

Staying Safe and Well during Covid-19 Tips for Parents

Online Safety

The internet is a great way of communicating, getting information and keeping in touch, but it is important to make sure children get the best out of it and keep themselves safe.

The **CEOP Thinkuknow website** provides information and advice on keeping children safe. There is advice on how to help your child and how to start the conversation if you are concerned.

The **National Online Safety** website has a number of online safety guides which provide advice on popular apps and websites including TikTok, Snapchat and Zoom.

The **NSPCC** website provides information around how to set up parental controls, advice around online gaming and the use of livestreaming and video apps.

Advice and Support

If you would like more advice and support have a look at some of the following websites:

Family Information Service: Information and advice to help support children and families

NSPCC: provides advice around how to cope with challenging behaviours and how to manage co-parenting and child arrangements during lockdown

SEND Local Offer provides information and support for young people with special educational needs and disabilities

Relationship Matters: can give tips, information and help to stay calm, work out what needs to happen and signpost in order to get some help when you are experiencing relationship difficulties

The Blue Door Domestic and Sexual Abuse support helpline is available on 0800 197 4787

Alcohol Change UK: shares information and advice on alcohol use during the coronavirus outbreak including tips for managing your drinking and links to support you can access while self-isolating

If you are worried...

If you are worried about your child or your family and need some extra help, you should talk to a friend or family member, or a professional you already know.

If you are concerned that a child is at risk of harm, or is being harmed, you should contact the council's Single Access Point on:

- 01724 296500 (9am to 5pm Monday to Thursday, 9am to 4.30pm Friday)
- 08081 689667 (free phone)
- 01724 296555 (answerphone – out of hours and at weekends)

If the child is at immediate risk, you should call Humberside police on 999 in an emergency or on 101 for a non-emergency.

For further information about support for children and families, you can visit **North Lincolnshire Children's MARS webpages** or follow us on Facebook and Twitter: @SafeNorthLincs

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