

DEAR PARENTS AND CARERS

You have been gifted annual access to the **Tooled Up Education Platform**, designed to provide you with holistic parenting resources throughout your child's educational journey at their school.

10 THINGS YOU NEED TO KNOW ABOUT TOOLED UP



1

We are the village.

Behind the platform, is a research team that is passionate about helping and supporting you and your family. We always say, *'it takes a village to raise a child'* and we mean it. Whatever you need, whatever you want us to research for you, we are one email away.



6

We run online conferences too.

All Tooled Up members are able to attend our live, online conferences and watch them back in their own time. We run conferences on a wide range of topics, such as autism, ADHD, and the Early Years.



2

We pride ourselves on our responsiveness.

Try us out. Register your free account and then send a 'parenting support' question via our site. See what comes back! If we don't have a resource already to signpost you to, we will create one for you.



7

Life can be uncertain, but you can count on us to help.

We are here for you and welcome all questions. Turn this page over to see what other Tooled Up parents have asked us recently. Use the 'get support' button on our site to get in touch!



3

We are famous for our mental health resources, but we do so much more!

Our platform contains hundreds of resources designed to promote early intervention and ward off mental distress, but guess what? Our platform also contains hundreds of resources on learning, resilience, sport, digital technology and just anything going on in family life! No need for Google.



8

You can keep us in your pocket!

We have optimised our website for mobile devices.

4

We believe there is a manual for parenting.



We believe that the available research evidence can guide us all as parents towards what is optimal when bringing up children. We look to that research and engage with academics all over the world to locate the golden nuggets that busy, loving, aspirational parents need to 'try and apply' in parenting to good effect.



5

You're in good company.

Our weekly newsletter, **Wednesday Wisdom** is read by over 10,000 parents and teachers every week but only Tooled Up registered parents can unlock the toolbox at the end of each newsletter. [Register](#) your account and then take a peek at any edition.



10

We are open 24/7, 365 days of the year.

When schools shut for the holidays, our research team remains open to help you get any information that you need and to signpost you to information or resources that can assist you.



9

Whatever your child is interested in, interests us.

Perhaps your child is passionate about fossils, hockey, chess, Minecraft or swimming? Perhaps older children are considering university places, jobs or alternatives to both. Whatever their pathway to greatness, if there is anything we can do to support *you to support them*, tell us about it!

QUESTIONS FROM OUR COMMUNITY

You will find evidence-based answers to these and many more questions in our online resource library of videos, podcasts, interviews, quick tips, downloadable pdfs, and activities that can be used within the classroom and at home.

My five year old won't ever listen. What am I doing wrong?

Are superfoods beneficial for children?

Are there any support resources for siblings of children with eating disorders?

My child is deaf. Are there any organisations out there that can support us as a family as she journeys through school?

I am worried about sending my child on a residential trip, what advice do you have?

Can you give me some information on how to support my fussy eater?

Our child has just lost their uncle, what should we do to say to help them with this loss? They were very close.

Do you have any resources on diabetes?

Can you help us with 11+ preparation? Any revision tips?

My son is dyslexic. Can you do a webinar on what I can do to support him?

What is the best way to motivate a teen?

Is TikTok safe for under 12s?

How can I support my child as we move countries?

How does Snapchat work?

My child is being bullied over her hair. What can I do to stop hating herself?

What happens when a child visits a clinical psychologist?

My son is scared to go to the dentist. What can we do?

What stress management tips are there for busy parents juggling jobs and family life?

Can you please answer a list of questions on ADHD medication?

Any tips on getting my child to sleep at night?

How can I help my teen become a good bystander to poor behaviour?

Can you create a resource to help my daughter aspire in sport?

Do you have any packing lists for family holidays?

How should I talk to my primary-age child about sex and relationships?

How can I help my teen be more resilient?

My daughter has a seafood allergy, can we hear from an expert on this?

What should I be feeding my child on sports' day to help their performance?

My child seems in a very dark mood. Should I be worried?