

Support for parents and carers during schools closures

The following links have been provided by Somerset elim as helpful guidance and support for families to keep each other healthy and safe with technology:

- 'Common Sense' support for parents:
<https://www.common sense media.org/aboutus/news/press-releases/common-sense-provides-resources-for-parents-to-prepare-for-coronavirus>
- NSPCC/O2 helpline 0808 800 5002 9am - 7pm
- [Ask about Games](#) and [Common Sense Media](#) list of appropriate games
- Change for Life Activities: <https://www.nhs.uk/change4life/activities>
- www.internetmatters.org (including advice by age group)
- www.childnet.com/parents-and-carers (including advice on Parent controls)
- www.saferinternet.org.uk/advice-centre (including safety tools on social networks)
- <https://swgfl.org.uk/resources/checklists> (including Roblox and TikTok)
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/share-aware.pdf> (including talking points, getting the family involved and 'safety starts with you')
- [Thinkuknow website](#) (Including guidance and support with keeping children safe online)

How to set up a video call (BBC News): <https://www.bbc.co.uk/news/technology-51968122>