

Carers

Digital Library



Nottingham
City Council

Nottingham Virtual School team is making interactive resources available to support new and experienced carers with information and guidance written by experienced colleagues from Virtual Schools across the country.

What will you gain?

- Specific insights and strategies on supporting children in care.
- Techniques and strategies on supporting your child/children in learning at home.
- Specialised information on attachment theory, trauma, autism, dyslexia, ADHD and more.
- Digital certificates and badges upon completing courses, recognising the time and effort dedicated.



How to access the library

Get the app

- If you are using a computer go to ncvs.nimbl.uk
- If you are using a smartphone or tablet download the **free Nottingham City VS app** from the App Store or Google Play

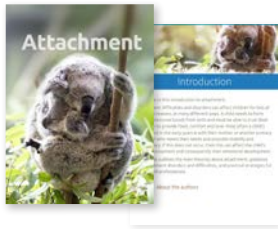
Register your account

- Enter your name, email and password
- Enter the following product code **b68jbjvgm**

For more information, contact:

info@anspear.com





Attachment

Covering the history of attachment theory and its role in relationships and professional practice, with practical advice.



Beat Bullying

Helping staff understand bullying, plus practical anti-bullying strategies and resources to use with pupils to discuss bullying.



Children with SEND

A guide for foster carers, created in partnership with Become. Find out how to access SEND support for your foster child.



Designated Teachers

Helping designated teachers to support children in care, covering attachment and trauma, the care system and school funding.



Family Issues

An introduction to family issues, including divorce, bereavement, domestic violence and sibling relationships.



Home Learning: Foundations

Helping parents and carers establish the basics at home to support their child's education



Home Learning: Strategies

Equipping parents and carers with specific strategies to support their child's learning at home.



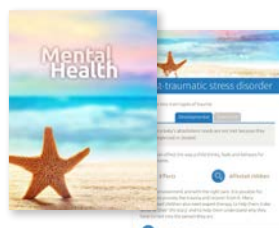
Learning Needs

Covering learning needs such as Gifted & Talented, learning difficulties, and behavioural and communication needs.



Maths is All Around Us

Helping parents and carers encourage the use of mathematical language around the home and out and about.



Mental Health

A guide to common mental health issues and how they affect pupils.



Parenting Adopted Children

This guide is designed to help Special Guardians and Adoptive Parents to better support and understand the specific needs of their child.



Phonics for Parents

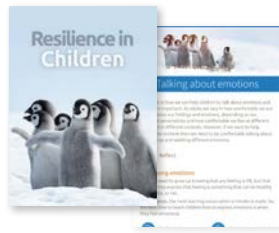
Helps parents and carers support their child's learning and develop their phonics skills.

See overleaf for more titles >



Relaxation

Features everyday exercises, visualisation tools breathing techniques and to help you relax and feel more in control.



Resilience in Children

Equipping parents and carers with the tools to help young people talk about their feelings, cope with stress and develop emotional resilience.



Social Needs

Covering a range of social and wellbeing issues, including staying safe, friendships, relationships and resilience.



Speech & Language Needs

This course helps parents and foster carers support their children with speech, language and communication needs (SLCN).



Study Skills: Parents/Carers

Guidance for parents and carers to help their child develop vital study skills and become active learners.



Teenage Life

A guide for carers and staff on how to support teenagers at home and at school with resources for further support.



Trauma and ACEs

An introduction to the effects of trauma and adverse childhood experiences, with ideas for supporting young people and increasing their resilience.



Understanding ADHD

This short course introduces teachers to ADHD and the challenges faced by pupils with ADHD.



Understanding Autism

A course intended to help deepen understanding of autism, leading to acceptance and inclusion.



Understanding CSE

Promotes understanding and awareness of what child sexual exploitation is, how to spot it and how to deal with concerns.



Understanding Dyslexia

Helping school practitioners, parents and carers understand dyslexia and develop a dyslexia-friendly atmosphere.



Understanding Street Gangs

Helping school staff and adults working with children understand gang culture and support young people at risk.

See overleaf for more titles >



Understanding the Child

Detailed information on the medical, social, cultural and developmental needs that children may have.



Year 7 Transitions

Helping teachers and form tutors support their students through the primary-secondary transition process.

