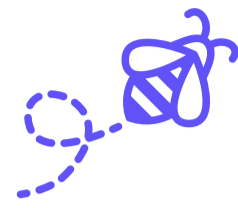


Parents Covid-19 Updates

Middlesbrough
moving forward



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#MiddlesbroughChildrenMatter

What is this for?

This newsletter has been created by our Participation Team and gives you some tips, tricks and handy information you might find interesting!

A Word from Sue Butcher- Director of Children's Care:

Hello everyone, I hope you are all safe and well! I would like to thank you again for your hard work in making sure your children are inside and social distancing. In this newsletter, we have some information on what to do to keep your children safe, including 5 top tips for them. We also have a message from our Risk and Resilience Team as well as our usual resources! Stay safe, all the best!



A key message to Martyn O'Riordan who works with our Risk and Resilience Team

Do you know WHERE your child is? Do you know WHO they are ACTUALLY with? .

Check in with them, make sure they are OK. .

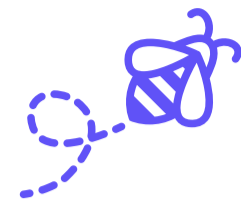
One Missing child is one too many, Stay Safe! .

If your child is missing, you are concerned and you cannot contact them – talk to Cleveland police on 101. .

Further advice and guidance can be found at www.missingpeople.org.uk .

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Keeping your kids safe online: Top 5 Tips for them

Tip 1 – Stay connected -

Use technology to its fullest potential, try using the age appropriate apps, but seek permission first. Apps such as Whatsapp are a great way to stay in touch and video call your family members, but we have also seen Zoom become a great tool for many (but watch for the Zoom-Bombers) there are also many great challenges on Tik Tok to try with your family members.

Tip 2 – Know where to go and what to do when something goes wrong

There is no substitute for open communication and discussion with parents and carers so make sure you keep open dialogue on what your children can do if they are worried or something inappropriate has happened. Talk to them about CEOP and how websites such as Childline and Kooth can be used to let them speak with someone anonymously and to get advice.

Importantly if someone is being a bit weird or see something that upsets you, its important that we know how to block and report to a trusted adult and also the social network provider immediately.

Tip 3 - Keep your personal stuff private,

This includes your passwords and your other social media accounts details. Don't share your other profile handles publicly and phone number and certainly don't share your location data. Keep your private stuff private.

Tip 4 - Take regular breaks form the online world,

Use technology to its fullest potential, try using the age appropriate apps, but seek permission first. Apps such as WhatsApp are a great way to stay in touch and video call your family members, but we have also seen Zoom become a great tool for many (but watch for the Zoom-Bombers) there are also many great challenges on Tik Tok to try with your family members.

Tip 5 – Resources.

Many of our partners have had to adapt the same as all of us during these strange times.

o www.Thinkuknow.co.uk/CEOP - Have released some activities that are “lockdown ready”, available on their website.

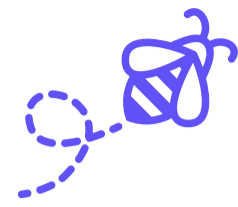
CEOP's You Tube has a whole range of videos available to educate both parents, professionals and children.

o www.Childline.org has of resources and advice guides for young people and their families on a range of topics including being safe online.

o www.Kooth.com – another great website that allows young people to connect to a qualified counsellor for upto 8 hours free counselling.

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Homeschooling Resources- Daily Lessons with BBC Bitesize

BBC Bitesize have daily lessons for young people to complete while they are in lockdown. You can also check the Bitesize website to find out answers to things that you/your child may not know! You can access BBC Bitesize on this link: <https://www.bbc.co.uk/bitesize/dailylessons>



Useful links to resources:

[More free resources from ASDAN](#)

You can also visit: [Middlesbrough Achievement Partnership home schooling resources and useful information](#) Visit @MAP_Mbro on Twitter for more info!

Our Middlesbrough Children Matter YouTube Channel!

Subscribe to us on YouTube here:

https://www.youtube.com/channel/UCBVhl_vxZCn9yW_4Zol9hog For videos from Children's Services staff about how we can support and help you and your child(ren).



Online Sli.do Questionnaire

Got any questions you would like to ask? Visit this link: <https://app.sli.do/event/nhukn8pv> to complete our short survey. Or if this doesn't work visit Sli.do.com and enter #C134. Click on the left tab on your phone to ask any questions you may have!