

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

Specific Mental Health Concerns and Experiences that Directly Affect Mental Health

Website	Subject
https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people	<p>Bereavement</p> <p>Children and young people grieve just as much as adults but they show it in different ways. They learn how to grieve by copying the responses of the adults around them, and rely on adults to provide them with the support they need in their grief.</p>
https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/young-carers/	<p>Young Carers</p> <p>A young carer is someone under 18 who looks after a parent or another family member. Action for Children offer support for the young carer to come to terms with their parent's illness or condition and teaches coping strategies and guidance on positive relationships.</p>
https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/eating-problems/	<p>Eating Disorders</p> <p>Children's appetites may change at different ages and this is normal; some eat a lot or eat anything, others are more particular. Children's attitudes to eating can be affected by a range of factors including the attitudes and behaviours of parents and peers towards food, nutrition and body image, trauma, stress, and bullying.</p>
https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-disorders-in-children/	<p>Anxiety</p> <p>It's normal for children to feel worried or anxious from time to time – such as when they're starting school or nursery, or moving to a new area. But for some children, anxiety affects their behaviour and thoughts every day, interfering with their school, home and social life.</p>

<p>https://www.barnardos.org.uk/blog/how-cope-back-school-anxiety</p>	<p>Returning to school in a new school term Starting a new term or going to a new school can be nerve-wracking for some children and young people. So, here are a few tips to help support your child manage their worries.</p>
<p>https://senmagazine.co.uk/content/support-advice/support/11881/siblings-of-children-with-sen-should-not-be-left-in-the-cold/</p>	<p>Siblings of Children with a disability, SEN or long term condition Sometimes children with a siblings who has a SEN need or disability can have difficulties of their own. Their experiences can very often different to their peers; both wonderful but challenging too and therefore have needs of their own to support.</p>
<p>https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/</p>	<p>Other forms of loss, outside grief Children can experience loss of many kinds that affect their emotional wellbeing including loss through illness such as dementia, divorce, or relocation.</p>