QHaTaw
GARDENING TIPS	https://www.youtube.com/watch?v=ldpPbVzYK-U

THINGS TO DO

THE SUNTRAP CENTRE	https://suntrapcentre.co.uk/suntrap-at-home
ARTIS CREATIVE LEARNING	https://www.artisfoundation.org.uk/blog/blogposts/2020/03/creative-learning-resources/
BBC ACTIVITIES FOR KIDS	https://www.bbc.co.uk/programmes/genres/childrens/activities/all
QUICK AND EASY HOME PROJECTS FOR KIDS	https://www.kiwico.com/kids-at-home
100 THINGS TO DO AT HOME WITH KIDS	https://www.schoolofspreadthehappiness.co.uk/product/100-things-to-do-indoors/
HUNGRY LITTLE MINDS	https://hungrylittleminds.campaign.gov.uk/
NASA – SPOT THE STATION	https://spotthestation.nasa.gov/sightings/view.cfm?country=United_Kingdom&region=England&city=London#.Xo234chKhPa

ONLINE LEARNING – GENERAL

WF LIBRARY SERVICE	https://www.walthamforest.gov.uk/content/join-free-library-service-now
BBC BITESIZE	https://www.bbc.co.uk/bitesize
AMAZON AUDIBLE	https://stories.audible.com/start-listen
LEARN AT KS2, KS3, GCSE & A LEVEL	https://www.senecalearning.com/
LECTURES FOR SIXTH FORM STUDENTS	https://www.gresham.ac.uk/schools

ONLINE LEARNING – MATHS

THE MATHS FACTOR	https://www.themathsfactor.com/?awc=5757_1585219764_61d6f58af882da6606bd7305ab616a71&utm_source=Affiliate&utm_medium=Referral&utm_campaign=PRI_MAT_27JAN2014_TMF_General&source=aw
MATHS ONLINE	https://whiterosemaths.com/
DR FROST MATHS	https://www.dr frostmaths.com/
GEOMETRY	https://www.canfigureit.com/

ONLINE LEARNING – ENGLISH

ENGLISH FOR KIDS	https://learnenglishkids.britishcouncil.org/
PHONIC SKILLS	https://www.starfall.com/h/
STORYLINE ONLINE	https://www.storylineonline.net/
ENGLISH ON YOUTUBE	https://www.youtube.com/user/mrbruff
ENGLISH REVISION	https://www.youtube.com/channel/UCJhuqpyhE8NzYZFkwTzi_7g

ONLINE LEARNING – SCIENCE

BIOLOGY ON YOUTUBE	https://www.youtube.com/channel/UCqNRObSCvPqLS8VftXXy9Ow
PHYSICS ON YOUTUBE	https://www.youtube.com/channel/UCZzatyx-xC-DI_VVUVHYDYw
CHEMISTRY ON YOUTUBE	https://www.youtube.com/user/GetChemistryHelp
BBC SCIENCE PODCAST	https://www.bbc.co.uk/programmes/p01gyd7j/episodes/downloads
COSMIC SHAMBLES	https://cosmicshambles.com/stayathome/upcoming-schedule

ONLINE LEARNING – HISTORY

BBC HISTORY FOR KIDS	http://www.bbc.co.uk/history/forkids/
BIG HISTORY PROJECT	https://school.bighistoryproject.com/bhplive
DIGITAL HISTORY ARCHIVE	https://www.bunkhistory.org/
HISTORY PODCASTS	http://www.versushistory.com/podcasts.html

ONLINE LEARNING – OTHER SUBJECTS

GEOGRAPHY	https://www.rgs.org/schools/teaching-resources/
LANGUAGES	https://www.linguascope.com/
ECONOMICS	https://www.econtalk.org/
FREAKONOMICS	https://freakonomics.com/archive/
PHILOSOPHY 24/7	https://philosophy247.org/
PHILOSOPHY PODCAST	https://www.wnyc.org/story/pickle-philosophy-podcast-kids/
ONLINE CRAFT COURSES	https://yodomo.co/collections/discover-courses
CRAFTS & ACTIVITIES	https://www.allkidsnetwork.com/
MUSIC LAB	https://musiclab.chromeexperiments.com/Experiments
CORONAVIRUS – A BOOK FOR CHILDREN	https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INSwith-cover.pdf

ONLINE LEARNING – PLAY AND LEARN

LEARN ABOUT ANIMALS	https://switchzoo.com/
PBS KIDS	https://pbskids.org/
MATHS AND READING GAMES	https://www.funbrain.com/
PLAY AND LEARN WITH DR SEUSS	https://www.seussville.com/

ONLINE GUIDE – PARENTING

FAMILY LIVES	https://www.familylives.org.uk/
YOUNG MINDS PARENTING SUPPORT	https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/

4 steps to manage children's digital wellbeing

internet
matters.org

Get advice to help children develop critical thinking, self control and coping strategies to deal with online risks.



Step 1 Understanding the online risks

Help children get to grips with the types of risks they might be exposed to based on the website, apps and devices they use. For example if they're on social media having a conversation about issues around managing relationship online, cyberbullying and sexting will help them to know what to look out for and take appropriate action.

Step 2 Knowing where to go for help

Equip your child with the knowledge of where to get support. Whether it's a helpline like Childline, reporting tools on apps or a supportive network of friends and family, it's important they know that if they can't talk to you about something there are a number of places that can support them.



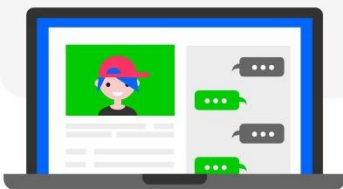
Step 3 Learning from experiences

Encourage children to explore the digital world in an age-appropriate way, so they can learn to manage challenges and develop good judgement. It is not possible to teach them self-control, risk management or how to take advantage of online opportunities if they are not given the

chance to practice online.

Step 4 Recovering from experiences with the right support

Even with the best intentions there may be times that children are affected by something they experience online. To support them assess the situation and find ways to deal with it together. Depending on the situation seek advice from specialist organisations or your GP to give them the best chance to recover and regain their confidence.



Digital Resilience

USEFUL WEBSITES FOR PARENTS
AND CARERS

GENERAL DIGITAL RESILIENCE

NSPCC

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/

Includes useful tools and tips to help you keep track of your child's online usage, as well as information on how to talk to your child about the online space.

PARENTZONE

www.parentzone.org.uk/parents

Includes guides to the pros and cons of a range of online platforms, as well as contact details to receive free advice and access to the Parenting in the Digital Age course.

THINKUKNOW

www.thinkuknow.co.uk/parents/get-advice/young-people-online

Includes videos on a range of online harms, as well as tips on discussing how to stay safe online. Also includes links to CEOP reporting function.

INEQE SAFEGUARDING GROUP

www.ineqe.com/learn/safeguardinghub

Includes videos and factsheets on current online trends and risks. More videos can also be found on the organisation's YouTube channel.

VODAFONE DIGITAL PARENTING

<https://www.vodafone.co.uk/mobile/digital-parenting>

Includes articles on a range of online topics, safety and wellbeing, as well as technical tips and tricks. Also includes a link to the Vodafone Digital Parenting magazine.

BUILDING RESILIENCE AGAINST EXTREMISM

EDUCATE AGAINST HATE

www.educateagainsthate.com/parents

Includes information about warning signs of radicalisation, online extremism and how to talk to your child about extremism. Also offers links to other online safety resources.

NSPCC TALKING TO CHILDREN ABOUT TERRORISM

www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/

Specific guidance on how to have open discussions with your child about terrorist attacks, with accompanying videos. Also includes advice on how to report suspicious activity online.

REPORTING MATERIAL PROMOTING TERRORISM OR EXTREMISM

www.gov.uk/report-terrorism

Through this site, you can anonymously report content which promotes violence or terrorism, as well as material posted by terrorist or extremist organisations.



ACKNOWLEDGEMENT

We would like to acknowledge our partners, external services and materials used in this handbook during these unprecedented times to assist and support families in Waltham Forest.

We recognise and value your support;

10 Minute Workout
100 Things to Do at Home with Kids
24/7 Domestic Line
5 Steps to Mental Wellbeing
Age UK
Al-Fath Trust - Walthamstow
All Kids Network - Crafts & Activities
Amazon Audible
Artis Creative Learning
BBC Activities for Kids
BBC Bitesize
BBC History for Kids
BBC Science Podcast
Big History Project
British Council - English For Kids
Bunk History - Digital History Archive
Can Figure It - Geometry
Cann Hall Mosque
Carers First
Chemistry on YouTube
Chit Chat Pitta Pat
Christ Church Walthamstow
Citizens Advice Bureau
Community Fridge - Transition
Coronavirus – A Book for Children
Cosmic Shambles
Dr Frost Maths
E4 Covid-19 Community Response
East of Eden - Online Yoga
Eat or Heat
Econtalk - Economics
Emma The Teachie - Biology on YouTube
Every Mind Matters
Family Lives
Freakonomics
Fun Brain - Maths and Reading Games
Gardeners World - Gardening Tips
Gresham Sixth Form - Lectures
HENRY
Holland & Barratts
Hornbeam Centre
Hungry Little Minds
Internetmatters.Org
Linguascope - Languages
Lloyd Park Children's Charity
Men's Advice Line
Mr Buff - English On YouTube
Music Lab
Muslim Community Association Leyton
Nasa – Spot the Station
National Domestic Helpline
NELFT (North East London Foundation Trust)
NHS - 10 Minute Shake Up
NHS - Get It for Free
NSPCC
P.E Lessons with Joe
Pbs Kids
Philosophy 24/7
Physics Online - Physics on YouTube
PI84u Al Suffa
Play and Learn with Dr Seuss
Quick and Easy Home Projects for Kids
Respect
Respect Help Line
RGS - Geography
RHS - Beginners Guide to Gardening
Rights of Women
Rukshana Khan Foundation
Samaritans
SENDIASS
Seneca Learning - Learn at KS2, KS3, GCE & A Levels
St Margaret With Columbia – Leytonstone
Stacey Reay - English Revision
Star Fall - Phonic Skills
Stay Active at Home
Storyline Online
Strength and Flex Exercise Plan
Switchzoo - Learn About Animals
Sworekit Kids Workout
The Blair Academy
The Body Coach
The Maths Factor
The Suntrap Centre
Triple P Parenting
Turn 2 Us
Universal Credit Support
Versus History - History Podcasts
Waltham Forest Community Hub
Waltham Forest Library Service
Waltham Forest Migrant Support
Waltham Forest Mutual Aid Providers
Waltham Forest Talking Therapies (IAPT)
Waltham Forest Young Carers Project
WF CCG - List of GPs
Which - Gardening
White Rose Maths - Maths Online
WNYC - Philosophy Podcast
Yodomo - Online Craft Courses
Young Minds