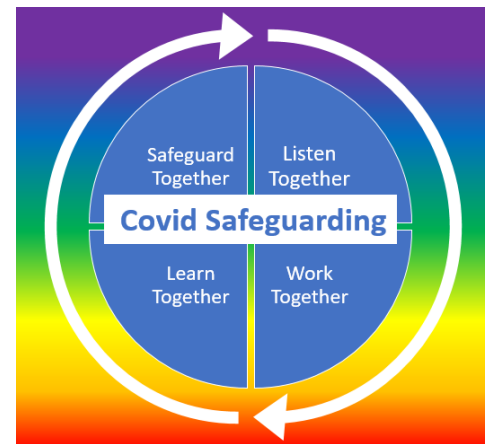


## #CovidSafeguarding- Christmas comms and resources

As we venture into the festive period the CovidSafeguarding partnership have been exploring how we can support safeguarding system leaders and citizens with useful key messages and resources.

We know that typically safeguarding moments increase throughout the festive period and we have heard of domestic abuse, online exploitation, scams, poverty and mental health issues increasing during the pandemic and with families extending their Christmas bubbles this may increase the 'pressure cooker' home environment further. Please find below a collection of resources that you may find useful.



### Newborns & Children

ICON- Babies cry you can cope, [Dads Talk earlier YouTube video](#) for Fathers. Other ICON resources [HERE](#)

Lullaby Trust-[Safe Sleeping](#)

Child Accident Prevention Trust- [Pandemic home safety advice](#) including button batteries safety

RCPCH- [Advice for parents/carers of babies less than three months old during coronavirus](#)

RCPCH webpage- [Covid-19 Resources for Parents and Carers](#)

[NSPCC helpline](#) | [NSPCC](#) - helping adults protect children

[Keeping children safe](#) | [NSPCC](#)

Barnardo's- [See, Hear, Respond](#) Its aim is to provide early intervention before children reach the threshold for statutory intervention. Created specifically to help children and young people in England who are experiencing harm and increased adversity during coronavirus

### Online safety

The UK Government has [advice and support for parents and carers on how to keep children safe online.](#)

Think U Know is a [resource for children of all ages to learn more about how they can be protected online.](#)

The Children's Commissioner has produced [a digital safety and wellbeing kit for parents.](#)

Internet Matters offers [tips and advice for parents](#) on how to keep their children safe online.

## Other useful websites

Royal College of Obstetricians & Gynaecologists [Coronavirus infection and pregnancy](#)

ADHD - [A paediatrician's tips for managing ADHD in lockdown - YouTube](#)

YoungMinds [Coronavirus and mental health](#)

Mental health and self care tips for young people [Self-care tips for young people | One You \(www.nhs.uk\)](#)

## Domestic Abuse

Refuge & [National Domestic Abuse Helpline](#)

SafeLives - [Domestic Abuse guidance for virtual health settings](#)

## Supporting our staff

The new NHS online support portal is for Our NHS People to help staff manage their own health and wellbeing [#ThankYouNHS](#)



# #OurNHSPeople

# Wellbeing support

for all our NHS people,  
we are here for you whenever  
you need us

-  **Call 0300 131 7000**  
7am – 11pm seven days a week emotional support and onward signposting to specialist financial advice, bereavement care and coaching
-  **24/7 text support**  
Text 'frontline' to 85258
-  **Free access to mental health and wellbeing apps**  
Unmind, Headspace, Sleepio and Daylight for all NHS staff
-  **people.nhs.uk**  
Helping you manage your own health and wellbeing whilst looking after others

