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tile easi		eing and Homelife managing (and pr	. , , ,			
SLEEP suffers during periods of stress and disruption. This resource from Public Health England will support you in talking to pupils about good sleep hygiene and its importance. CBBC has a useful webpage on sleep for younger children.			The <u>Anna Freud Centre</u> have lots of useful COVID-19 resources aimed at supporting professionals, children and families Advice for keyworker parents – helping your child adapt (PDF)			
Solihull parenting team find more info: www.solgrid.org.uk/fivetothrive/parenting contactable by email on bsmhft.parenting@nhs.net Solihull families can access FREE online Parenting courses (use the discount code: APPLEJACKS)			Range of resources and newsletters for parents at SISS Team Pages Workbook and social stories to support transition following COVID-19 for children with autism			
	The Duit	Transition Guid				

The British Psychological Society have published guidance on <u>'Back to School'</u>
Solihull Community Educational Psychology have created <u>Transition Handbooks</u> for parents and schools

Further support is available

<u>Transition and Recovery action plan meetings are now available for all schools in Solihull</u> from Solihull Community and Educational Psychology Service.

To access this support schools should contact edpsych@solihull.gov.uk

School Nursing- Chat Health confidential texting service 11-19 year olds 07520 615 730.

www.healthforteens.co.uk

(secondary school age) www.healthforkids.co.uk

(primary school aged)

Solihull School Nursing teams direct telephone contact.

0121 726 6754 South

0121 770 1919 North

If the advice and guidance above has not been enough please reach out and contact:

For Parents/Carers:

For Children/Young People:

Solihull Community Educational Psychology Service have a help line, call 0121 7791734

Children and Young People can access free online counselling and support from Kooth

















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