

### **8.1 What support is available to parents to help them educate their children at home?**

We want to support parents and all educational settings to ensure children and young people's education can continue.

For support for school-aged children, you should first contact your child's school, who will be able to offer advice.

Available support includes:

[a list of online educational resources](#) which have been identified by some of the country's leading educational experts to help pupils to learn at home

- the BBC enhancing its education provision to include daily lessons, starting from 20 April 2020
- For parents with children under 5 years old, who have not yet started school, the Department for Education (DfE)'s [Hungry Little Minds campaign](#) features tips and practical activities that you can do at home with children to support their early learning.

There are many simple ways to help your children learn and it does not have to feel like 'learning'. Having everyday conversations, make-believe play, and reading together, all make a big difference to your child's development.

You can find more ideas and content from the BBC's [Tiny Happy People campaign](#) and the [National Literacy Trust Family Zone](#).

### **8.2 There is too much pressure on broadband connections in my area - how can my child do online learning?**

The government is having regular calls with the major fixed and mobile operators, and with Ofcom, to monitor the situation and ensure that any problems on the networks are rapidly addressed and rectified.

We fully understand the importance of having reliable internet connectivity, particularly at this time, so that people can work from home wherever possible, and access critical public services online, including health information.

### **8.3 Where can I go to get support to help keep my child safe online?**

There is support available to keep your child safe online. Below are some useful links to help parents and carers:

- [Thinkuknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and carers from the NSPCC)
- [Let's Talk About It](#) (support for parents and carers to keep children safe from online radicalisation)
- [UK Safer Internet Centre](#) (tips, advice, guides)

### **8.4 What support is available to parents to help them maintain their family's wellbeing while their children are at home?**

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Materials to promote and support mental wellbeing are included in the list of [online resources](#) we have published to help children to learn at home. Public Health England's [Rise Above](#) platform supports young people. The Department of Health and Social Care is providing £5 million of additional funding to support mental health charities to increase their provision for adults and children at this time.

Social isolation, reduced exercise, and bereavement, may affect children's wellbeing in this period.

Resources to promote and support children and young people's mental wellbeing include:

- [MindEd educational resources for adults about children and young people's mental health](#), which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
- the [Every Mind Matters](#) platform which supports looking after your own and other's mental health
- [guidance on looking after wellbeing and mental health](#) during the coronavirus (COVID-19) outbreak
- [guidance on supporting children's wellbeing and mental health](#)

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak.