

The Boundaries Song – a great way to teach children about setting boundaries in a healthy and respectful way.

<https://www.youtube.com/watch?v=aSFvJbSQdA4>

<https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>

Some great tips for sleep hygiene for under 5s (These can be good for over 5s too).

Place2Be have some great things here:

<https://www.place2be.org.uk/our-services/services-in-schools/mental-health-services-for-parents-and-carers/>

Including an online parenting course about mental health.

They also have:

<https://parentingsmart.place2be.org.uk/>

Which has short videos about a range of situations

WWF are doing a free wellbeing pack:

<https://support.wwf.org.uk/daily-dose>

<https://actionforhappiness.org/> have a fantastic happiness calendar with small things that can be done daily. They also have great videos and podcasts.

<https://www.onyourmind.org.uk/> Is a Wiltshire-based mental health support charity

Finally <https://www.mind.org.uk/information-support/helplines/> has helplines that might be able to support you or your family