

Useful Websites for Parents and Families to Support their Children

<https://www.nspcc.org.uk/> - UK's leading Charity for the Protection of Children

<https://www.barnardos.org.uk/> - help, support and advice for thousands of children, young people, parents and carers through services across the UK

Promoting Positive Mental Health and Well Being	
Website	Subject
https://myhappymind.org/programmes/family-programme/	<i>myhappymind</i> for parents, supports parents and carers in developing a deep understanding of the science of happiness and wellbeing so that they're able to teach their children.
https://www.bbc.co.uk/tiny-happy-people	Tiny Happy People is a tool to help parents and carers develop their child's language skills. Explore the simple activities and play ideas and find out about babies and toddlers' amazing early development.
https://www.place2be.org.uk/	Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.
https://www.bbc.co.uk/cbeebies/curations/mindfulness-for-children	Helpful tips and tricks to help children relax and be mindful of the world around them.
https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/	Helping children develop mindfulness techniques and strategies, using a range of activities.