



Support for Parents

Life and parenting can be challenging in normal situations. The situation we find ourselves in currently is far from normal.

We have put together a number of useful links and documents, as well as advice on how to deal with some difficult situations you might find ourselves in. Please take a look at the information below and do not hesitate to contact school if you would like any additional information regarding these topics or anything else you need advice and support about - if we cannot help, we will know who can.

Working from Home



Coronavirus has changed a lot for families with children in the past few weeks. And we know parents and carers might be worried about balancing working from home with family life, from creating structure to coping with difficult feelings.



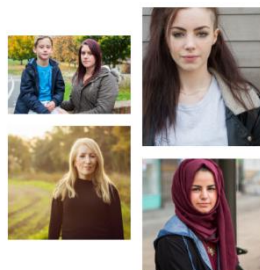
Mental Health

We know that some parents and carers might be worried about how to manage stress and changes to their daily routines. It's important to remember that everyone copes with change and stress in different ways. 0808 800 5000

Domestic Abuse



Every child deserves a safe and secure home. But witnessing domestic abuse can have long-term effects on children and young people. That's why we've got advice and support for parents and carers. Barnsley Social Care Number: 01226 772423



Domestic Violence

If you are concerned about yourself, a friend or family member, IDAS is here to help you [idas.org.uk](https://www.idas.org.uk) IDAS helpline: 03000 110 110

Financial Support



If you can't pay your bills because of coronavirus, there is lots of support available.



Wellbeing

These are unprecedented times and it's completely understandable to be worried about the impact coronavirus may have on you or those you care about.

Employees



If you stopped working for your employer on or after 28 February 2020, you might still be able to get paid through the government scheme.



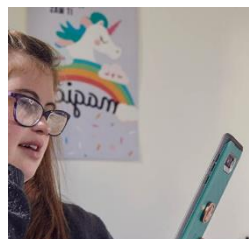
Self Employed

If you are self employed and your income has dropped because of coronavirus, you might be able to get money from the government.

Bereavement



Support for those bereaved during the Coronavirus Pandemic. A service for anyone who has lost a loved one and who needs support, advice or guidance. 0800 0485224



Children with SEND

Children with special educational needs and disabilities may face lots of changes in their day to day lives because of the coronavirus (COVID-19) situation. More information and support can be found [here](#).

PANTS: The Underwear Rule



With the help of the NSPCC's friendly dinosaur Pantosaurus, PANTS is a simple way to talk to your child about staying safe from sexual abuse.



Alcohol and Drugs

Support for parents or carers who are concerned about their alcohol or drug use.