

Mental Health and Well-being

Following on from the information sent out during Mental Health week, please find below some more useful links.

Links to Action for Children, NSPCC and a Mental Health website with advice and tips for parents.

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.mentalhealth.org.uk/a-to-z/p/parents-and-mental-health>

Also, the following for children's well-being:

SmilingMind

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.

FLAMINGO CHICKS KEEPS COVID-ANXIOUS DISABLED CHILDREN CALM

This free new class is ideal as an emergency calming measure – but also helps to deal with ongoing anxiety. While great for ALL children, it's particularly made with disabled children in mind and includes Makaton signing.

- Go to: <https://flamingochicks.org/calming-class/>

For other Flamingo Chicks' resources including virtual inclusive dance classes, spin off art and science experiments to help with home-schooling plus 'stories of inclusion' read by celebrities such as Ben Shephard visit: www.flamingochicks.org/athome