

## FREE wellbeing support for you and your child

HeadStart Kernow working in partnership with Creative Education are offering parents and carers across Cornwall and the Isles of Scilly FREE access to an online, on demand library of resources to support wellbeing both for you and your child(ren).

The content includes a mix of webinars, short online courses and bite-size information for EY / primary / secondary ages and covering topics such as:

- *Self-care for parents and carers*
- *Supporting your child when they start a new school*
- *What to do when your child is being bullied*
- *Parental awareness of self harm*
- *Worries and anxiety (including simple coping strategies)*
- *Helping children with friendship issues*
- *Laugh your way to stronger connections*
- *Understanding the teenage brain*
- *10 ideas to boost family wellbeing*
- *Top tips to help improve children's sleep*

### How to sign up

To get your full and free access (lasting until 31st July 2026) follow this link:

[www.creativeeducation.co.uk/headstart-kernow-parents](http://www.creativeeducation.co.uk/headstart-kernow-parents)



Find more about family wellbeing on the  
Headstart Website  
[www.headstartkernow.org.uk/parents--carers/](http://www.headstartkernow.org.uk/parents--carers/)

