



Free resources for parents during self-isolation



Do you need help or support?

If you would like some help or have a particular need you can ring and talk to one of the friendly council team, who will take your details and pass them on to the relevant service or you can call 01274 431000 or visit www.bradford.gov.uk/coronavirus

Mental wellbeing while staying at home

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19). This website offers tips and advice of things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. The government also has [wider guidance on staying at home as a result of coronavirus](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/). <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>



Quit for COVID



Quit smoking with this free **Personal Quit Plan**. You are more likely to quit with the right support. To find the right plan for you in 3 easy steps Visit <https://www.nhs.uk/smokefree>.

Public Health Early Years guidance for families

Public Health Early Years have published a series of guides to help you and your family remain healthy and safe whilst social distancing. For further information go to <https://www.bradford.gov.uk/health/improve-your-childs-health/public-health-early-years-guidance-for-families/>



Facebook Page



Look out for updates in relation to the coronavirus on our Facebook page



Stay positive, playful and optimistic. We can do this together!