

Solihull #WeAreThinkingOfYou

Establish the facts

The more you understand about your school's plans and what differences there will be, the easier it will be to talk about this with your child, and it will answer some of your and your child's worries or questions. Your school's website will have lots of useful information and resources.

Wellbeing and homelife managing (and preparing for exiting) 'lock-down'

SLEEP suffers during periods of stress and disruption. This resource from the [NHS](#) will support you in talking to older children about good sleep hygiene and its importance. [CBBC](#) has a useful webpage on sleep for younger children.

[Anna Freud Centre](#) - useful COVID-19 resources aimed at supporting professionals, children and families

[Advice for keyworker parents – helping your child adapt \(PDF\)](#)

Parenting support

Families in Solihull can access a range of [online courses](#).
For more info: Contact bsmhft.parenting@nhs.net

Solihull families can access [FREE online Parenting courses](#)
(use the code: APPLEJACKS)

[Solihull School Nurses](#) 'Chat Health' parent text line

07480 635496

Range of resources and newsletters for parents at [SISS Team Pages Workbook](#) and social stories to support transition following COVID-19 for [children with autism](#)

Transition Guidance

The [Mental Health Foundation](#) and [Mentally Health Schools](#) webpages - useful advice and tips for parents/carers to support the return to school.

[Solihull Community Educational Psychology Service](#) - [Transition Handbooks](#) for parents and schools.

Further support is available

If the advice and guidance above has not been enough, please reach out and contact:

For parents/carers:

Solihull School Nursing teams

0121 726 6754 South/0121 770 1919 North

Special school nursing team

Merstone, Forest Oak and Hazel Oak – 0121 717 1046

Reynolds Cross School – 0121 706 9108

Solihull Community Educational Psychology Service

helpline - 0121 7791734

For children/young people:

Kooth – free online counselling and support

[Kooth Parents Information Session \(Solihull\)](#)

Solihull School Nursing - Chat Health confidential texting service:

11-19 year olds 07520 615 730

www.healthforteens.co.uk (secondary school aged)

www.healthforkids.co.uk (primary school aged)

Solar - Solihull's [Emotional Wellbeing and Mental Health Service](#) for children and young people

If urgent mental health support is needed ring 0121 262 3555, available 24/7 to everyone. In an emergency call 999 or visit A&E.