Twitter Thread by Karen Wespieser MBE



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Here's a thread for PARENTS with some of the most useful FREE resources for YOU (breath!) and your kids in lockdown. None of these links require you to sign up for stuff. You've got this ■

.@thinking_parent's blog has lots of great ideas for stuff to do with the kids, but also tips on home-working and mental health https://t.co/KL9gNqgEmW

.@OakNational was set up for teachers, but there's nothing stopping you going in and setting one of their lessons running for your kids (primary, secondary and special) https://t.co/yqRl6FsvpH

Other schools are making their lessons freely available too, for example @ReachHubFeltham https://t.co/uOTqbliqq0

A bit obvious, but @BBC has lots of great resources (my kids love karate cats!) https://t.co/gbUFSAk7SC

Lots of organisations have put together lists of resources, this is a particularly thorough one from @Parentkind https://t.co/Ssda1fg4eD

.@educationgovuk have also put a list together https://t.co/GgmOWOekUv

.@WorkingdadsUK has some great advice on how to manage your own workload alongside homeschooling https://t.co/yqThFYrVV2

Lots of resources are aimed at younger kids, but older kids need support too. @Parentsguideto has a great set of tips https://t.co/KO0hsqwDMf

If one of the things that is worrying you is how you'd cope if you got ill yourself, these first-hand stories collated by @dad_info might help https://t.co/slUG0G1NqJ

Explaining it all to kids can be tricky too, @HuffPost had a great article on this recently https://t.co/uKWe0jkqPt

If all of this is making you - or your loved ones - feel really anxious, this is a helpful list of tips from the @NHS https://t.co/dkOOY2G61h

And finally, in order to be able to look after anyone else, you need to look out for yourself. This is a great article on @ConversationUK reminding you to look after yourself first ■https://t.co/hcN9mrcKZA