

PARENT SUPPORT PACK

Websites, Support Groups, Books & Community Resources



The Three Schools

Helping Every Family Find the Support they Need



Section 1 - Mental Health Support

www.youngminds.org.uk - A website offering support for adults and children. **Young Minds Parent Helpline:** 0808 802 5544 9.30am-4pm Monday - Friday

www.counselling-directory.org.uk/county/buckinghamshire - A directory of local counsellors.

<https://www.annafreud.org/> - National Centre for Children and Families with lots of resources and advice including, **Trauma specific advice:** <https://www.annafreud.org/mental-health-professionals/anna-freud-learning-network/uktc/>

CAMHS Single Point of Access (SPA) Tel: 01865 901951 - Gateway to Bucks CAMHS - There is no referral criteria and the team will aim to support anyone seeking mental health support for any young person up to their 18th Birthday.

<https://parents.actionforchildren.org.uk/> - Down to earth parenting advice.

<https://bucksmind.org.uk> - Crisis Support and Bucks Mind Guide (a new directory of services, apps and other help) available to anyone who is worried about their mental health.

Section 2 - Bereavement

<https://www.cruse.org.uk/> - Bereavement support and information for everyone.

<https://uksobs.org/> - Survivors of Bereavement by Suicide. A website offering support to those bereaved by suicide; including helplines, support groups, forums, plus advice and information.

<https://community.sueryder.org/> - An online community for those struggling with grief.

Section 3 - Carers and Young Carers, Fostering and Adoption

<https://kinship.org.uk/> - Support for family members who step in to raise children when parents can't.

<https://carersbucks.org/> - Support for Unpaid Carers across the county, including young carers.

<https://first4adoption.org.uk> - Support for those thinking about adoption or who have already adopted from the care system and need support.

Section 4 - Local Support and resources

<https://directory.buckinghamshire.gov.uk/> - Things to do and advice and support across the county.

<https://familyinfo.buckinghamshire.gov.uk/things-to-do/> - A family information service with local activities and days out.

<https://www.dayoutwiththekids.co.uk/things-to-do/south-east-and-london/buckinghamshire/aylesbury> - Fun activities for children and families.

<https://nestaylesburyvale.org.uk/> - a charity 'helping ordinary families going through extraordinary times'. A volunteer will visit you in your home to offer emotional and practical support.

<https://www.chat-charity.org.uk/> - A charity in Aylesbury offering support and respite care to families with children who have special needs.

<https://services.actionforchildren.org.uk/bucks-activity-project/> - Services and activities for disabled children aged 0-19

Section 5 - ASD Support and Advice

<https://autism-bucks.charity> - This site aims to inform, guide, enable and empower adults with autism and their families.

<https://autism.org.uk> - Autism Services Directory.

<https://autismlinks.co.uk> - A website helping to create vital links with services and resources in your local area.

<http://www.nasbranch.org.uk/aylesburyvale> - The National Autistic Society Aylesbury Vale branch - providing activities for autistic children, adults and families.

<https://familyinfo.buckinghamshire.gov.uk/send/autism-toolbox-parents-and-carers/support-after-diagnosis/> - A website which provides information on the Autism Toolbox which brings together advice, local support, services and resources for parents and carers of autistic children. Whether the child has an autism diagnosis or not this toolbox will:

- support you in a variety of situations you may not have faced before
- make you feel more comfortable dealing with autistic behaviour
- help you make sure that your child with autism feels happy, confident and loved

It also has links on how to proceed with obtaining an autism diagnosis and offers support once you have one e.g. links to parent courses from 5-18years.

Section 6 - Physical Health and Wellbeing

<https://www.livewellstaywellbucks.co.uk/> - Information on losing weight, stopping smoking and much more.

<https://bucksspark.co.uk/> - Free 12 week programme for weight loss in children aged 7-13 years.

<https://www.familiesonline.co.uk/local/north-buckinghamshire/clubs-and-classes/sport> - Sports clubs and classes for children in North Bucks.

<https://www.healthandwellbeingbucks.org/home> - Advice on all aspects of living healthily.

Section 7 - Books and Resources For Adults and Children

Anxiety:

Starving the Anxiety Gremlin - A Cognitive Behavioural Therapy book by **Kate Collins-Donnelly**

Don't Worry Be Happy - A child's guide to dealing with feeling anxious by **Poppy O'Neill**

No Worries! - An activity book for children who sometimes feel anxious or stressed by **Dr. Sharie Coombes**

What to Do When You Worry Too Much - A child's guide to overcoming anxiety by **Dawn Huebner**

What to Do When You Dread Your Bed - A kids guide to overcoming problems with sleep by **Dawn Huebner**

Avoiding Anxiety in Autistic Children - A guide for Autistic wellbeing by **Dr. Luke Beardon**.

101 Tips to Help Your Anxious Child - Ways to help your child overcome their fears by **Poppy O'Neill**

Raising An Anxious Child - Help your child overcome Separation anxiety, panic attacks and phobias by **Agnes Pias**

Anger:

Starving the Anger Gremlin - A Cognitive Behavioural Therapy Workbook on Anger by **Kate Collins-Donnelly**

A Volcano in my Tummy - Helping children to handle anger by **Elaine Whitehouse and Warwick Pudney**

What to Do When Your Temper Flares - A guide to overcoming problems with anger by **Dawn Huebner**

Hello Happy! An activity book for children who sometimes feel sad or angry by **Dr. Sharie Coombes**

Anger Management for Kids - What to do with a child with Anger Management issues by **Arda Morris**

Grief:

Grief in Children - A handbook for adults by **Atle Dyregrov**

Bereaved Children and Teens - A support guide for parents and professionals by **Earl A. Grollmand**

Letting Go! - An activity book for children who need support through experiences of loss, change, disappointment and grief by **Dr. Sharie Coombes**

Seeds of Hope Bereavement and Loss Activity Book - Helping children and young people cope with change through nature by **Caroline Jay**

Section 8 - Story Books For Younger Children Exploring Emotions

Feelings

How Are You Feeling today? A book exploring all the main emotions by **Molly Potter**

Feelings - A lift-the-flap book of emotions by **Kathy Gordon**

Daisy's Dragons - A story about feelings by **Frances Stickley**

Colour Me Happy, Colour Me Sad - A story in verse explaining emotions using colours by **Agnes Green**

Resilience & Positivity

Have You Filled Your Bucket Today? - A guide to daily happiness for kids by **Carol McCloud**

After The Fall - How Humpty Dumpty got back up again by **Dan Santat**

The Dot - A story teaching children that they CAN! By **Peter H. Reynolds**

All The Places You Will Go - A classic story encouraging resilience by **Dr Seuss**

Friendship

Will You be My Friend? A book to help your child understand what helps and hinders friendship by **Molly Potter**

How to Be A Friend - A guide to making friends and keeping them by **Laurie Krasney**

Kindness Makes Me Stronger - A book about kindness, empathy and respect by **Elizabeth Cole**

Pip & Egg - A story about the power of friendship by **Alex Latimer**

Anxiety & Sadness

Lucy's Blue Day - A story about sadness by **Chris Duke**

The Huge Bag of Worries - A story about the importance of sharing your worries, big and small by **Virginia Ironside**

Ruby's Worry - A story exploring children's worries and anxieties, big and small, by **Tom Percival**

I Am Stronger Than My Anxiety - A children's book about overcoming worries, stress and fear by **Elizabeth Cole**

Anger

The Big Bad Mood - A story about a little boy with a big temper by **Tom Jamieson**

Grumpy Cat - Is this cat grumpy or lonely? A story by **Britta Teckentrup**

I Am Stronger Than Anger - A picture book about anger management and dealing with feelings by **Elizabeth Cole**

Two Monsters and Me - Everybody Gets Angry - A fun picture children's book about anger management by **George Nesty**

Grief

The Sad Dragon - A Dragon book about grief and loss by **Steve Herman**

Lost in The Clouds - A gentle story to help children understand death and grief by **Tom Tinn-Disbury**

Why Do I Feel So Sad? - A book about grief for children by **Tracy Lambert- Prater**

Invisible String - A story about the unbreakable connections between loved ones by **Patrice Karst**

Family Diversity & LGBT Subjects

Uncle Bobby's Wedding - A celebration of love in all its forms by **Sarah Brannen**

A Day of Pride - A book celebrating diversity and tolerance by **Roy Youldous-Raiss**

The Flamingo Who Didn't Want To Be Pink - A fairytale based on freedom of choice and self-expression by **Nicola Stone**

This is My Family - A first look at same sex parents by **Pat Thomas**

Me, Mummy & Mum/Me, Daddy & Dad - A great introduction to LGBT issues and families by **Gemma Denham**

A Handful of Buttons - A story about family diversity by **Carmen Parets Luque**

Race & Ethnicity

Acceptance Is My SuperPower - A book about Diversity and equality by **Alicia Ortego**

We All Belong - A children's book about Diversity, Race and Empathy by **Nathalie Goss**

Pandy The Black and White Bear - A children's book about race and diversity by **Ged Jenkins-Omar**

Our Skin - A first conversation about race by **Megan Madison**

Mixed Blessings - A Children's book about a multi-racial family by **Marsha Cosman**

Not Like The Others - A hidden picture book about diversity by **Jana Broecker**

Support for Parents whose Children are Having Sessions with Mrs Temple

Helping Your Child:

- Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.
- Talk to your child: Even young children can understand feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?'
- With older children, they might not want to talk at first. Let them know you are concerned about them and are there if they need you. Sending an email or a text can work better if this is the way your child likes to communicate.
- Ask your child what they think would help - they often have good ideas about solving their own problems.
- If you can, when discussing concerns about your child with your partner or the child's other parent, talk when the child is not around. Try and sort out how to deal with the behaviour together, so that you are using the same approach and can back each other up. Children are quick to spot if parents disagree and can try and use this to get their own way.

You and Your Child:

- Make sure they know you love them and are proud of them. Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well and encourage them to try new things.
- Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.
- Be clear about what is and isn't acceptable - and tell them why. Children need to know what is okay, and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- Own your own role - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

Looking After Yourself:

- If your child is having problems, don't be too hard on yourself or blame yourself. Although it can be upsetting and worrying if your child is having a bad time, and it makes your relationship with them feel more stressful, you are not a bad parent. Children often take it out on those closest to them, so you might be feeling the effect of their very powerful emotions.
- If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help.
- Friends and family can often help - don't be afraid to ask them to have your child for a bit if you need some time out to sort out your own stuff. You can repay them when things get better for you!
- It's easy to say take some time for yourself, but in reality, this may not feel possible. You might be too busy, exhausted or hard up for exercise or hobbies. But even a night in with a friend, a DVD boxset or your favourite dinner can help.
- Go to your GP if things are really getting on top of you. Asking for some support from your doctor or a referral to a counselling service is a sign of strength. You can't help your child if you are not being supported yourself. Some people worry their parenting will be judged and their children will be taken away if they admit they are struggling to cope. This should only happen if a child is being abused or neglected and the role of professionals is to support you to look after your child as well as you can.

While Your Child is Having Pastoral Support in School:

- Try not to question them about their sessions with Mrs Temple. This can lead to a lack of trust between the child and Mrs Temple and may mean they feel they can't talk openly. However, if your child brings the subject up themselves and is keen to talk to you, then of course sit down with them and discuss it.
- Keep Mrs Temple up to date with any changes at home or in your child's behaviour. This way she can adapt her sessions as and when required and offer your child the best possible support.
- Confidentiality is key and please be assured that although Mrs Temple works with many different children and families, any personal information is treated in the strictest confidence.