



Safeguarding Update

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Parenting Smart is a free online resource featuring practical advice and tried-and-tested tips for

Available are parenting advice from our child mental health experts, practical tips to support children's wellbeing and manage behaviour. There are a full range of topics to select each with videos or short reads.

Topics include:

- Supporting healthy gaming habits
- Our mealtimes are turning into a battleground
- Positive gender identity development
- Routines and rituals
- My child thinks they need to be perfect
- Help your child manage separations and goodbyes
- My child just says no to everything
- Safe social media for primary aged children
- Talking to my child about race and discrimination
- My child has meltdowns
- Helping your child develop a positive body image
- My child pushes my buttons
- My child has trouble going to sleep

<https://parentingsmart.place2be.org.uk/>

Children are accessing technology and the internet at a younger age than ever before. It's never too early to talk to your child about what they do online



and who to tell if they come across anything online that makes them feel worried, scared or sad.

Jessie & Friends is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There's also a storybook for each episode, to help you and your child keep the conversation going. The key message throughout Jessie and Friends is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

The animations and additional activities give children great opportunities to learn about trust, being kind online, consent, and healthy and unhealthy behaviour on the internet.

<https://www.thinkuknow.co.uk/parents/jessie-and-friends/>



If you're concerned about a child call 0300 470 9100



Mindworks Surrey, the emotional wellbeing and mental health service for children and young

people in Surrey, runs a free 24/7 mental health crisis line.

Young people aged six years and over who are in crisis, and families or carers who are supporting a young person in crisis, can call **0800 915 4644**. They can talk with a professional who will provide advice, support and signposting to a range of community services.

