**Resources for parents**

Manchester Local Offer: [Welcome to Manchester Local Offer | Help & Support Manchester](https://hsm.manchester.gov.uk/kb5/manchester/directory/localoffer.page?localofferchannel=0)

Catalyst Psychology resources and information: [Resources and Information - Catalyst Psychology](https://www.catalystpsychology.co.uk/resources_and_information)

**Play**

Playing and mental health: [Play\_-\_mental\_health\_and\_well-being\_2020.pdf (d3n8a8pro7vhmx.cloudfront.net)](https://d3n8a8pro7vhmx.cloudfront.net/catalystpsych/pages/1307/attachments/original/1593979752/Play_-_mental_health_and_well-being_2020.pdf?1593979752)

Playful parenting (all ages): [Playful tips for parents Archives - Playful Childhoods](https://playfulchildhoods.wales/all-about-play/playful-tips-for-parents/)

Home play pack: [Play-Scotland-Home-Play-Pack-for-Parents-16pp-Web-1.pdf (d3n8a8pro7vhmx.cloudfront.net)](https://d3n8a8pro7vhmx.cloudfront.net/catalystpsych/pages/1307/attachments/original/1593981404/Play-Scotland-Home-Play-Pack-for-Parents-16pp-Web-1.pdf?1593981404)

**Learning**

BBC: Tiny Happy People: [Children's language development and parenting advice - BBC Tiny Happy People](https://www.bbc.co.uk/tiny-happy-people)

**Reading**

Oxford Owl ebooks: [Oxford Owl eBook Library | Oxford Owl for School](https://www.oxfordowl.co.uk/for-school/oxford-owl-ebook-collection)

Mantra Lingua: website and e books

[Kitabu Dual Language ebook Library | Mantra Lingua UK](https://uk.mantralingua.com/kitabu)

**Calming down and relaxing**

General information page: [Calming down and making yourself feel better - Catalyst Psychology](https://www.catalystpsychology.co.uk/calming_down_and_making_yourself_feel_better)

Calm Zone toolbox: [Calm zone | Childline](https://www.childline.org.uk/toolbox/calm-zone/)

Relaxation: [6 Relaxation Activities for Kids | Save the Children](https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids) , [Seven techniques for helping kids keep calm - CBeebies - BBC](https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm)

Calming sounds playlist: [Relaxing sounds to help children sleep | 8 hours of calming sounds - CBeebies - BBC](https://www.bbc.co.uk/cbeebies/radio/calming-sounds?collection=mindfulness-for-children#playlist)

**Sleep**

[Sleep - Catalyst Psychology](https://www.catalystpsychology.co.uk/sleep)