

The Parenting Team will continue our service of telephone consultations. Parents and carers simply need to call our office on 01743 250950 or email parenting.team@shropshire.gov.uk to arrange a consultation at a time convenient to them.

Taking the current situation into account our team can support parents and carers with:

- managing difficult questions and worries from children due to the current situation
- managing challenging behaviour which might be a result of the changes to their everyday lives
- suggestions on activities with children

The following are links to support talking to your children about Coronavirus. They are American links but we thought they might be helpful to parents:

- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

We have also put together links to UK based resources and charities supporting mental health and well-being:

- YoungMinds is a charity supporting mental health and well-being - <https://youngminds.org.uk/> They have a blog about managing anxiety around Coronavirus and links to support mental health and well-being during this time - <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Mental Health Foundation - <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>