

Useful Links for Parents during Covid19 Closure

<https://www.parentclub.scot/articles/managing-multiple-children> Tips for households with more than one child

<https://www.parentclub.scot/topics/coronavirus/coronavirus-faq?age=6> Frequently asked questions on a range of matter from financial to home schooling advice.

<https://www.mentalhealth.org.uk/coronavirus> How to look after your mental health during the Coronavirus outbreak

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/> Relaxation techniques, guided meditation and mindful breathing.

<https://clearyourhead.scot/tips> Tips for staying mentally well during these difficult times.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing#stay-connected> Some ideas for staying in touch with friends and family via online apps.