**Contact and Support during Covid 19 for Parents and Carers of Children at Walter Infant School and Nursery.**

During this difficult time, you might need some help, or you might know of someone who needs some help: these links might be useful.

Remember you can always phone to school on 01189780825

Or email head@walter.wokingham.sch.uk or admin@walter.wokingham.sch.uk

Who might be able to help?

Daisy’s Dream: <https://www.daisysdream.org.uk/>

Daisy’s Dream supports children and their families who have been affected by the life threatening illness or bereavement of someone close to them.



Childline: <https://www.childline.org.uk/> Helpline: 0800 1111



NSPCC: <https://www.nspcc.org.uk/> Helpline: 0808 800 5000

<https://www.nspcc.org.uk/what-is-child-abuse/>

What is child abuse:

Child abuse is when a child is intentionally harmed by an adult or another child – it can be over a period of time but can also be a one-off action. It can be physical, sexual or emotional and it can happen in person or online. It can also be a lack of love, care and attention – this is neglect.

Wokingham Children’s Services: 0118 908 8002 triage@wokingham.gov.uk

Mindfulness: <https://www.netmums.com/child/mindfulness-activities-for-kids>

Mindfulness can help young children learn to focus, manage their impulses and cope with stress and anxiety. It can be great fun, too!

Yoga for the Family: <https://www.cosmickids.com/>

