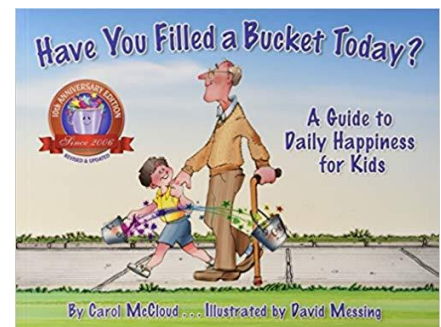
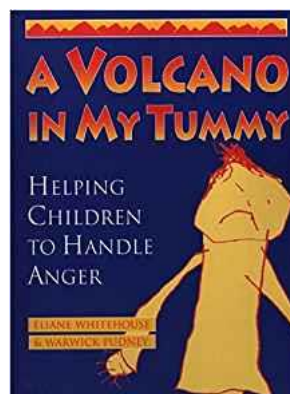
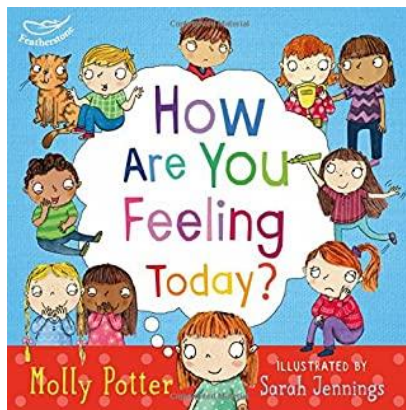
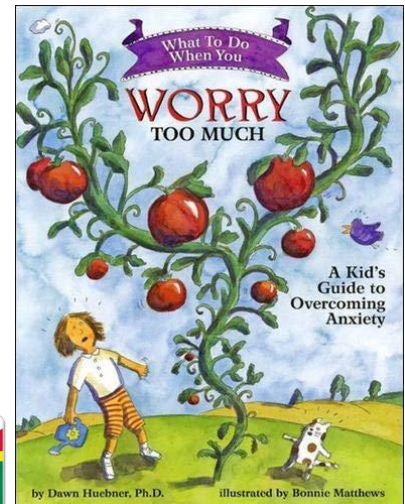
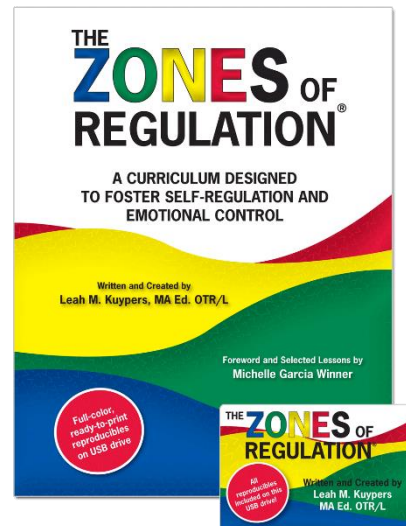
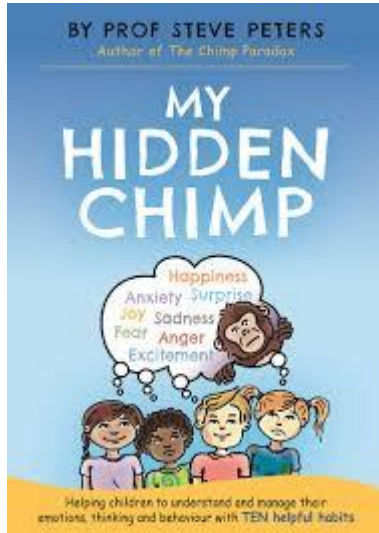


RESOURCES

Although there is a huge amount of information related to this area, sometimes it can be hard to know where to start. Here are a few links and books we like and use.



<https://www.hants.gov.uk/librariesandarchives/library/resources/whenabookmighthelp>

Hampshire Library Service has put together this resource which helps you access stories related to the many different difficulties and challenges children might face.

<https://www.familylives.org.uk/advice/primary/health-and-development>

Support for parents on a variety of subjects from bedwetting to self-esteem.

<https://www.elsa-support.co.uk/category/free-resources/>

Simple games and activities related to all aspects of ELSA

<https://www.simonsays.org.uk/>

A charity offering support for childhood bereavement.

<https://www.headspace.com/meditation/kids>

Breathing exercises, visualisation and focussed meditation for children available to subscribers.

<https://www.pookyknightsmith.com/videos>

Pooky Knightsmith is a mental health expert and has many short videos on her website for parents and teachers.