

NSPCC Resources for Parent and Carers

- **NSPCC helpline** on 0808 800 5000 help@nspcc.org.uk
- **Support for parents hub** www.nspcc.org.uk/keeping-children-safe/support-for-parents
- **PANTS** Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. You can find out more and download the free resources on our website www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/
- **Online Safety Hub** for advice and information on a range of different online safety topics including gaming, social media, sharing nudes and parental controls <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **Keeping Children Safe Online blog** Parents, carers and professionals can keep up to date with the latest child safety online news on our Keeping Children Safe Online blog. www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog
- **Look, Say, Sing, Play** early years resources to share and use with parents at <https://learning.nspcc.org.uk/research-resources/leaflets/look-say-sing-play-early-years-resources-parents>
- **Activities for kids at home** Keep busy while learning about staying safe and speaking out with our at home activities for primary school children <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/>
- **Pantosaurus book** Penguin and Ladybird have partnered with the NSPCC to create a brand new book aimed at children ages 4-8 which is on sale either in Matalan's selected stores, selected SPAR stores or from the NSPCC online shop. All profits from the sale of this book will support the NSPCC <https://shop.nspcc.org.uk/>
- **New books/fun crafts** available to buy from the NSPCC online shop https://shop.nspcc.org.uk/collections/books?_ga=2.251784970.244733445.1611593052-50686167.1611593052