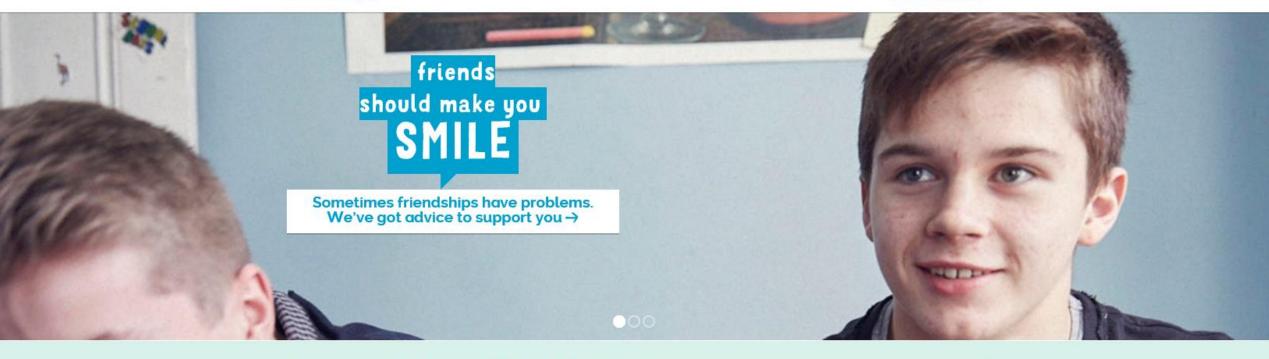


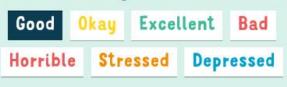
Some useful websites to access support



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We want to know what's making you feel good.

Post on our **Good days** message board

Get creative with our Art box

Plan your future

Parents, carers, family members...

if you need us we're here.

Call Parentline NI today for advice, support or guidance.

FREEPHONE

© 0808 8020 400

Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.





DEALING WITH TANTRUMS



Available on the ParentlineNI website

STAYING CALM IN THE STORM

Watch our Speak out Stay safe assembly at home

Watch our assembly at home to help your kids understand they have the right to be safe and what to do if they feel worried or scared.



1 in 5 children in the UK have suffered abuse or neglect. That's why we've been visiting primary schools across the UK and Channel Islands to teach children about what's OK and not OK, and that they can always speak to a trusted adult or to Childline about anything that worries them.

Last year we visited over 7,000 schools and spoke to over 1.6 million children. With schools closed, we've not been able to deliver our Speak out Stay safe assemblies.

So we created a virtual assembly for parents, carers and kids to watch together at home:



Q

Who we are

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Helping families



Every child should grow up feeling loved and supported

We provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.

Find out more



IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS.



TALK TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY OR YOUR FELLOW COMMUNITY MEMBERS.