

Parent Support During Lockdown

A variety of useful links

Anxiety

<https://www.bbc.co.uk/bitesize/articles/zffjgwx>

Spreading happiness

<https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

Supporting wellbeing

<https://www.bbc.co.uk/bitesize/articles/zrsbrj6>

Pains of working at home

<https://www.bbc.co.uk/news/av/world-us-canada-52359102/coronavirus-how-to-combat-back-pain-while-working-from-home>

Self-isolating and dealing with conflict

<https://www.childrensociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>

General questions

<https://www.bbc.co.uk/bitesize/articles/z4rkd6f>

Isolation inspiration

<https://www.bbc.co.uk/bitesize/articles/zrfgcqt>