



10 Top Tips for Parents & Educators

RECOGNISING & MANAGING STRESS

With over 60% of children and young people regularly feeling overwhelmed, it's never been more important to support them in managing stress as they head back to school. This week's #WakeUpWednesday guide highlights 10 top tips – from spotting early signs to encouraging healthy sleep patterns – that can make a meaningful difference 💚

Designed for parents and educators alike, the guide outlines how small, everyday actions can help young people feel more in control. It's a valuable resource to keep stress in check and nurture emotional resilience 🙌

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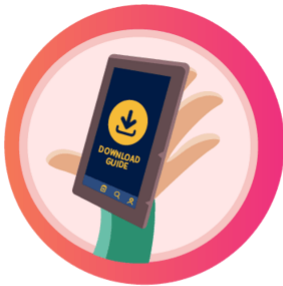




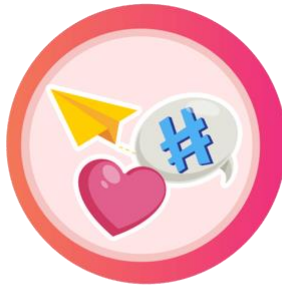
Meet the expert:

Anna Bateman

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



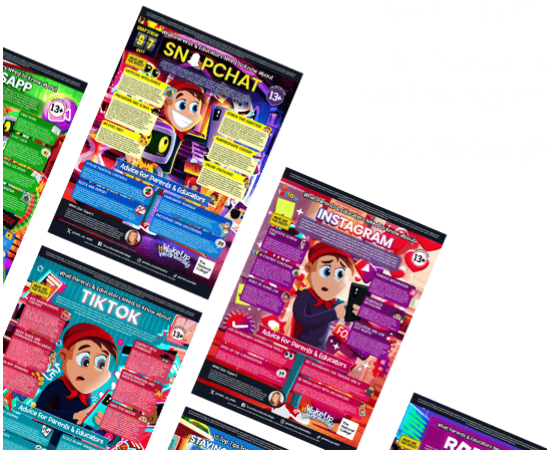
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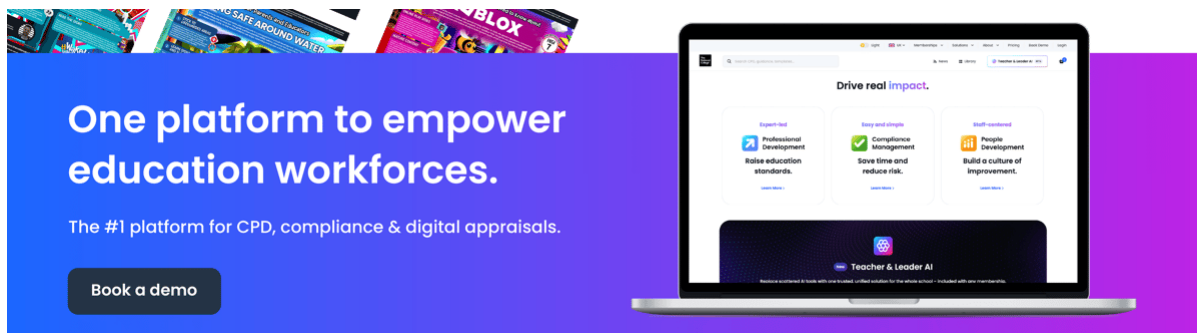
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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

