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Establish the facts				
The first step is to speak to your school to establish the facts. The more you understand about your school’s plans and what differences there are at school, 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.				
Wellbeing and Homelife managing (and preparing for exiting) ‘lock-down’				
<p>SLEEP suffers during periods of stress and disruption. This resource from Public Health England will support you in talking to pupils about good sleep hygiene and its importance. CBBC has a useful webpage on sleep for younger children.</p>		<p>The Anna Freud Centre have lots of useful COVID-19 resources aimed at supporting professionals, children and families</p> <p style="text-align: center;">Advice for keyworker parents – helping your child adapt (PDF)</p>		
<p style="text-align: center;">Solihull parenting team</p> <p>find more info: www.solgrid.org.uk/fivetothrive/parenting contactable by email on bsmhft.parenting@nhs.net Solihull families can access FREE online Parenting courses (use the discount code: APPLEJACKS)</p>		<p>Range of resources and newsletters for parents at SISS Team Pages</p> <p>Workbook and social stories to support transition following COVID-19 for children with autism</p>		
Transition Guidance				
The British Psychological Society have published guidance on ‘Back to School’ Solihull Community Educational Psychology have created Transition Handbooks for parents and schools				
Further support is available				
<p>Transition and Recovery action plan meetings are now available for all schools in Solihull from Solihull Community and Educational Psychology Service.</p> <p>To access this support schools should contact edpsych@solihull.gov.uk</p> <p>School Nursing- Chat Health confidential texting service 11-19 year olds 07520 615 730.</p> <p>www.healthforteens.co.uk Solihull School Nursing teams direct telephone contact. (secondary school age) 0121 726 6754 South www.healthforkids.co.uk 0121 770 1919 North (primary school aged)</p> <p>If the advice and guidance above has not been enough please reach out and contact:</p> <p style="text-align: center;">For Parents/Carers: Solihull Community Educational Psychology Service have a help line, call 0121 7791734</p> <p style="text-align: center;">For Children/Young People: Children and Young People can access free online counselling and support from Kooth</p>				

If after following the previous page, you need specialist help, please find these below:

Physical Health	SEND / Additional Needs	Behaviour Management	Emotional Wellbeing and Mental Health	School Avoidance	Loss & bereavement	Safeguarding Children
<p>Going back to school video includes social distancing, washing hands and how school might be different.</p> <p>Watch Solihull School nurses hand washing video</p>	<p>Support from Solihull's 0-25 SEND Early Years Support and Assessment Team (EYSAT) has been extended. Parental support is also available from EYSAT staff for children referred to the team.</p> <p>Transition support from SISS will be personalised to the child, family and school</p> <p>Watch Cov19 advice for schools – provided by the Communication & Autism Team</p> <p>Ongoing support is available from the SISS Autism Team</p> <p>Autism West Midlands offer continued support including helpline and webinars</p> <p>Educational Psychology support to settings is available from CEPS as part of their traded offer: edpsych@solihull.gov.uk</p>	<p>Solihull's High Need Social Emotional Mental Health (SEMH) Team continue to support at this time and will offer personalised support for transition back into school for those with an EHCP</p> <p>Solihull Community Educational Psychology have created Transition Handbooks for parents and schools</p> <p>Educational Psychology support to settings is available from CEPS as part of their traded offer: edpsych@solihull.gov.uk</p>	<p>Solihull Specialist Inclusion Support Service (SISS) are offering: training packages on return after lockdown and personalised transition support for those on caseload</p> <p>Solar Solihull's Emotional Wellbeing and Mental Health Service for children and young people 0-19 is available if there are immediate or ongoing emotional wellbeing and mental health needs that persist after accessing other support available in this guide</p>	<p>Solar and Solihull Educational Psychology Guidance to Promote Attendance and Psychological Wellbeing</p> <p>Children with an Education and Health Care Plan (EHCP) under Statutory Assessment and Review Team (StART) will get continued support during lockdown including support for return or transition</p>	<p>Call 0121 687 8010, bereavement help is available</p> <p>Advice on supporting grieving children during the outbreak</p> <p>Information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak.</p> <p>Free bereavement training course for school staff</p> <p>Support and advice including how to say goodbye when attending a funeral is not possible.</p>	<p>Solihull Local Safeguarding Children Partnership has a specific Covid section, and all the up to date information on ensuring children are safeguarded at this time</p> <p>Click for specialist support if you worry children have been at increased risk of witnessing Domestic Violence, or at increased risk of Sexual Exploitation</p> <p>Guidance on working with Child Neglect during Covid19</p>
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