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Useful websites & links for parents

The WISH Centre

Our own website www.bddwa.org has information about our services. Under the Covid-19 response you will also find resources, including worksheets and activities for children and young people covering themes such as 'coping strategies, staying safe and dealing with anger'.

The NSPCC

This website has advice and tips for parents including themes such as:-

- How to cope with tantrums
- Talking about difficult topics
- PANTS the underwear rule (staying safe from sexual abuse)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Young minds

Has information about young people's mental health. Under the 'find help' tab in the menu there is also a section specifically for parents.

<https://youngminds.org.uk>

Women's Aid

Has lots of information about Domestic Abuse on their website.

www.womensaid.org.uk/the-survivors-handbook/how-can-i-help-my-children

This also has links to www.loverespect.co.uk and www.thehideout.org.uk which are websites aimed at children and young people who have experienced Domestic Abuse.

Every Action Has Consequences

This is a local charity in memory of Adam Rogers, which aims to help young people to overcome difficult situations without using violence. Their video 'Jack and the Detective' is recommended for talking to children aged 9-11 about anger and violence. www.eahconsequences.com