

Health Promotion and Advocacy resources for children and their carers

These online resources are self-accessible for over 10 years olds. However, carers are advised to explore the resources to see if accessible and appropriate for their particular child if under 14 years of age.

- Mental health and wellbeing

<https://www.childline.org.uk/toolbox/>

www.kooth.com

For carers:

<https://www.minded.org.uk/>



- Diet

https://www.nhs.uk/change4life?gclid=Cj0KCQjwjcFzBRCHARIsAO-1Op9kYO-hBHmLxbvVgxbnVSz-drpgkTLtV2ta01dE--9MJPJ0ALJYaAuKJEALw_wcB&gclsrc=aw.ds

<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/>



- Exercise

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>



- Keeping safe

<https://www.childline.org.uk/>



For carers:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.nspcc.org.uk/>

- Advocacy

<https://www.childrenscommissioner.gov.uk/help-at-hand/about-us/>

https://www.coram.org.uk/how-we-do-it/coram-childrens-legal-centre-upholding-childrens-rights?gclid=Cj0KCQjwjcfzBRCHARIsAO-1 OqAgBUooopg56OJ-IUIZCNV5hfwxHKKJvChpiQSx2mCpdhk5JdCIlaAr5FEALw_wcB

For refugee and migrant children:

<https://www.coram.org.uk/how-we-do-it/upholding-childrens-rights/migrant-childrens-project>

- Sexual health

For carers:

<https://www.outspokeneducation.com/sex-and-relationships>

For young people:

<https://www.brook.org.uk/>

<https://legacy.brook.org.uk/find-a-service/regions/london/dash-lambeth>

- Gender identity

<https://mermaidsuk.org.uk/>

<https://gids.nhs.uk/young-people>

- Drugs information

<https://www.talktofrank.com/>

<https://legacy.brook.org.uk/find-a-service/regions/london/dash-lambeth>

- General health information

<https://www.nhs.uk/>

- Parenting support and carer wellbeing

<https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2013/07/A-guide-for-parents-and-carers-of-children-aged-0-11-years-Positive-parenting.pdf> - this resource has been developed in Sussex so the small part about local services is not relevant but the rest is!

<https://dots.actionforchildren.org.uk/category/parent-wellbeing/>

- Parenting under mental health strain

https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/?gclid=EAlalQobChMIxITetLam6AIVQbDtCh1G7gDMEAMYASAAEgKfGvD_BwE

- Activities for quarantined children!

With the current closing of schools, we hope that these tips and resources may be useful!

Tips:

1. Try and have a routine for children at home – a timetable may help!
2. Ensure daily physical exercise – if you are social isolating you can go out and stay 2 metres away from others in parks and open spaces. Avoid playground equipment or ensure hand cleaning rigorously or exercise at home!
3. There are lots of good quality online resources for learning, creativity and play eg see list below
4. Many schools are offering online learning platforms – make sure you are up to date with what is happening so you can support your child
5. Take some time to have direct play time with your child or to do joint activities in the day. Children are likely to need additional contact with you and reassurance at this time
6. Talk to other adults via phone or video for support if feeling overwhelmed! The same for isolated children and their friends!
7. Ensure a good sleep pattern and sleep hygiene routine

Activities:

We hope you enjoy the website below developed by a Paediatrician colleague of ours:

www.indoorexplorers.com

Also look at:

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

Virtual tours of museums:

Eg.

<https://artsandculture.google.com/partner/the-british-museum>

