

Good To Know

5th June 2020

Working with Families News

News:	For more info:
For the latest advice about the coronavirus and the services, advice and support that are available through the Council please refer to the main Sandwell council website.	https://www.sandwell.gov.uk/coronavirus
NCB (National Children's Bureau) are sharing advice for parents and carers to recognising the concerns of children during the COVID-19 crisis.	NCB Advice
The Families Under Pressure series offers parenting tips and advice on: keeping positive and motivated; building your child's self-confidence; promoting better behaviour; how to limit conflict; using sanctions carefully.	Families Under Pressure
Coram Life Education has launched a free teaching toolkit to support children's health and wellbeing when they return to school.	Back to school with SCARF
The Every Mind Matters team have loads of simple tips to help with children struggling being at home more than usual.	Every Mind Matters - Children
ParentZone have produced a guided to the 10 most popular mental wellbeing and mindfulness apps available in the Apple App and Google Play Stores, to help you find the right one for you and your family.	10 Mental Wellbeing Apps
Struggling to sleep? Many people are experiencing disturbed sleep during lockdown, ranging from insomnia to disturbingly vivid dreams. ParentZone have talked to several sleep experts and pulled together their top tips for how you and your family can find a better bedtime routine.	Sleep Easy
The Mental Health Foundation have produced a report around the mental health effects of financial issues in the context of the COVID-19 pandemic.	 MHF COVID-19 briefing
Reminder that Lullaby Trust offers confidential support to anyone affected by the sudden and unexpected death of a baby or young child. Bereaved families may feel worried or anxious about the coronavirus (COVID-19 heightening existing anxieties.	Read more about their bereavement support services here .
West Midlands Violence Reduction Unit , in partnership with Barnardos and teachers, have added further educational resources	https://westmidlands-vru.org/projects/education-resources-covid-19/

<p>Action for Children’s Play Talk Read team are running a FREE six week online learning programme specifically for babies, these include baby massage, music sessions, weaning courses and story times.</p>	 Young Baby Promo (003).pdf
<p>The ThinkUKnow team at CEOP have released their 6th activity packs for children and young people. These are short activities, approximately 15 minutes each.</p>	<p>4-5s 5-7s 8-10s 11-13s 14+</p>
<p>While children mostly have positive online experiences, things can occasionally go wrong and it's important that they know how to respond. This ParentInfo article highlights six online activities that can help your child build their digital resilience, while also entertaining them during lockdown.</p>	<p>Boost Your Child's Digital Resilience</p>
<p>To mark Pride Month in June, the NSPCC Library and Information Service has created a reading list showcasing resources from the library collection which cover LGBTQ+ issues.</p>	<p>Resources for Pride 2020</p>
<p>Sandwell Library service has reported a huge surge in online library membership and eBook and eAudio loans. Active membership of BorrowBox (readers who renewed, issued, or reserved a title) increased by 58% from pre-lockdown figures.</p>	<p>To sign up: www.sandwell.gov.uk/librariesonline</p>
<p>England Illegal Money Lending Team are offering “Could you spot a loan shark?” training</p>	<p>11am Wednesday 17th June 11am Thursday 25th June</p>
<p>Active Black Country have launched a survey about the changes in activity habits of Black Country residents over the last 3 months. The survey takes around 15-20 minutes to complete and one respondent will be selected at random to receive £200 in vouchers towards physical activity equipment.</p>	<p>Active Black Country Survey</p>
<p>Shared Lives Scheme are looking to recruit paid carers. Shared Lives is sometimes described as being similar to providing ‘foster care for adults with additional/complex needs’...</p>	<p>Web: www.cvt.org.uk/sharedlives Call: 01384 441505 Email: sharedlives@cvt.org.uk</p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team parent_support@sandwell.gov.uk</p>