

FREE Wellbeing support for you and your child

HeadStart Kernow working in partnership with Creative Education are offering parents and carers across Cornwall and the Isles of Scilly **FREE** access to an online, on demand library of resources to support wellbeing both for you and your child(ren) in these challenging times.

Currently there are **over 100** resources available and the platform is growing all the time. The content includes a mix of webinars, short online courses and bite-size information for **primary / secondary ages** and covering topics such as:

- *Self-care for parents and carers*
- *Supporting your child when they start a new school*
- *What to do when your child is being bullied*
- *Parental awareness of self harm*
- *Worries and anxiety (including simple coping strategies)*
- *Helping children with friendship issues*
- *Laugh your way to stronger connections*
- *Understanding the teenage brain*
- *10 ideas to boost family wellbeing*
- *Top tips to help improve children's sleep*



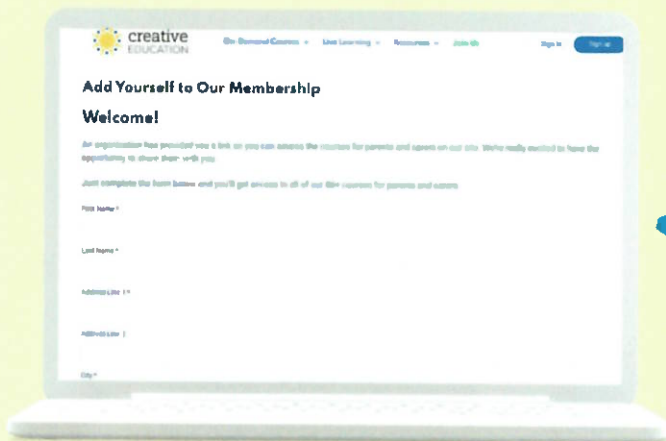
and many more...

How can I sign up?

To get your **full and free access** (lasting until 31st August 2022) follow this link:

<https://bit.ly/CornwallParentsHSK>

or scan the **QR Code**



The link will take you to the **Creative Education Website** and a page where you can sign up to the **existing Headstart Kernow Membership page**.

Once signed up you can access all of the parent / carer resources for free on any device / anywhere / anytime.

For more information visit:

www.headstartkernow.org.uk/parents--carers/online-wb-courses/

or e mail: headstartyouth@cornwall.gov.uk

Find more resources for Children & Young People at our YP website

www.startnowcornwall.org.uk