



Whilst school is closed over the six week holidays, this support sheet provides you with phone numbers, websites and advice tips that you may find useful in different situations.

### KEEP IN CONTACT

If you and your family already have support from outside agencies, please make sure you contact them to keep them updated on any issues that may arise. This could be with:

- Family support workers
- Social workers
- Paediatricians
- Counsellors
- Or others



Always be honest and follow any advice you are given.



### Additional Contacts

**Pause (Forward Thinking Birmingham)** To ensure that children, young people and young adults are able to access support trained practitioners will be available by emailing [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) or calling 0207 841 4470. The operating hours are between 10am-6pm 7 days a week (please note local call charges do apply).

**Young Minds** [www.youngminds.org.uk](http://www.youngminds.org.uk) Parent Helpline Tel: 0808 802 5544 Lots of advice for both parents and young people on all kinds of mental health issues.

**Childline** [www.childline.org.uk](http://www.childline.org.uk) 0800 1111 24hrs 7 days a week. Lots of useful information and advice for parents and young people.

**Samaritans** [www.samaritans.org](http://www.samaritans.org) 24hrs a day support

**Mind** [www.mind.org.uk](http://www.mind.org.uk) So much useful information and advice on a wide range of issues that affect your mental wellbeing.

**Salvation Army** [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) Lots of support for all people young and old, ranging from homelessness to finance and debt advice.

**Shelter** [www.shelter.org.uk](http://www.shelter.org.uk) click on England link. Lots of useful advice on finance and housing issues.

**Womens Aid** [www.bswaid.org](http://www.bswaid.org) information and advice on issues of domestic violence.

**Think you know** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) This website has loads of interactive advice and support for families and young people on a wide range of topics from online safety / drugs/ alcohol/ really good useful information for all ages.

**Children Services** - if you are worried about a child call 0121 303 1888 Monday to Thursday: 8:45am to 5:15pm  
Friday: 8:45am to 4:15pm

**In any medical emergency always call 999 /111/ or your local GP.**

*Parenting teenagers is a monumental task.  
Here are 4 techniques that might help  
improve your parent-teen relationship.*

### 1. Try Understanding and Accepting Their Situation with Love:

If there's one thing teenagers have in common, it's complaining that their life is miserable. Understand that this is a phase of life where everything gets exaggerated and confused really can help. Give them some space, to explore their emotions and ask you for support where required.

### 2. Focus On Behaviours Rather Than Person:

Teenagers take offense when direct comments are made on them. Focus on the behaviour rather than the person when giving feedback. Instead of saying, "You are dirty, go clean your room right away," say something like, "Your room is not well kept, and it is dirty – please go ahead clean it."

### 3. Treat Them Like They're Capable of Taking Responsibility:

To improve your parent-teen relationship you've got to treat them like adults - ask for their opinions, give them options and also encourage them to come up with solutions to issues faced. This, in turn, makes them more confident and secure.

**4. Do Things Together:** Doing things together means spending time with your teen. Set up a time each week for this and negotiate what you will do together. For example, both of you can go for a walk or play video games together.

With the summer ahead of us and life slowly opening up again it is crucial to remember that the COVID 19 virus has not gone. Everybody young and old needs to remember this and make sure that we all play our part to stay safe. It is important if you or your family display any symptoms of COVID 19 that you follow the guidance issued of self-isolation and testing. If you are not well, don't risk going out.



\* **Public Transport** – you need to make sure you wear a face mask/ covering whilst travelling. There is information on West Midlands Travel [www.nxbus.co.uk](http://www.nxbus.co.uk) which has a useful section that gives full details of this requirement. Read this section, as it is updated on a regular basis.

\* **If you do use a face mask or covering**, ensure you know how to put it on correctly and also if not reusable please dispose of it in a bin. Always ensure your hands are clean before putting on any facemask /covering and if reusable ensure when you take it off you wash your hands immediately and place mask / covering in a bag until it can be washed.

\* **Regular hand washing is essential**, especially when you get home after being out. If possible have some hand gel when out and about.

\* **Don't feel pressure to meet up with others** if you are not comfortable to do so.

[www.trusselltrust.org](http://www.trusselltrust.org) if finances are stretched do not go without food. The Trussell Trust has information on what you need to do to get a referral for a food voucher and where food banks are close to you.

