

## **Speech and language**

NHS guidance- <https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/early-years-language/>

Speech Link Parent Portal- <https://speechandlanguage.info/parents>

## **Social, emotional, mental health**

Anxiety in children- <https://www.youtube.com/watch?v=SY4Nu48OVrE>

Zones of Regulation guide- <https://zonesofregulation.com/what-are-the-four-zones-of-regulation/>

Emotion coaching for parents- <https://www.youtube.com/watch?v=iICXgYh7WNM>

Why do we flip our lid (links mentioned in Emotion Coaching video)-  
<https://www.youtube.com/watch?v=F0-dU6U-jBg>

<https://www.youtube.com/watch?v=qFTIjLo1bK8>

Inside Out clip (linked to emotion coaching link above)-  
<https://www.youtube.com/watch?v=GgQBPSECgZg>

## **Autism and ADHD**

National Autistic Society- <https://www.autism.org.uk/what-we-do/support-in-the-community/family-support>

Autism Education Trust- <https://www.autismeducationtrust.org.uk/parents>

Parent support and guidance neurodiversity- <https://www.iask.org.uk/>

NHS autism support- <https://www.nhs.uk/conditions/autism/autism-and-everyday-life/help-for-families/>

Young Minds ADHD support for parents- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

NHS ADHD support- <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with/>