

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/yqRI6FsvpH>

Other schools are making their lessons freely available too, for example [@ReachHubFeltham](https://t.co/uOTqbliqq0) <https://t.co/uOTqbliqq0>

A bit obvious, but [@BBC](https://t.co/gbUFSAk7SC) 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)
<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](https://t.co/KO0hsqwDMf) 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](https://t.co/sIUG0G1NqJ) might help <https://t.co/sIUG0G1NqJ>

Explaining it all to kids can be tricky too, [@HuffPost](https://t.co/uKWWe0jkqPt) had a great article on this recently <https://t.co/uKWWe0jkqPt>

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](https://t.co/hcN9mrcKZA) reminding you to look after yourself first ■