**NSPCC resources available on NSPCC websites.**

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| **Current Resources for;**  **Carers**  **Parents**  **Communities** | **Website location/link** |
| **NSPCC Helpline**  The NSPCC Helpline is staffed by trained professionals who can provide expert advice and support. Here, if you’re concerned about a child, if you’re a parent or carer looking for advice, or if you’re a professional in need of information and guidance. | [NSPCC Helpline Info](https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/)  NSPCC Helpline number  0808 800 5000 |
| Talking **PANTS** teaches children important messages, like their body belongs to them and they should tell an adult if they're upset or worried. Get the conversation started with an activity pack.  You can download a free resource pack from the NSPCC website. | [Talk PANTS the Underwear Rule](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/)  #TalkPANTS |
| **Support for Parents**, where you will find   * **PANTS** * **Positive parenting guide** * **Online Safety Hub** for advice and information on a range of different online safety topics including gaming, social media, sharing nudes, parental controls and more. | [Support-for-Parents](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents) |
| **Keeping Children Safe Online**  Visit our **SEND Online safety hub for** online safety tips, advice and activities specifically for parents and carers of children with SEND.  **Online safety resources**  We’ve created colouring in sheets, a family agreement, quizzes and a word search to help kick start your online safety conversations. | [NSPCC Online Safety](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)   * [Online safety advice](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#advice) * [Our online safety work](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#work) * [Inappropriate and sexual behaviour](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#inappropriate) * [Worried about something online?](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#report) * [Online safety guides for parents](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides) * [Resources for professionals](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#pros) * [Resources for children](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#children) * [Resources for children with SEND](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#SEND) * [Help us keep children safe online](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#help) * [Keeping Kids Safe Online](https://www.o2.co.uk/help/online-safety)   [SEND Online Safety Hub](https://www.net-aware.org.uk/send-online-safety-hub/)  [Online Safety Resources](https://www.net-aware.org.uk/resources/) |
| ***NSPCC videos on YouTube include the selection below*.**  Infant Mental Health with NSPCC  **The Baby Show**  We're joined by Clinical Psychologists for NSPCC who work with children aged 0-5 and their families. Here they are talking through Infant Mental Health, what it is and offering tools and advice to not only support your babies & toddlers, but also yourself and your own mental health. They have also answered some of your questions around the effects of lockdown on your baby and your mental health and how to stay positive during these times.  **Look Say Sing Play**  Right from birth, every time you talk, sing or play with your baby, you're not just bonding, you're building their brain.  **Singing Day | Look Say Sing Play | NSPCC**  **Our Brain’s Air Traffic Control (Executive Function) | NSPCC**  **NSPCC Building Strong Brain Architecture** | [Infant Mental Health](https://www.youtube.com/watch?app=desktop&v=YrgROexMLgQ)  [The Baby Show - YouTube](https://www.youtube.com/channel/UC9RvGMKtIM0JUdCTPbpVoAA?app=desktop)  [Look Say Sing Play Support](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/)  #LookSaySingPlay  [Singing Day](https://www.youtube.com/watch?v=KySkBRvJxNw)  [Our Brain's Air Traffic Control](https://www.youtube.com/watch?app=desktop&v=S5uo_Gbi4RA)  [Building Strong Brain Architecture](https://www.youtube.com/watch?app=desktop&v=VoN-Gbmn7ws) |