



Six Top Tips To Keep Kids Safe Online During School Closure

Children are bound to spend lots more time on devices during school closure, lots will be schoolwork or catching up with friends. [LGfL DigiSafe](#) has put together Six tips to keep children safe, healthy and happy online.

1) Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or skyping family. Use the Children's commissioner's 'Digital Five A Day' to plan or review each day together.

2) Check the safety settings are turned on

Whether it's your home Internet, mobile devices, consoles, apps or games. There are lots of settings to make them safer. Their key ones are - can they chat to strangers, can they video chat or 'go live' are their posts public. [Internet Matters](#) has hundred of guides to parental controls

3) Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if its appropriate or not. Remember 18 games and not more advanced- they are harmful to children! For Parent guides to apps, including recommendations for Kidsafe apps and video platforms, search for common sense media or [NSPCC's NetAware](#).

4) Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel- there is guidance from **Childline** to help you.

5) Remind them of key online safety principles

There are too many to list, but remember human behavior is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all...if somebody tells them not to tell or ask for help because its too late or they will get in trouble, that's a lie!

6) If you aren't sure, Ask!

Your school may be able to give advice, but there are plenty of other places ask for help as a parent or child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net. For further information visit:

www.lgfl.net/online-safety/default.aspx

Shop & Drop Scheme continues...

Thank you to all the families who received a Shop & Drop and spared 5 minutes to feedback to our trustees. All feedback is very useful for us to report back to funders who help us provide this service. If you think you would benefit from the scheme or would like more information on volunteering for it, please email: shopdropscheme@familyfriends.uk.com

For borough specific news visit



London Borough of Brent
www.brent.gov.uk/coronavirus



The Royal Borough of Kensington & Chelsea
www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19



London Borough of Hammersmith & Fulham
www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice



For up to date government guidance visit

www.gov.uk/coronavirus



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Ideas For Activities...

Mental Health Awareness Week

Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18-24 May 2020. The theme is kindness. Mental Health Foundation would like you to carry out or reflect on an act of kindness. What can you do for Mental Health Awareness Week?

Take a photo or video (with permission!) and use the hashtags:

#KindnessMatters and **#MentalHealthAwarenessWeek**

They want to see people joining in and celebrating kindness! For more information visit www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-stories for ideas on what you can share.



Chess at Home

Chess in Schools and Communities is delighted to offer all UK primary school children 3-month gold memberships of ChessKid free of charge. The memberships will be valid to July 20, 2020.

ChessKid is an online chess learning and playing zone designed for ages 5-11. Children who have no prior knowledge of chess will be able to learn how to play the game. Those children who already know how to play will be able to develop their skills and challenge their friends, while tracking their improvement. They will have access to instructional videos, 1000s of puzzles and tests and will be able to play other children from all over the world. ChessKid has been built with safeguarding in mind. Visit www.chessinschools.co.uk/chesskid-for-parent for more information.



Cheap, Easy & Fun Activities To Do at Home

Get Wet! Fill up the kitchen sink with water and bubbles and let the children wash up/ get wet! Children love playing with water and pouring, so fill it with plastic jugs and cups. The bath is great for this as well. You can get washable paints, so if you dread the thought of mess, get them to do all the messy play in the bath.



Guess the Object. Get an old pair of (preferably) thick tights and fill one leg with household objects like a clothes peg, scrubbing brush, a cup, a beaker, a pepper mill or a toy car. Get your child to firstly guess what they are by looking at them, then if they're struggling they can feel them and if they still can't guess they can put their hand in for a feel. Have a prize if they guess them like a sticker or biscuit.



Set up a tuck shop to cope with the endless requests for snacks. Give each child a certain amount of money per day (your choice, £1, 50p...) to spend. Make a list of items and their cost, so apples and bananas etc may be 5p, whereas a packet of crisps might be 50p. They then get to choose and pay for what they want as well as learning some great maths and social skills.



Coconut & Lentil Dahl by Deliciously Ella

Ingredients

- 400g green lentils, washed and drained
- 2x 400g cans coconut milk
- 3 garlic cloves, peeled and chopped
- 2 large tomatoes, cut into small pieces
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1 teaspoon paprika
- 1 teaspoon hot chilli powder
- 1 teaspoon chilli flakes, optional

Method

- Place a pan over a medium heat.
- Add the chopped garlic with olive oil and salt and let that cook for 1-2 minutes before adding all the spices, followed by the chopped tomatoes.
- Stir well, letting the garlic and spices fry together for a few minutes before stirring through the lentils, followed by the coconut milk.
- Bring the mix to the boil, before reducing to simmer over a low temperature.
- Leave to cook, uncovered, for about 1 hour until thick and creamy – making sure to stir it every 10-15 minutes, ensuring it doesn't stick to the bottom of the pan and adding a splash of water if it feels like it's drying out.
- Once cooked, stir through a little more salt and serve.



Please call or e-mail Natalie (natalie.rubio@familyfriends.uk.com) with any suggestions/contributions