

Video list

Videos for Parents of Secondary School Children

TITLE	DESCRIPTION	LENGTH OF TIME	CATEGORY	TARGET AUDIENCE	LINK
Supporting your Teenager with Lockdown and the Return to School	This is a video for parents, carers, or those working with adolescents, offering guidance around how to support teenagers during lockdown and help them cope with Covid-19. We also look at how to support them with the transition back into school.	30mins	Transition and Change	Parents & School Staff	https://www.youtube.com/watch?v=4xA4WWGpAcY
Parenting Teens in Times of Uncertainty	This video is for parents and caregivers of teenagers recorded from a live workshop. It will look at the following the topics: - - Supporting your teenager with sleep - How to enable teens to hear what we're saying - Recognising anxiety and low mood in teens - How to respond to heightened teen emotions	54mins	Uncertainty	Parents	https://www.youtube.com/watch?v=HcW-3Dnh9sl
Supporting Your Teenager with Anxiety	This video is aimed at the parents or caregivers of teenagers and provides some ideas as to how you can support them with worry or anxiety.	30mins	Anxiety	Parents	https://www.youtube.com/watch?v=X5ZTggCEG98

Supporting Your Child with Sleep Part 4 (Adolescents)	Video for the parents of adolescents. The video offers a short explanation around sleep changes during adolescence and how to support a teenager to establish a routine and get a better night's sleep.	11 mins	Sleep	Parents	https://www.youtube.com/watch?v=0KJNTNuu0J0&t=5s
Lockdown Learning Coping with Uncertainty and Low Motivation	Workshop for parents of secondary school young people. Focus is on strategies and support for parents to help their young people cope with the challenges. Included emotional regulation, sensory strategies etc. 65 minutes	1 hour	Uncertainty Low motivation Lockdown learning	Parents of Adolescents	https://youtu.be/hWZMbFSQKmk
Creativity, Communication and Connection (Secondary)	Understanding the challenges young people are facing and using creative and practical therapeutic strategies to support your teenager to communicate and express their feelings	44 mins	Emotion regulation Lockdown	Parents of Secondary	https://youtu.be/RbVjn6uuL8w
Self-Harm Series Part 1 – Exploring the reasons YP self-harm	This is the first in a three-part series about self-harm. Part 1 explores some of the reasons young people may engage in self-harming behaviours. This video is aimed at parents and carers, although you may find the information helpful if you are someone who works or supports young people (e.g. teachers; youth workers).	5 mins	Self-harm	Parents/Carers May be helpful for teachers	https://youtu.be/VH5fck0I1yM

<p>Self-Harm Series Part 2 – Spotting the signs</p>	<p>This is the second in our three-part series on self-harm. This video describes how you might spot the signs that a young person may be engaging in self-harm behaviours. This series is aimed for parents and carers, but you may also find the information helpful if you work with or support young people (e.g. teachers, youth workers).</p>	<p>5 mins</p>	<p>Self-harm</p>	<p>Parents/Carers</p>	<p>https://youtu.be/9Eg9LdRcq_g</p>
<p>Self-Harm Series Part 3 – How to support YP with self-harm</p>	<p>This is the third and final video in our three-part series on self-harm. This video describes a number of ways in which you can support young people who are engaging in self-harming behaviours. The series is aimed at parents and carers but you may find this information useful if you work with or support young people (e.g. teachers; youth workers).</p>	<p>11 mins</p>	<p>Self-harm</p>	<p>Parents/Carers</p>	<p>https://youtu.be/8yOZR8zpZUo</p>
<p>Feeding Difficulties in Children - SOS Approach</p>	<p>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://sosapproachtfeeding.com/</p>	<p>08:29 mins</p>	<p>Eating</p>	<p>Parents of young people who are picky eaters</p>	<p>https://www.youtube.com/watch?v=Gdt6J2gpIMQ&t=22s</p>

<p>Learning About Dyslexia</p>	<p>This video busts some common myths about dyslexia, provides some information about different types of dyslexia and the wide variety of symptoms you may experience. We also offer some helpful tips and tricks to try and how to access further help.</p>	<p>6 mins</p>	<p>Dyslexia</p>	<p>"Teenagers Parents School Staff Children 8+"</p>	<p>https://youtu.be/DACacgefQoM</p>
<p>Parenting unmotivated and fed up teenagers: what can parents do to help?</p>	<p>This talk was recorded live during lockdown but focuses generally on practical ways for parents to open discussions with reluctant teens. It also helps parents think about how to plan together with their child to get them re-engaged in activities they used to enjoy.</p>	<p>45mins</p>	<p>Motivation</p>	<p>Parents of unmotivated teenagers</p>	<p>https://www.youtube.com/watch?v=rOwsAlH1dyU</p>