

NESSIE

Helping Children & Young
People Thrive

PARENT RESOURCES

Many short videos including...



Transitioning to a
new school



Building resilience
and confidence



Dealing with
anxiety

Top Tips including...



Supporting Anxious
Children
Bitesize



Self Harm
Bitesize



Bereavement and
Loss
Bitesize



For more resources visit:
[Resources Page](#)

