



## Positive parenting during COVID19

### April 2020

The Coventry Diocese Safeguarding Team (DST) has included in this information guide links to UK Government website (updated on 30 March 2020), which provides links to a number of additional websites and includes recommendations for helplines. There is signposting advice for parents and carers for children and young people with learning disabilities, with autism, or who are indeed carers themselves. The guidance also provides age specific information for parenting/caring for children and young people.

There is also reference to the Child and Family Court Advisory and Support Services (CAFCASS), providing guidance and signposting advice for parents who have co-parenting and child care arrangements in place for their children.

NSPCC provides information for parenting during COVID19, with further links and signposting for parents/carers and their children. There is a link to an assessment tool which parents and carers may find useful regarding when to leave children home alone.

We have also included specific local information from Coventry Local Authority, Warwickshire Local Authority and Solihull Local Authority around positive parenting, which includes local provision.

### Government Guidance

The below link provides further information regarding positive parenting during Covid-19 and sign posting information

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

#### For support as a parent or carer:

**Young Minds for Parents and Carers** provides advice about mental health and behaviour problems in children and young people up to the age of 25. You can call the parents' and carers' helpline on **0808 802 5544**. Please be aware Young Minds do not provide any direct psychological services and cannot make referrals to the NHS or Children and Young People's Mental Health Services (CYPMHS).

#### For support as a young person:

If your child or young person would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as **ChildLine** and **The Mix**.

[Shout](#) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

A child or young person can:

- text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving



[ChildLine](#) provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

A child or young person can:

- call 0800 1111 any time for free
- have an [online chat with a counsellor](#)
- check out the [message boards](#)

[The Mix](#) provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

A child or young person can:

- call 0808 808 4994 for free – lines are open from 11am to 11pm every day
- access the [online community](#)
- [email The Mix](#)

## CAFCASS

For parents who have **co-parenting** and **child care arrangements** the **CAFCASS** website has specific guidance for continuing those arrangements during COVID19

On 23 March, the government published [full guidance](#) on staying at home and away from others, which clarified that where parents do not live in the same household, children under 18 can be moved between their parents' homes. On 24 March, the President of the Family Division, Sir Andrew McFarlane, provided additional advice [on compliance with Family Court Child Arrangement Orders](#).

This is a guide produced for children and young people which may support their understanding of the Court role whilst the COVID19 restrictions are in place:



Young Person's  
guide to Court arrar

The guide has a useful link to a video utilising Makaton to explain coronavirus in an accessible format.

## NSPCC

The NSPCC website has specifically provided guidance to parents/carers for discussing COVID19 with children and young people, it includes additional information for engaging with children and young people with additional needs – referred to as SEND – Special Education Needs and Disabilities.



Parental advice is also available about home working and making decisions regarding leaving children home alone. There is a useful tool with the below graphic which allows parents and carers to make the decision about whether their child is ready to be left home alone.



[https://home-alone.nspcc.org.uk/?\\_ga=2.213126416.588510740.1587370752-1688200635.1586959872#.Xp2BxTzKXtU.email](https://home-alone.nspcc.org.uk/?_ga=2.213126416.588510740.1587370752-1688200635.1586959872#.Xp2BxTzKXtU.email)

There is also guidance and support contained within the below link for parents and carers to have difficult conversations with their children, one topic covered is divorce or separation.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

## Local Authorities

**Warwickshire** Local Authority have a parenting support section with links to apps and training opportunities and contact details of those who can offer advice.

<https://www.warwickshire.gov.uk/parentingsupport>

**Coventry** Local Authority have information regarding parental support, how to seek support and guidance for parents/carers through Family Hub self-referral.

[https://www.coventry.gov.uk/info/38/family\\_support/2884/positive\\_parenting](https://www.coventry.gov.uk/info/38/family_support/2884/positive_parenting)

**Solihull** Local Authority provides advice for parents and carers and additionally free on-line training for parents/carers who have a Solihull address.

<https://socialsolihull.org.uk/localoffer/family-information-service-directory/3937/solihull-parenting-team-understand-your-childs-behaviour-mellow-parenting/>

## Coventry and Warwickshire Partnership NHS Trust

Coventry and Warwickshire Partnership NHS Trust (CWPT) have provided the following information to support parents and carers around their own mental health and wellbeing, and also for their children.



## **Children and Young Person Advice Helpline number to support crisis intervention and prevent mental health crisis**

Coventry and Warwickshire Partnership NHS Trust (CWPT) want to support you during the difficult times we are facing due to the Covid 19 situation. To do this we have developed a 24 hour 7 day a week telephone advice helpline run by qualified mental health clinicians to be there for you to contact when you need. We know that the feelings you may be experiencing at such difficult times are frightening and can make you feel that your emotional wellbeing is in crisis. We know that these emotions can lead to a mental health crisis which often means that you no longer feel able to cope or be in control of your situation. You may feel great emotional distress or anxiety, cannot cope with day-to-day life, intense sadness and may be thinking about suicide or self-harm or experiencing thought disorientation that can feel like hallucinations or hearing voices.

We want to be there for you to support and give advice, to work with you to feel more able to be in control of your emotions and manage the distress you are feeling together with you.

### **RISE**

Children and Young Peoples Specialist Mental Health service in CWPT have with the current crisis team worked together to develop a CYP response that will allow us to support children and young people 24 hours 7 days a week and where needed continue to support you within the Rise Mental Health and Emotional Wellbeing service directly for Children and Young People.

### **Contact details**

If you are calling between the hours of 8am and 8 pm please call Children's Crisis Team at Whitestone on:

**024 7664 1799**

If you are calling between the hours of 8pm and 8 am please call Coventry Crisis team Crisis team:

**024 7693 8000**

On the Rise website you will find a wealth of up to date links, advice, guidance and support to help support during these times.

In addition the following resources are available to all to telephone or contact via their website that are children and young people focused.

Young Minds parent helpline

Tel: 0808 802 5544

Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Papyrus

Tel: 0800 068 4142

Website: <https://papyrus-uk.org/hopelineuk/>

Opening hours: Weekdays 9am – 10pm, Weekend / bank holidays 2pm – 10pm



## Chat Health – Coventry School Nurses contact details



Coventry School  
Nursing\_ChatHealth

### Diocese Safeguarding Team

Please remember that the DST is here to advice and support you so please ring:

**Deb Jennings** on: **07496 369883** (Mon-Wed)

**Dara Lloyd** on: **07432 741953** (Wed to Fri)

The DST office on **02476 521345** - monitored on a daily basis