



# Parents & Carers Safeguarding Newsletter Summer 2020



## COVID– 19– Safeguarding support and advice for Parents and Carers

Welcome to the Summer Edition of our Parents and Carers Safeguarding Newsletter.

Wigan Safeguarding Partnership (WSP) recognises that parents and carers are facing new and unique challenges due to the current situation with COVID-19. This newsletter outlines where you can find useful advice and information to support you through these unusual times.

Did you know that as a Parent or Carer you can access our website for advice and support?

We can help on a wide range of issues such as:

- Bullying and Internet Safety
- Choosing a private tutor or out of school activity
- The latest safeguarding advice during COVID-19



Just follow the link: <http://www.wiganlscb.com/Parent/Index.aspx>

If you are vulnerable, need help and have no one to turn to please complete the 'Self-isolation Welfare Support' form at [www.wigan.gov.uk/bekind](http://www.wigan.gov.uk/bekind) or call 01942 489018

## NSPCC resources to support you and your family

The NSPCC has created a number of resources to support parents and carers during this difficult time.



- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- How to cope with tantrums and other difficult behaviour
- Supporting children with special educational needs and disabilities

The advice can be found on the NSPCC website [here](#).

## The internet, sex and relationships

[Think You Know](#) is a really useful online education programme which aims to empower Children and Young People to be better able to spot things on line, which may be harmful and how to tell someone about it.

It provides help and advice on lots of issues including:

- Receiving unwanted nudes
- What to do if you are worried about pictures of a friend on line
- What to do if your friend is talking to a stranger online



## Child friendly search engines

# Kiddle

Child friendly search engines help us to ensure that children are using the internet in a safe way.

Kiddle.co is a visual search engine for children powered by Google which offers a safe web, image and video search.

You can access it here [www.kiddle.co](http://www.kiddle.co). You can also access further information on alternative search engines here: [www.educatorstechnology.com/2018/01/11-great-kids-safe-search-engines.html](http://www.educatorstechnology.com/2018/01/11-great-kids-safe-search-engines.html)

We need to be aware that those who wish children harm will find their way round the safeguards included in these search engine, so while these search engines may make searching safer for children they are not a replacement for online safety filters. UK Safer Internet Centre provides excellent independent advice on setting up internet filters at home. <https://www.saferinternet.org.uk/>

## Looking after your families mental health

With schools closing and many adults working from home, it's easy to get cabin fever when children who are used to running around the playground and hanging out with friends are stuck indoors with their parents. Here are some useful links to help support you and your family.

- [Children's guide to corona virus](#)
- [Looking after children's mental health when they are stuck indoors](#)
- [Supporting teens to cope with lockdown](#)
- [Struggling with social distancing and self isolation](#)
- [Meditation](#) and [Mindfulness](#)



## Lockdown and separated parents



The Government has said, for families where parents are separated, children under 18 can move between both homes. But it's important to do what's safe and right for everyone. The [NSPCC](#) and [Parent Zone](#) have published some useful advice for parents and carers, to help

children keep in touch with family members and coping with separation and illness.

## Worries about domestic abuse

Domestic abuse can affect anyone, the recent government measures to tackle COVID-19 can cause anxiety for those who are experiencing or feel at risk of domestic abuse.

Domestic abuse is unacceptable in any situation, no matter what stresses you are under. If you are worried about domestic abuse there are a number of organisations out there who want to help.

- [Refuge](#)—Help line 0808 2000 247
- [Women's Aid](#)— Wigan 01942 496094
- [Mankind](#)— Helpline 01823 334244
- [Drop in and Share \(DIAS\)](#)- Helpline 01942 495230

