

List of useful sites for advice about parenting and dealing with challenging behaviour in children and young people (CYP):

<https://www.handinhandparenting.org/>

Blogs, podcasts, printables, parenting advice and tools

<https://www.livesinthebalance.org/>

Blogs, podcasts, printables, parenting advice and tools for challenging behaviour in CYP of all ages

https://www.facebook.com/pg/Bisnetpage/videos/?ref=page_internal

Videos from Sam Manager of BISNET behaviour support service, around supporting and understanding behaviours.

<https://soundcloud.com/bispod>

Podcasts from Sam @ BISNET and others he has interviewed with varying topics such as behaviours, Autism, Anxiety etc.

<https://www.psychologytoday.com/gb/blog/divorce-course/202003/10-steps-co-parent-during-the-covid-19-crisis>

Information and advice about co-parenting for separated couples during the Covid 19 crisis

<https://soundcloud.com/clarefm/parenting-during-the-covid-19-crisis>

Podcast about parenting during the Covid 19 crisis

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Article about raising children's well-being during isolation and calming fears

<http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html>

List of free online courses, audio books, ebooks, movies, colouring books and more

<https://secretldn.com/virtual-tours-museums-galleries/>

List of museums and galleries with virtual tours available

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Link to useful information about benefits during the crisis