

## Parents Resources

Children's Mental Health <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Parenting Advice

[https://parentingsmart.place2be.org.uk/?utm\\_source=Schools&utm\\_campaign=9aa6e0e510-Non-Partner Schools Newsletter March 2023&utm\\_medium=email&utm\\_term=0\\_c6b02a1e38-9aa6e0e510-221375408](https://parentingsmart.place2be.org.uk/?utm_source=Schools&utm_campaign=9aa6e0e510-Non-Partner%20Schools%20Newsletter%20March%202023&utm_medium=email&utm_term=0_c6b02a1e38-9aa6e0e510-221375408)

Supporting your child's mental health <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

Free publications <https://www.mentalhealth.org.uk/explore-mental-health/publications>

Sleep <https://www.healthysurrey.org.uk/mental-wellbeing/self-help/sleep>

Family Matters <https://www.surreycc.gov.uk/children/support-and-advice/families>

NSPCC Support for Parents <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Anna Freud Child in Mind <https://www.annafreud.org/resources/family-wellbeing/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/child-in-mind/>

Anxiety <https://www.mentalhealth.org.uk/explore-mental-health/publications/anxious-child>

Action for happiness <https://actionforhappiness.org/calendar#download-block-anchor>

Hub of Hope <https://hubofhope.co.uk/services>

Primary Behaviour Service – outreach <https://pbs.hants.gov.uk/parents>