

TITLE	DESCRIPTION	LENGTH OF TIME	CATEGORY	TARGET AUDIENCE	LINK
Supporting Your Child with Anxiety	This video is aimed at the parents and caregivers of children up to the age of about 12 or 13. The webinar looks at how anxiety or worry may present in children and the ways in which parents can support their child to cope.	30mins	Anxiety	Parents (of children up to 13years old)	https://youtu.be/mxVpykpZGko
School after Lockdown - Supporting your Child with Anxiety	This video is for parents, carers and those working with children. We talk through some common worries and feelings that children may experience when returning to school after lockdown and how you can support them.	20mins	Anxiety	Parents & School Staff	https://www.youtube.com/watch?v=KvZ8HZb0jIM
Managing Your Child's Emotions During Lockdown	This video is aimed for parents and carers of children. It offers advice around how best to support them (and you) with heightened emotions during lockdown and the Covid-19 pandemic.	23mins	Emotion Regulation	Parents & School Staff	https://www.youtube.com/watch?v=BtBlf4D2Aqs
Understanding Risk, Resilience and Self Harm	This video is Part 1 of 2 and is aimed for teaching and educational staff. It looks at how to recognise when students may be at risk of, or experiencing, mental health difficulties, with a particularly focus on self-harm.	19mins	Risk and Self Harm	School Staff	https://www.youtube.com/watch?v=ZHiQT_fjxs

Supporting Your Child with Sleep – Parts 1 – 3	3 short videos (Parts 1 – 3) for parents of primary aged children. Part 1 is all about establishing good habits; Part 2 is about how to set up a good sleep routine; Part 3 is about how to tackle common difficulties (e.g. co-sleeping; night-waking).	6 – 12 mins	Sleep	Parents	Part 1 - https://www.youtube.com/watch?v=Xm3-tMDymtA Part 2 - https://www.youtube.com/watch?v=_jtiInFlxgU Part 3 - https://www.youtube.com/watch?v=9U8SCHI272w
Creativity, Communication and Connection (Primary)	Understanding the challenges children are facing and using creative and sensory based therapeutic strategies to support children to communicate and express their feelings.	37 mins	Emotion Regulation	Parents of Primary	https://youtu.be/V6RCLs5Enw
Feeding Difficulties in Children - SOS Approach	This video provides some information about the SOS Approach to feeding. This approach aims to equip parents, carers and professionals with the tools to support children who might be perceived as 'picky eaters' or 'problem feeders.' This short video runs through some of the key techniques and aims to provide you with an introduction to this method. More information can be found at https://sosapproachtofeeding.com/	8 mins	Eating difficulties Challenging behaviour	Parents/Carers	https://youtu.be/Gdt6J2gpIMQ
Transition to Secondary School – Supporting Your Child	This video is aimed at parents. It talks through the anxiety your child may feel before starting secondary school and how you can support them.	17mins	Transition and Change	Parents	https://www.youtube.com/watch?v=tLSLOFP9Znc

School-Based Anxiety - Emotionally Related School Avoidance	This webinar focuses on emotionally related school avoidance. We look at how parents, carers and the rest of the support system can help children or young adolescents who are struggling to attend school due to anxiety.	45 mins	AnxietySchool avoidance	ParentsSchool staff	https://www.youtube.com/watch?v=N9KYXkLySOM
Feeding Difficulties in Children - SOS Approach	This video provides some information about the SOS Approach to feeding. This approach aims to equip parents, carers and professionals with the tools to support children who might be perceived as 'picky eaters' or 'problem feeders.' This short video runs through some of the key techniques and aims to provide you with an introduction to this method. More information can be found at https://sosapproachtofeeding.com/	08:29	Eating	Parents young people who are picky eaters	https://www.youtube.com/watch?v=Gdt6J2gplMQ&t=22s