

Dear parents/carers,

I have recently come across an amazing website which supports parents with articles, podcasts and video talks about how to support your child in a variety of different ways, some of which are illustrated below:

The screenshot displays a website interface with a navigation bar at the top containing ten categories: FRIENDSHIPS, CALMING DOWN, SCREEN TIME, SCHOOL LIFE, HEALTHY LIVING, BULLYING, RELATIONSHIPS, COMMUNICATION, MENTAL WELLBEING, and AT RISK BEHAVIOUR. Below the navigation bar, there are seven article cards, each featuring a thumbnail image, a title, a duration, and a brief description.

Thumbnail Description	Title	Duration	Description
Family in kitchen	Making Mealtimes Work for Younger Children	4 mins	Take a look at our top tips for making mealtimes fun for little ones, including ideas for picky eaters and learning table manners.
Close-up of cigarettes	Talking to Your Child About Smoking	6 mins	Helpful tips on how to talk to your child about smoking without scaring them, including health risks and passive smoking.
Classroom scene	Supporting Your Teen With ADHD	5 mins	Find out some of the common myths surrounding ADHD and understand how you can best support your teenager.
Family sitting on a sofa	Working Together as a Separated Family	5 mins	Learning how to work together after a separation can be tricky. Find out how to help make the change easier for your child
Two women in a kitchen	Healthy Eating Habits for Teens	4 mins	Find out how to help your teenager eat healthily and the signs that something might be wrong.
Close-up of a boy's face	Supporting Your Autistic Child	6 mins	Find useful ideas to help you support your autistic child and discover the strengths and challenges autism can bring.
Person in a rainbow cape	Supporting Your Child if They Come Out as Gay	5 mins	Find out ideas to support a child coming out as gay, including what you can say and where to find further information
Person holding a rainbow flag	Supporting a Teen Exploring Their Gender Identity	3 mins	Find out how to talk with your teenager if they're exploring their gender identity, and where to find further support.

It is free to sign up to at:

www.myfamilycoach.com

You can log your interests, so it shows you information that suits you best and you can bookmark your favourite resources, so they are easy to find at all times. It also gives details of webinars and classes that might support you too.

I hope you find it useful.

Kind regards,

Esther Welsh
SENCO