

Information for adults who support children and young people

Resources to support adults in their role

Domestic violence and abuse: Safeguarding during the COVID-19 crisis

This quick guide is aimed at professionals and organisations who are involved in supporting and safeguarding adults and children.

https://www.scie.org.uk/care-providers/coronavirus-covid-19/safeguarding/domestic-violence-abuse?utm_campaign=11568924_SCIELine%2028%20May&utm_medium=email&utm_source=SOCIAL%20CARE%20INSTITUTE%20FOR%20EXCELLENCE%20&utm_sfid=0036f00003GcQ7nAAF&utm_role=Educator%2F%20Trainer&dm_i=4O5,6VYN0,1TJ06E,RNP7I,1

Supporting children and young people through bereavement

The Winston's Wish site provides practical information and support for children, young people and families who face bereavement. Follow the links below for information on bereavement from serious illness or suicide.

Support for those bereaved through serious illness or accident.

<https://www.winstonswish.org/serious-illness/>

Support for those bereaved through suicide.

<https://www.winstonswish.org/death-through-suicide/>



Coping skills for children and young people

This website provides strategies used by child therapists for calming anxiety, including ideas to calm down, books to read and videos that can help.

<https://copingskillsforkids.com/calming-anxiety>

Calming techniques

Free resources to help children and adults with sleep, meditations, mindfulness and more.

<https://www.calm.com/blog/take-a-deep-breath>



Free Additional Support Needs webinars from Children in Scotland



Through the Wellbeing Fund, Children in Scotland are able to deliver five free webinars aimed at parents and carers of children with additional support needs.

The webinars aim to provide a space where people can connect, share and learn together under the guidance of expert trainers.

They`re going live on:

Tuesday, 7 July 2020, 10.30am-12pm (FREE)

Discussing coronavirus and lockdown with children/teens with ASN

Delivered by Corrie McLean, Three Sisters Consultancy

Monday, 20 July 2020, 3pm-4.30pm (FREE)

Supporting children/teens with ASN to manage health anxieties

Delivered by Corrie McLean, Three Sisters Consultancy

Thursday, 23 July 2020, 10.30-12pm (FREE)

Understanding children`s rights and additional support requirements

Delivered by My Rights, My Say

Tuesday, 28 July 2020, 10.30am-12pm (FREE)

Creating positive home routines for children/teens with ASN

Delivered by Corrie McLean, Three Sisters Consultancy

Friday, 31 July 2020, 3pm-4.30pm (FREE)

Supporting children/teens with ASN with their transition back to schooling

Delivered by Corrie McLean, Three Sisters Consultancy

You can find details of all of the upcoming webinars by clicking on the link

https://www.eventbrite.co.uk/o/children-in-scotland-20206726841?utm_source=phplist5981&utm_medium=email&utm_content=HTML&utm_campaign=Free+ASN+webinars+-+Join+us+for+more+online+CPD

Resources and activities for children and young people

Make an art masterpiece

This free App can be used to transform your photos into art pieces in the style of famous artists.



<https://artsandculture.google.com/camera/art-transfer>

Fact-checking tools for teens and tweens

This website enables young people to check out facts about the news they hear. Claims of "fake news" get thrown around regularly in the media. But how do you know if you're reading a credible news source? That's where fact-checking comes in. Sites that let kids verify the information they see in news stories, videos, and other sources are crucial to separate fact from fiction.

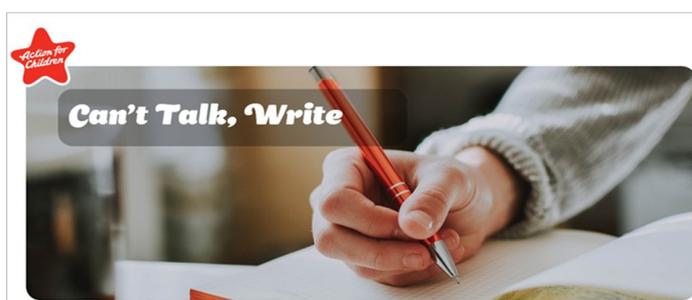
<https://www.commonsemmedia.org/lists/fact-checking-tools-for-teens-and-tweens>

Can't Talk Write: helping young people to express how they feel

This toolkit is evidence based and promotes writing as a means of supporting young people to improve their mental wellbeing. It helps them feel calmer and supports them to articulate their thoughts and feelings.

There are two toolkits: one for young people aged 11-18 years old and one for adults working with young people. Each toolkit includes printable activities and ideas to get young people writing. Writing is a great way to express thoughts and feelings. Getting things down on paper can really help to make sense of problems, too.

https://www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/?utm_source=corporate&utm_medium=referral&utm_campaign=&utm_content=cant-talk-write-royal-mail



Ideas on journals for teens

Teen journaling is a tool for helping teens understand themselves better. It can help adolescents gain a more positive perspective on their lives by developing an awareness of events, memories and feelings and learn coping skills that can be used throughout life. This website gives lots of tips on skills for keeping a journal and different ways to do it.

<https://extension2.missouri.edu/gh6150>

Free access to e-books and magazines

You can join your local library and get free online access to up to 40 different magazines as well as e-books and audio books.



Stirling - <https://stirling.rbdigitalglobal.com/>

Falkirk - <https://falkirk.rbdigitalglobal.com/home>

Clackmannanshire - <https://www.clacks.gov.uk/culture/ebooks/> - e-books and audio books only

Let's get cooking

This is an ideal time to get everyone cooking, gain life skills and find healthy cheap meals to enjoy making.

Jack Munroe – cooking on a bootstrap

<https://cookingonabootstrap.com/category/recipes-food/>



Jamie Oliver – cheap and cheerful recipes

<https://www.jamieoliver.com/recipes/category/course/cheap-cheerful/>



British Heart Foundation – online recipe finder

<https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/recipe-finder>



Play Scotland – free home play pack

Play Scotland have launched a new home play pack which has some great tips and ideas for families to fit play in their day.

In the pack you will find

- What happens when children are playing and why is it important
- Great ideas for playing in and around the home
- Loose parts play with free and low-cost resources
- Top tips and helpful websites.

https://www.playscotland.org/resources/print/Play-Scotland-Home-Play-Pack-for-Parents-16pp-Web-1.pdf?plsctml_id=18283