



Supporting Children and Families During COVID19

Quick Links for Practitioners, Parents and Young People

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Moray Child Protection Committee Quick Links Issue 1

This Quick Links guide brings together available supports and resources for practitioners to refer to when supporting children and families. Each title contains a link that will take you to a useful webpage or document that we have grouped under the following categories:

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This resource is to be used as a guide to help navigate the growing number of online resources available during COVID 19 pandemic.

Please note that the information contained within each quick link may change and be updated over time. This resource is not intended to replace any local agency briefing, policy, procedure or guidance.

If you have any queries or have other useful links to share please contact:

mcpc@moray.gov.uk

Resources for Parents

[Young Minds Parents Helpline](#)

Young Minds' Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25's behavior, emotional wellbeing, or mental health condition.

[Parenting across Scotland](#)

Parenting across Scotland has put together information for families about dealing with COVID-19.

[Supporting Children and Young People worried about COVID-19](#)

A parent/carer resource from Emerging Minds in a range of languages.

[Place2Be](#)

The children's mental health charity shares advice and tips on how to support children and young people during this time.

[International Play Association \(IPA\) – Play in Crisis](#)

The IPA has produced materials for parents and carers to use during the Covid-19 lockdowns.

[Parentline](#)

Parentline is Children 1st's national family support service. It is available seven days a week online and via web chat, text and phone line (08000 28 22 33).

[ParentClub](#)

This Scottish Government website now has a dedicated Coronavirus Hub with information as well as advice and tips from other parents on a range of topics and age groups.

[Supporting Young Children's Behaviour](#)

Care and Learning Alliance (CALA) are providing FREE access to this module which offers advice and support to help parents and carers deal effectively and positively with the behaviour of young children.

[Information for Families with Disabled Children](#)

Resources and information from Contact, a charity for families with children with disabilities.

[Autism & COVID-19](#)

The National Autistic Society has updated their advice and resources for people with autism and their families.

[Child Contact and Coronavirus](#)

The Scottish Women's Rights Centre have published information and answers to frequently asked questions around child contact between parents.

Resources for Children and Young People

[Young Scot](#)

Young Scot has advice and information for children and young people on COVID-19.

[Covibook](#)

A short book on COVID-19 for children under the age of 7.

[Childline](#)

Childline have a dedicated area for children and young people.

[Chatterpack](#)

This contains links to free online courses and activities.

[Stepping Up LIVE](#)

ENABLE Scotland are launching Stepping Up LIVE – offering individual support and guidance, remotely, to all young people with additional support needs in the senior phase of school anywhere in Scotland, given that transitions planning may not have taken place yet and schools may remain closed until August 2020.

COVID 19 Risks: Internet Safety

[Online Bullying](#)

In response to concerns about the potential for increased online bullying, Respectme has developed a tip sheet for parents and carers to support them in preventing, identifying and managing this problem. They have posted a mini-series of videos on [YouTube](#)

[Childline](#)

Advice for children and young people to help keep safe online and to know what to do when things go wrong.

[Thinkuknow](#)

This popular website has created a [new section](#) with simple 15 minute activities parents and carers can do with their child to support their online safety at a time when they will be spending more time online at home. These activities are being updated fortnightly. The site also has advice for parents and carers.

[UK Safer Internet Centre](#)

Online safety tips, advice and resources to help children and young people stay safe online. They have released a series of six new [online safety videos](#) to use at home, the first aimed to watch with 6-9 year olds.

[CEOP - Child Exploitation and Online Protection](#)

A safe and secure place to report if you have been a victim of sexual online abuse or you're worried this is happening to someone you know.

COVID19 Risks: Domestic Abuse

[Guide for Victims and Survivors of Domestic Abuse](#)

Safelives, a UK-wide charity dedicated to ending domestic abuse, have produced a guide for victims and survivors of domestic abuse during covid-19.

[Experiencing Domestic Abuse During COVID-10 Lockdown](#)

Scotland's Domestic Abuse and Forced Marriage Helpline have produced a series of guides for anyone experiencing domestic abuse at this time.

[Support for People Experiencing Domestic Abuse During Covid-19](#)

The Scottish Women's Rights Centre have compiled a list of services and helplines available with current opening times. They will continue to add and review the information as necessary.

[Resources for People Worried About a Loved One Experiencing Domestic Abuse](#)

Safe and Together Institute have launched a page on their website exclusively for people who are worried about a friend or family member experiencing domestic abuse.

Practice Guides

[Safeguarding](#)

The Social Care Institute of Excellence have published a quick guide for practitioners on safeguarding children and families during the COVID-19 crisis. You should be aware that the section 'Reduction in normal service levels' refers to English legislation.

[Domestic Abuse](#)

The Social Care Institute of Excellence have published a quick guide for practitioners on safeguarding children and families who are experiencing domestic abuse during the COVID-19 crisis.

[Social Work Practice and Domestic Abuse](#)

Community care are developing a mini-series of podcasts and webinars about coronavirus and how it is affecting social work practice. This episode discusses how social workers can best protect clients experiencing domestic abuse during the lockdown period.

[Domestic Violence-Informed Practice Observations](#)

Safe and Together Institute have produced this resource for practitioners developed from the experience of front line multi-agency practitioners in response to the challenges of supporting families during the pandemic.

[Care and Protection of Young People](#)

The CELCIS coronavirus resource page rounds up key information, advice and guidance that is specifically supporting the care and protection of children and young people in Scotland during the coronavirus pandemic. This is supplemented by a list of specific [child protection COVID-19 information](#) resources.

[Child Poverty Action Group in Scotland](#)

The latest update from CPAG, including COVID-19 resources for benefit advisers.

[Principles of Good Transition – COVID-19 Adapted Guidance](#)

The Scottish Transitions Forum have produced adapted guidance to help to coordinate contingency planning for young people who require additional support who are due to leave school or college this summer.

[Home Play Pack](#)

Play Scotland have launched a play pack which is free to organisations working with children and families.

Staff Wellbeing and Emotional Resilience

[National Wellbeing Hub](#)

This website aims to support the wellbeing of individuals and teams throughout the Health and Social Care system across Scotland. You can find information, resources and support to help you at work and at home. The resources on this page are based on the principles of psychological first aid.

[Coaching for Wellbeing](#)

This is a free coaching service open to all working in health and social care, and is managed by NHS Education for Scotland in partnership with the digital coaching organisation Know You More. It is designed specifically to support all health and social services staff in Scotland during the Covid-19 pandemic, and is open to anyone at any level and in any role in the system.

[Workforce support and wellbeing during the COVID-19 outbreak](#)

This resource from the Scottish Social Services Council gives advice and guidance to help you look after your own wellbeing, and the wellbeing of others.

[Resilience Resources for Staff](#)

Social Work Scotland, Iriss and SSSC have worked in partnership to bring together a number of articles, pieces of practice wisdom, guidance, tools and case examples resources to help professionals think about how they develop resilience.

Online Learning

[Caring for Vulnerable Children](#)

The free 6 weeks CELCIS online course Caring for Vulnerable Children opened in April and is being run in partnership with the University of Strathclyde.

[Developing Resilience Online Course](#)

A more structured introduction to developing resilience is available through an Open University free online course. It supports the development of resilience in social work but is useful for workers across social services. It guides workers through concepts such as emotional resilience and steps to taking a positive approach to practice problems.

[NHS Education for Scotland TURAS](#)

Free online courses for health and social care staff, you must create an account to access the following courses:

- [Protecting Children](#) module gives a broad introduction to CP, but covers GIRFEC, child development. 2 hours, for all disciplines/staff groups.
- [Developing your trauma skilled practice](#) is in line with the Trauma Skilled practice level of the Scottish Transforming Psychological Trauma Framework. 1-2 hours

[Care and Learning Alliance E Learning Zone](#)

A number of online courses developed by the Highland Child Protection Committee and the Care and Learning Alliance are currently free to access. These resources are primarily aimed at staff working in Highland but are relevant to professionals in any area of Scotland.

- [Introduction to Child Protection](#)
- [Children Affected by Parental Substance Misuse](#)
- [Introduction to Child Sexual Exploitation](#)
- [What makes a good chronology?](#)

[Trauma Informed Practice](#)

Quick access to learning resource and trauma informed practice video. Includes link to NHS Education for Scotland e-module “Developing your trauma skilled practice” on Turas.

[Introduction to Adverse Childhood Experiences](#)

This course has been funded by the Home Office Early Intervention Fund for practitioners, professionals and volunteers who work with children, young people and their families.

[Domestic Abuse](#)

Safe & Together Institute has some e-modules and podcasts for those working with Domestic Abuse

[Remote Engagement and Assessment in Child Welfare Domestic Violence Cases](#)

A free webinar with David Mandel and Heather Meitner from NCCD Children’s Research Centre is planned for June, 11 at 8:30 pm. This will focus on best practices when in-person contact is limited and victims are isolated and trapped at home with the perpetrator. This webinar will be recorded and made available after the event.