

24<sup>th</sup> March 2020

Dear Parents & Guardians,

With so much uncertainty right now you and your family may, naturally, be feeling anxious. So, I wanted to let you know that Alicia Drummond from **Teen Tips** is running a series of Live Online Parenting Talks which are specific to the current challenges we face.

There are talks for parents (Parenting During Isolation, First Aid For Your Child's Mind and Teens & Screens) and for teenagers (Managing The Stresses of Life). Each hour-long talk, hosted live by Alicia, can be accessed at home from your computer, tablet or phone. Individuals can ask questions, which Alicia will endeavour to answer during the allotted time or take up with people separately if needed. There are also a lot of helpful free resources on the Teen Tips Website.

Please also remember that you have free access to the **Online Parenting Course** exclusive to you as a parent at Canford School, accessible only via the private parents' portal [here](#). Simply follow the instructions on the portal and enrol yourself. We have allocated one login per family. Once enrolled you should receive an email. Very occasionally these go into spam so do check there if your welcome and enrolment emails aren't in your inbox.

Full details and bookings for the Online Talks can be found [here](#).

Teen Tips' Free Resources can be accessed [here](#).

Keep up to date on new advice - sign up as a 'parent' to the Teen Tips newsletter [here](#).

Please do also keep checking the dedicated parent page of the school website which is being updated regularly with links to resources for families [Covid-19 – resources website page for Canford families](#)

I hope these talks and resources will go some way to helping you and your family during this difficult time.

Kind regards,

Nicola Hunter  
Deputy Head Pastoral