

Supporting parents and carers, supporting their children



Caring for your 5-11 year olds



# Welcome

to the Brent Parenting Handbook, a guide for mums, dads and carers of 5-11 year olds.

This guide is one of a set of three, covering parenting issues from pregnancy up to 19 years. Read the right guide/s for your family.



Parents and carers from pregnancy up to the age of five



Parents and carers of 11-19 year olds

Being a parent can be the most rewarding experience, but it can also be tough and may be a little daunting at first. Every child is different and at every age we are faced with new challenges and situations to handle. There is no such thing as a perfect parent and we all need a little help and support at times.

We aim to offer practical advice and positive ways to manage some of the challenges you may encounter. You'll find information, warning signs, as well as ideas and tips that can be used to tackle specific issues. There is also information on how to get further support.

We hope you find this guide helpful.

A handwritten signature in black ink that reads "John Christie".

**John Christie**  
Director of Children and Families  
Brent Council

Call Brent Children and Families Information Service (CFIS) on **020 8937 3001** or visit [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)

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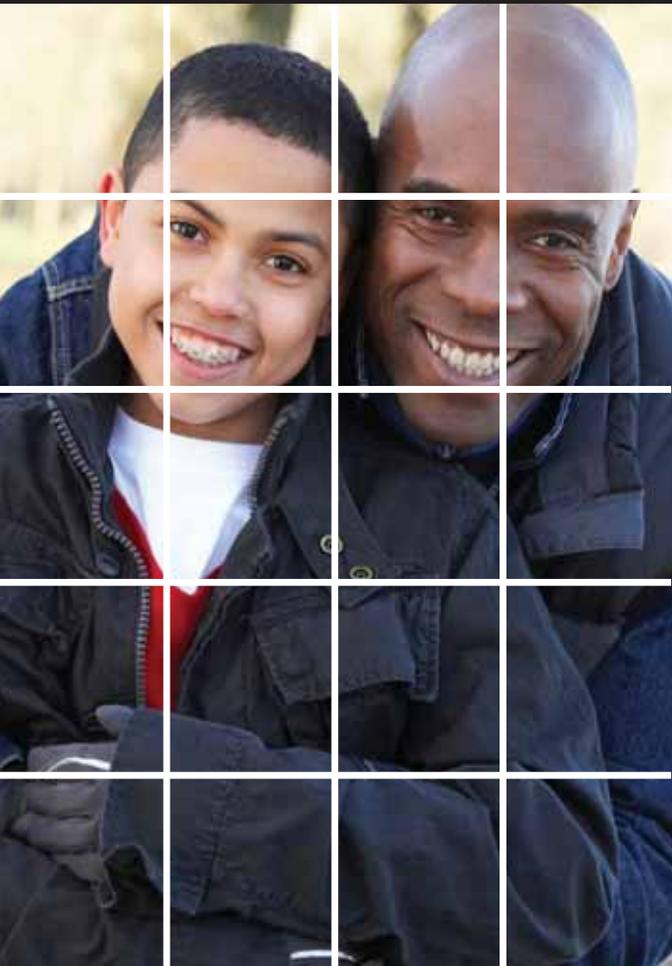
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# All kinds of parents

## What is a family?



// My new partner also has a son, who lives with us now. It's taken a while to get used to the new family set up, but it's great. //

- 🌀 **Your family is unique.**
- 🌀 **Different people handle change in different ways.**
- 🌀 **Children need stability and change can make them feel especially vulnerable.**
- 🌀 **Family change takes time to get used to.**
- 🌀 **Whatever kind of family you have, you're not alone - if you need help, make contact.**

There's no such thing as an 'average' family - every family is different.

### Going it alone

Growing up with one parent can be a good thing, leading to a close relationship. Encourage them to spend time with their other parent if it's safe and possible. Let them know both of you will be part of their lives and that it's okay to love you both.

### Coping with a death in the family

Every child will act differently, some will feel guilty about still living, others will think about death and loss and who else could 'leave' them. Patience and the support of family and friends is key at this time. Support agencies such as Cruse have a helpline to help parents cope and useful advice on their website.

### Young parents

As a young parent, you'll face extra challenges. All parents struggle at times, so don't be embarrassed to ask for support and advice. Your education may have been cut short, but don't give up on plans for the future. Think about your own needs and try to enjoy some of the things that other young people do. Make sure that you have

good, reliable childcare if you leave your child at home.

### New families

In a new relationship, everyone will need time to get used to things. If your new partner has children there could be extra challenges. Change can make us all feel unsafe, so it's important to make sure everyone feels secure. Take things slowly and carefully and try to see things through each other's eyes.

### Grandparents and family

Can give a welcome extra pair of helping hands and are an important link to family history and a sense of belonging. Their experience can be useful. They have lives of their own so don't ask them to do too much. In family breakdowns children may lose touch with much-loved family members.

### Private fostering

If you are caring for someone else's child and you are not a close family member this is known as 'private fostering'. You must inform your local social services of this arrangement, which also provides you with the opportunity to get support.



**WARNING SIGNS**

Changes in the way your child acts may signal that they are feeling insecure. Watch out for feelings of blame or guilt if your relationship with your partner is not working.



**ACTION**

Talk through changes early - children are quick to pick up 'vibes' and may know if you're keeping something from them. Keep talking about the new things that are happening.



**WHAT TO SAY**

A stable family life is important to children, however unusual the make-up of your family. Remind them that they are loved, whatever is happening.



**PREVENTION**

Counselling, mediation and support agencies can help to spot possible problems. Know your rights. Talk to your child's school and find out about parenting programmes.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Parenting roles and responsibilities

## It's your job



// I am aware that they copy me so I need to be careful what I say and do. I want to set a good example. //

- Being a parent is one of the most amazing things we can do in our lives.
- The responsibility that comes with being a parent can be daunting at times.
- There is lots of help available to help you support your child.
- As parents, you are both responsible for your child in every way.
- Your role and responsibilities will change as your child grows.

Being a parent can be one of the most amazing things we can do in our lives and it can also be one of our biggest challenges. Your child will rely on you in many ways and you are responsible for their safety, health, care and actions. As they grow from toddler into child they will develop their own circle of friends. You will notice their independence and interest in the outside world and slowly they will become more independent.

Having a child means a lifelong commitment to someone who will need your care and support. If you are a parent then you are responsible in the eyes of the law for the safety, wellbeing and upbringing of your child. Your children are a reflection of you and your parenting. The most effective parenting tool we have is the example we set as good role models early on. This will help your child grow into a responsible, healthy and happy adult.

You are responsible for their actions as well as for keeping them safe and well. At this time you are also responsible legally for making sure they go to school every day. Support them and take an active interest in their day and go to the school open evenings and events.

Your child will be starting to develop their own interests and hobbies. Show an interest and look out for after-school clubs and sessions held locally where they can develop their skills. Make sure you know they will be safe.

In Brent we offer local parents and carers parenting programmes. Brent's parenting programmes are for any parent who wants to be supported in improving their skills. It gives you the chance to chat and exchange ideas with other parents as well as meeting professionals, who can help and offer advice.



WARNING SIGNS

Having a child can be one of the most amazing things we can do in our lives and it can also be one of our biggest challenges.



ACTION

The most effective parenting tool we have is the example we set as good role models early on. This will help your child grow into a responsible, healthy and happy adult.



WHAT TO SAY

Your child relies on you. Find out more about Brent's parenting programmes. As your child grows they will need different kinds of support.



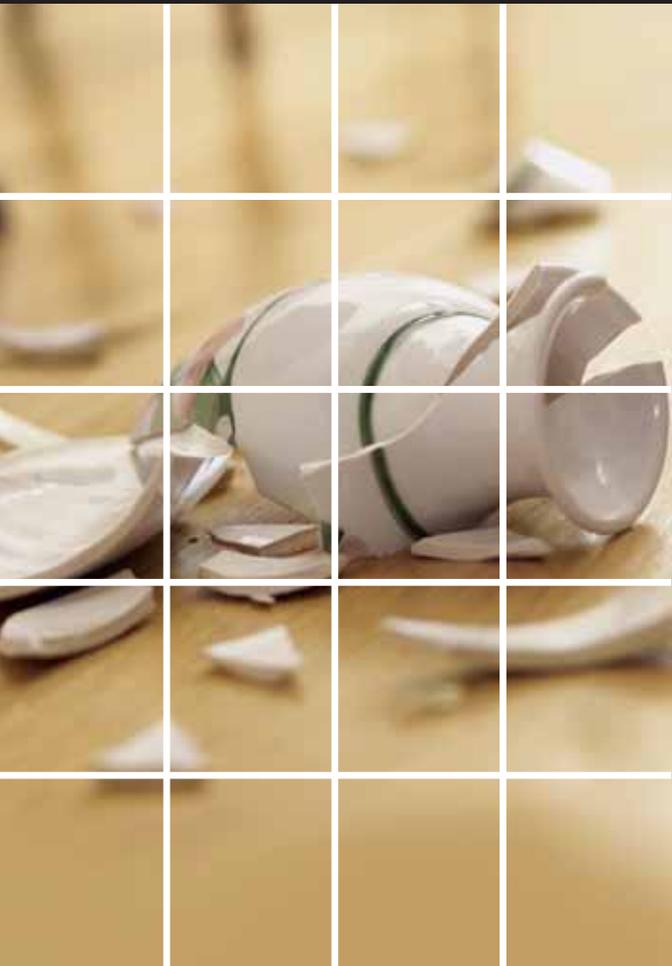
PREVENTION

Don't be too hard on yourself, we all need a bit of help from time to time.



CONTACTS

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# Being a good role model



## Domestic abuse

// He used to shout at me and be aggressive in front of the kids. He's getting help now and home life is so much better for us all. //

- Many children see abuse happening at home.
- Domestic abuse can affect children in serious and long-lasting ways.
- Domestic abuse may be a one-off, but it usually gets worse and more frequent over time.
- Pregnant women are more vulnerable to domestic abuse.
- Children often blame themselves for domestic abuse.

Domestic abuse is a problem affecting many families. It includes threatening behaviour, violence, psychological, sexual, financial or emotional abuse.

Children who see or hear violence can be affected in many different ways. Children do hear, they do see, and they are aware of violence in the family. They will learn how to act from what they see. Violence teaches children negative things about relationships and how to deal with people. It can teach them that violence is the normal way to sort out arguments. They may not trust those close to them. Children can think they are somehow to blame for the violence.

It can be difficult to understand why people stay in or return to violent situations. Fear, love, the risk of homelessness and financial issues can make it very difficult for partners with children to leave and some may just not want to.

### Short-term effects

Children are affected in many ways by domestic abuse, even after a short time. These can include feeling frightened, becoming shy and quiet, bedwetting, running away, becoming aggressive, issues with school, poor concentration and emotional upset.

### Long-term effects

The longer children are around domestic abuse, the worse the effects on them are. These can include a lack of respect for the non-violent parent or being over protective with them. Loss of self-confidence will affect how they form relationships in the future. A child can feel they have lost the ability to be a child.

If you are worried about domestic abuse, talk to someone. You are responsible for the safety of your child. In continuing to live in a violent household you are putting your child and yourself at risk. If you are violent seek help to stop this behaviour.



**WARNING SIGNS**

Any abuse between adults will affect children badly. Seek support and help as soon as possible. The longer it lasts the more damaging abuse is.



**ACTION**

Report your concerns about yourself or someone else to the police. Talk to them about what is happening.



**WHAT TO SAY**

Children need to talk about the feelings they have about violence. They need to know it is not their fault and not normal.



**PREVENTION**

An abusive partner can take responsibility for their actions by seeking help to stop. Make sure that you offer a good role model for children so that they do not think violence is acceptable.



**CONTACTS**

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# Being a good role model



## Drug and alcohol misuse

// I thought my drinking was just the same as anybody else's. I didn't realise for a long time how the kids were being affected. //

- When parents use drink or drugs, it often affects the emotional development and wellbeing of their child.
- The safety of children is put at risk.
- In families where drug and alcohol are used it is common for children and young people to go on to use them.
- Violence at home is often caused by drug and alcohol misuse.

Your behaviour affects your children - whether your answer to a problem or a crisis is to have a drink or take some drugs, things can progress to the stage that you are not taking proper care of your children or protecting them. Their safety could be at risk.

Think about the way you act and what it says. If you or someone at home drinks alcohol or takes drugs remember children learn from what they see and can begin to think that alcohol or drugs are a solution to problems. Often people start using drugs to relieve stress or tension. No matter how careful you think you are, children are often very aware of their parents' behaviour. Both alcohol and drugs can affect your ability to look after your children and have serious effects on them as they grow up. They could also find drugs and try them leading to serious problems. Make sure you keep alcoholic drinks out of reach.

It is important that you talk to your partner or family member who could offer support to you and your children.

Children may not want to talk about it because of the shame around alcohol or drugs or fear about what could happen. There is support available for children to meet with others like them.

If you think you or another adult at home has a problem get advice and support. Drugs are illegal and addictive. Your habit could be affecting the following:

- relationships - has someone spoken to you about their concerns for you?
- your work - have you been late, missed work or performed poorly as a result of substance use?
- your health - are you having difficulty sleeping, feeling unwell or needing to use something to make you feel better?
- you have come into conflict with the law - have you been drinking and driving or arrested for possessing drugs?

These are all signs that you should seek help. All of these things will affect your ability to look after your child and keep them safe.



**WARNING SIGNS**

The use of alcohol or drugs at home may result in changes to the way your child acts. They may misbehave or become secretive.



**ACTION**

Think about your actions - what does your use of alcohol or drugs teach your children? Are you sure that your children are not aware of what you do?



**WHAT TO SAY**

Encourage them to talk to someone who can help them. Make sure they do normal things, like playing with friends.



**PREVENTION**

Think about your use of alcohol or drugs. If you think they may be causing problems for you or your family get more information and seek help and advice.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Help to support you

## Parenting programmes



// I am glad I asked for help. The parenting programme has made me feel more confident as a parent now.



- Parenting programmes give parents the opportunity to share experiences, learn new skills and help build positive relationships.
- If you are finding things difficult help is at hand.
- If you feel you or your child needs extra help, support can be offered to you both.
- Seeking additional advice or support is not a sign you are unable to cope.

Parenting programmes help parents understand their children and how to deal with different situations. There are a wide range of parenting programmes available within Brent depending on your needs.

Parenting programmes we offer are:

### Positive Parenting Programme (Triple P)

This is a parenting programme for parents of children aged up to 11. There are a number of different Triple P courses which aim to help parents improve their relationships with their children, set boundaries and help with how to deal with unacceptable behaviour.

### Incredible Years

This is a programme for parents of children aged up to 12 which helps parents deal with aggression, behaviour problems and social skills.

### Families and Schools Together (FAST)

Aims to help parents to get more involved with their child and other parents. The FAST programme works well with children aged 0-15 years old.

### Strengthening Families, Strengthening Communities

This is a programme for any parent of children aged 3-18 years old. The programme aims to increase parental self-esteem, confidence and achieve positive change in family relationships. The programme aims to reduce behavioural difficulties and help parents build their child's confidence.

Seeking additional advice or support is not a sign you are unable to cope. Every parent needs a little extra help at some point so don't feel that you cannot ask for help. Brent parenting programmes offer lots of different kinds of support and information.



WARNING SIGNS

You feel that you cannot cope, your self-confidence as a parent is low and you are unsure where to go next.



ACTION

Discuss the parenting programme options we have available here in Brent.



WHAT TO SAY

Talk to your partner about getting involved too.



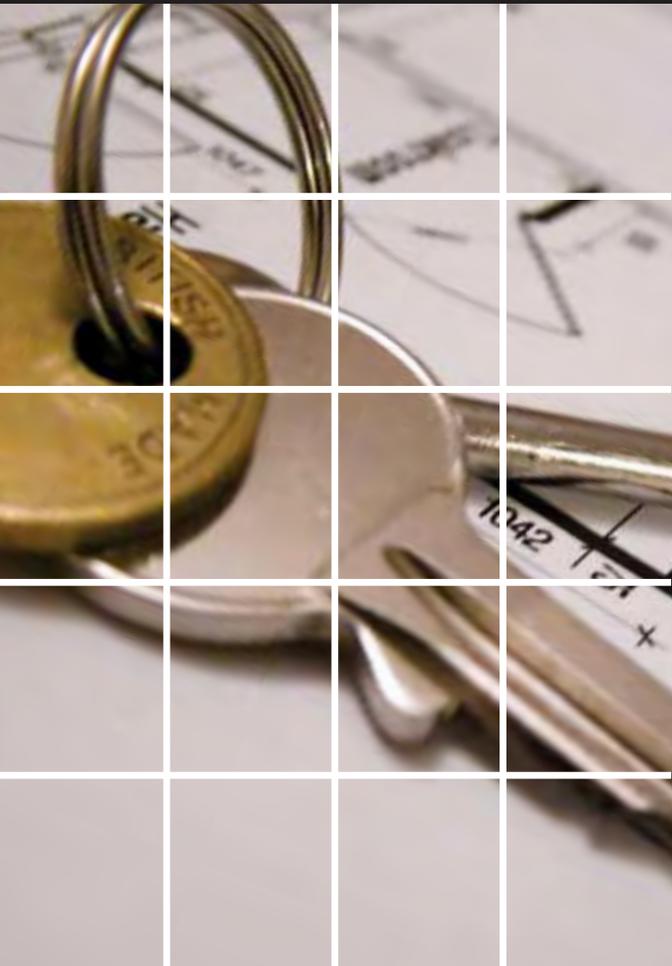
PREVENTION

By doing something at this stage you are helping yourself and helping your child in developing a great relationship.



CONTACTS

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# New to Brent

## A whole new start



// I was really nervous when we first arrived here but my whole family has settled in really quickly and the kids have already made some new friends. //

- There is lots of support and information if you are new to our area.
- Make sure you know where to get the services you need for your family.
- Children from abroad help to enrich the vibrant cultural life of Brent.
- Make sure you register with a local doctor.
- Find out more about the support services available from our children's centres.
- All children must go to school every day from the age of five.

Large numbers of people arrive in Brent from overseas or move into the area from another part of the UK. Brent will help support you. Things will of course seem a bit strange at first but with our help we can work together.

Teams of social workers, health workers, teachers and carers are all ready to offer a whole host of services to welcome you to our borough.

To get the best start, make sure you register with a local doctor and find the best type of childcare or school for your children. Your local children's centre and Brent School Admissions Service will be able to help you. Going to clubs or sessions will help you all make new friends and begin a new enjoyable learning experience. There are lots of parenting courses and training options you could think about, childcare is often available on site.

Try to make new friends yourself, it's not always easy, but once you've made the effort you will be pleased you did.

Join local clubs or learn a new skill - this way you will immediately have something in common with everyone else. You may even wish to become a volunteer, which is a great way to get to know people and add to your work experience. Don't be afraid to ask for help if there's anything you don't understand.

If English is a second language to you do try to use it. There are a number of English courses available which will help you settle into the local community. This will not only help you make friends but will help you in finding a job. It is important that your children are able to understand English to help them settle into the community.

Caring professionals will aim to understand your cultural preferences and overcome any language barriers, to help make you feel confident and settled as soon as possible. Remember you are not alone - there is an entire network of support for you out there.



WARNING SIGNS

You are new to the area and feel alone. You do not know anyone.



ACTION

Make sure you find out about local schools. Do not shut others out - enjoy meeting new people and seeing new places.



WHAT TO SAY

Try to chat to a least one new person everyday.



PREVENTION

Make sure you use the help that is on offer to give you and your family the best new start.



CONTACTS

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Bullying

## The real story



// I knew something was wrong, they always singled her out. I'm so glad she talked to me as together we have sorted it out. //

- Bullying behaviour is **never** acceptable.
- Bullying can take many forms.
- Talk to your child if you think they are being bullied.
- Speak to the school immediately if you have any concerns.
- Children need to know how to protect themselves and get help.
- Encourage them to speak up.
- Your child could be pressurised into doing something they do not want to by friends.

### What is bullying?

Bullying is deliberate, is meant to cause hurt or harm, is repeated and involves an imbalance of power. It can be carried out physically, verbally or in cyberspace - that means by text or email. Bullying is a frightening experience and it can make your child feel alone, damage self-confidence and make them feel they are the only ones this is happening to. Bullying can have bad long-term effects, leading to depression and low self-esteem.

### If your child is being bullied at school:

- listen to them and discuss ideas on how to sort the problem out
- plan what to do next together
- refer to the school anti-bullying policy
- get them to write a bullying report, or write it for them listing all the incidents and take it to the school
- get them to keep a bullying diary
- meet with school to work out a plan
- if you are unhappy with the meeting or the action taken by school to support your child follow the school complaints procedure.

Cyberbullying is a method of bullying and can be through text or email messages. Physical and verbal bullying are more common at this age. Your child could be bullied into doing something they do not want to by friends. Tell them that just because everyone else is doing something (like kissing someone or being horrible to someone) they do not need to follow the crowd. This is called peer pressure.

Look out for unexplained injuries, missing items or money. They may be acting in a secretive way. If your child is being bullied they may not want to bother you about it. You need to know so that you can help this stop. Bullying can happen at home with brothers or sisters. Point out that they should respect one another.

If your child is the 'bully' tell them this is wrong and help support them in stopping. Often children bully because they need help themselves and can be a result of an experience they have had themselves. Try to be understanding.



WARNING SIGNS

Running away, staying away from school, unusual changes in behaviour. Injuries with no explanation. Loss or damage of their things.



ACTION

If they say they are being bullied listen carefully and take this seriously. Talk to the school.



WHAT TO SAY

Tell them to refuse to put up with bullying, walk away, tell someone and avoid fighting. Listen and be there for them. Make sure they know something will be done.



PREVENTION

Talk to them about their school day. Teach them to respect others and to be kind. Teach them that prejudice and bullying is unacceptable.



CONTACTS

• Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Babysitting and childminding



## Who can I leave my child with?

// I'm so lucky I have a good group of trusted babysitters I can call on. I found out about them from other parents who thought they were good. //

- Children rely on their parents for their safety.
- Your child has the right to care which is free from harm.
- Make sure your child gets the best quality care.
- Select your babysitter carefully.
- Avoid leaving your child with someone under 16.
- Make sure your babysitter knows where to contact you in an emergency.

As parents you are responsible for the safety and wellbeing of your children. As a result it is important that you think very carefully about the person you are going to leave them with, whether this is a babysitter, childminder, close relative or a friend.

When you leave your child in the care of someone else you want them to be as well cared for and safe as they are with you. When choosing a temporary carer for your child it is important that you choose someone with the abilities and high standards that you would expect of yourself. This includes someone who will make sure they are well fed, changed, kept safe, given room to play, feel secure and can deal with difficulties which may occur.

Generally a babysitter will come to your home to take care of your child. Make sure you talk to your babysitter before you leave. Let them know when to expect you back and they have contact details in case of emergencies.

Babysitters do not need qualifications or a certificates to look after children

so anyone can advertise their services as a babysitter. The National Society for the Prevention of Cruelty to Children (NSPCC) recommends that the minimum age of a babysitter should be 16. This age limit is linked with the possible action, which could be taken by the police if anything were to go wrong and an injury resulted. It is most likely that you as a parent would be held responsible if anything goes wrong if your babysitter is under 16. A good babysitter will have a good reputation locally and can be recommended.

When choosing a childminder take your time and meet a number of different childminders if you need to. Do not be afraid of asking to see qualifications and certificates. Call in during the day when other children are in their care to see the way they work and make sure you feel comfortable.

Even with family and trusted friends you should establish rules and let them know your childcare routines.



**WARNING SIGNS**

Children will not always be able to explain what is wrong. Note changes in their mood and physical appearance, talk to them. Agree with the babysitter to discuss, from the beginning, all accidents and incidents.



**ACTION**

Use people you trust to care for your child or ask them to recommend someone. Speak to other families who have used the babysitter you are considering.



**WHAT TO SAY**

Tell the babysitter about your rules. Always leave a contact number in case of emergencies.



**PREVENTION**

Make sure you feel completely comfortable about your babysitter before you leave your child in their care.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Child protection

## Myths and realities



// Social work has changed a lot. We work more in partnership with families where there are concerns to make sure they get support before things reach a crisis.



- Parents are responsible for their children's safety.
- Family services become involved once concern is shared.
- Young people are best cared for by their own families.
- Professionals want to work in partnership with families to reduce the risk of harm.
- The Local Safeguarding Children Board (LSCB) promotes the welfare of children.

When harm happens to young people families also need support. Social workers and other professionals get involved when parents may be unable to protect their child from harm and need some help. In some cases the police child protection unit will investigate with social workers to help protect children and decide whether an offence has been committed.

There have been negative reports in the media about social workers and what happens when concerns about child abuse are reported.

### Child abuse can be recognised, prevented or stopped

A young person can clearly tell you what has happened. A careful assessment is needed and what support and protection will best help them. A social worker will ask questions about the family circumstances, consider the frequency and the seriousness of the incident and the affects. All of these factors will

help to decide what should happen next. Social workers and the police have a duty to investigate concerns of child abuse.

### Professionals are not solely responsible for protecting children

Traditionally, social workers have been expected to make sure that children are safe. In order to do this well, they rely on information from parents, family, other professionals and the local community who all play an important part in identifying concerns. This helps to ensure support is offered before the situation becomes far worse.

### Removing a young person from home is not the main aim of social work enquiries and rarely happens

Social workers can only remove children from home with a court order, having demonstrated that there is serious and immediate risk. In emergency situations, the police have the power to remove a child for 72 hours.



WARNING SIGNS

Social workers will get involved when they believe that physical injury, neglect, sexual or emotional abuse has occurred or is likely to occur.



ACTION

Make sure you know what child abuse is and contact the police or social services if you think this is happening. A social worker will meet you if abuse is reported.



WHAT TO SAY

If you are worried about your own or someone else's child, seek advice about what practical and emotional support is available.



PREVENTION

It is important they know what to do when they feel unsafe. Do they know who to talk to and how to get a safe place or person? If you are worried, seek help early.



CONTACTS

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# E-safety

## New technology, old problem



// He's eight, the same age as me. I haven't met him but we chat on the internet all the time. He's really funny. He wants to meet up tomorrow to play football. I can't wait to see what he's like.



- The internet can be fun and is useful.
- Have family internet rules to encourage safer use.
- Paedophiles have been quick to use the internet to approach children.
- It is important that parents understand the internet.
- Children can be bullied online and by text.

The internet is a fantastic way for children to find information, help them learn and keep in contact with friends or meet new ones.

### Keep it safe

Keep an eye on what's going on by keeping the computer in a family room, rather than in a bedroom. Learn how to use a computer, access internet sites and try out a chatroom for yourself so you understand what can happen. Child Exploitation and Online Protection Centre (CEOP) is an organisation which has been set up to help  stop internet exploitation.

### Social networking

The minimum age for most networking sites is 13. Follow the terms and conditions by not allowing children under this age to have access to networking sites due to the inappropriate content on them. This includes registered offenders, sexual images, and abusive messages, which are open access for most. Setting privacy settings is not enough.

There are parental control settings on

computers, mobile phones, and gaming consoles like PSP, Nintendo DS and the Wii. This can be done by visiting the 'My account' or 'Settings' option on most consoles. Parental controls can prevent strangers from contacting children playing video games, on social networks and while on msn, they can prevent children from accessing inappropriate sites, or they can monitor the use and time limits while you are away from the computer.

### Set ground rules

- limit time spent on the internet
- talk about age appropriate websites
- tell them to never give out contact details or post photos of themselves on the internet
- they should always let you know if someone is asking questions or wanting details they don't feel happy about giving
- ensure social networking profiles are set to private so only friends can view.

Make sure your child understands why there needs to be rules. Because they can't see or hear the people they chat to, they may not be who they seem.



WARNING SIGNS

Secrecy when using the internet, changes in behaviour, and unusual sexual questions.



ACTION

Set up internet use rules and stick to them. Learn about the Internet and how to use it so you can understand what your child is viewing and if it is suitable.



WHAT TO SAY

Discuss the dangers of using the internet and unsuitable websites. Make sure personal information is not passed on to anyone else. If they are worried they must tell you.



PREVENTION

Keep the computer in a family room, with the monitor facing outwards. Discuss which websites your child visits and make them aware of dangers.



CONTACTS

- Brent Children and Families Information Service (CFIS) on 020 8937 3001
- [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)
- [www.brentiscb.org.uk](http://www.brentiscb.org.uk)



# Safety outside the home

## Are your children safe?



// I allow her out to play with her friends but we always agree on a time for her to be home. //

- Remember other homes are not always child-friendly.
- Always check a garden is safe and secure before letting your child play.
- Keep your child close when shopping.
- Children under eight should not be allowed out alone.
- Lead by example when using the road.
- Most accidents are preventable.

Some experts say there is no such thing as an accident and, according to The Royal Society for the Prevention of Accidents (RoSPA), most accidents that happen to young children, such as injuries from falls or drowning, could be avoided with adequate supervision.

If you are visiting friends or relatives, keep a closer eye than usual on your child as their house may not be as child-friendly as yours. Look out for dangerous areas, such as knives sitting on counter tops, drugs such as painkillers left within reach, or open windows. Check that the garden is secure and there is no access to ponds or pools.

Keep your child away from roads and help them to understand the dangers of going near them alone. It's important to always be aware of where your child is when you are out. When shopping, always make sure your child stays close to you - it is easy for them to get lost in a shopping centre or large supermarket. Supervise playground activities - ensure

the playground equipment is suitable for your child's age group, to prevent injury.

In the car, make sure your child is in an age-appropriate car seat and the seatbelt is secure. You should also check that the car seat is strapped in properly - many road accident injuries occur due to wrongly strapped seats, which do not restrain the child adequately on impact.

It can be difficult finding the balance between giving your child enough freedom to gain confidence and making sure they are safe. Children under eight should not be allowed out alone. Teach your child road safety from a young age, so it is habit for them to check for cars before crossing a road. Older children may be trusted to go out for short periods by themselves, but always agree a time for them to return or to phone you. Remind them never to go off with someone they don't know, whatever convincing story they may have.



**WARNING SIGNS**

When you are out you may be distracted and not see the signs that your child is at risk of injury. Your child is your responsibility. Keep a close eye on them.



**ACTION**

When visiting other people, or if you are out, look out for danger areas, such as low walls or broken glass. Always keep your child close to you when shopping.



**WHAT TO SAY**

Remind your child, whatever their age, to look before crossing a road. Set a good example. Ask them to take sensible precautions if they are old enough to be out by themselves.



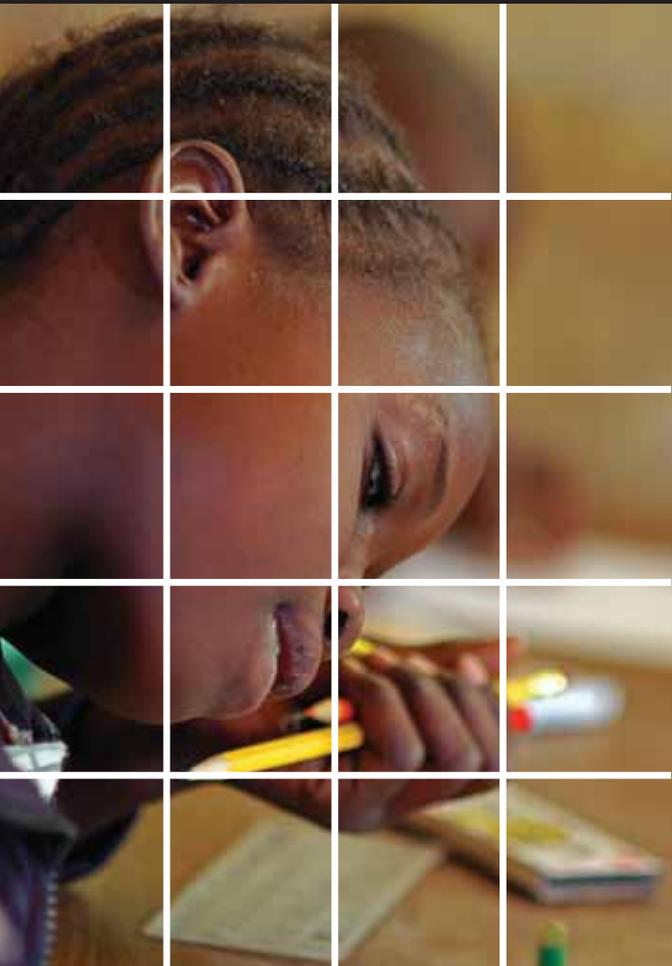
**PREVENTION**

Most accidents involving children are preventable with adequate care and attention. Never leave a small child unsupervised and keep a close eye on them at all times.



**CONTACTS**

• Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Achieving at school

## A lifelong experience



// I didn't do especially well at school, I want my kids to make the most of it. I try to spend time talking about her day and I've even enrolled for an IT course myself.



- All schools must meet national standards set down by the Government.
- Having a good education will help to give your child the best possible start in life.
- Children learn all the time, not just at school.
- Play is a great way to learn.
- Give children lots of praise and encouragement.
- We have some great schools here in Brent.

Brent Council's admissions department coordinates admissions to schools.

### Primary years

You need to return admissions forms promptly. It is very important that you choose a school place as early as possible, so it is more likely that you get the place you want. There are lots of good primary schools here in Brent so do not worry if you do not get your first choice.

### Secondary schools

You will need to apply for a secondary school a year in advance. When choosing a secondary school it's important to consider your child's needs and interests.

### Exclusions

A child who gets into serious trouble at school can be excluded for a fixed period of time.

### Schools can exclude a child if:

They have seriously broken school rules and allowing them to stay in school would seriously harm their education or welfare and that of other pupils. There are two types of exclusion:

#### Fixed period exclusions

- the headteacher can exclude a child

- your child can't be given fixed period (non-permanent) exclusions which total more than 45 school days in any one school year
- if your child is excluded for longer than one school day, the school should set work for them and mark it.

### Permanent exclusions

A school will usually only permanently exclude a child as a last resort. There are exceptional circumstances in which a headteacher may decide to permanently exclude a pupil for a 'one-off' very serious offence.

### Attendance

You are legally responsible for making sure your child goes to school every day. If your child cannot attend school for any reason you should contact the school straight away. The Education Welfare Service is there to check attendance.

### Home education

Parents can choose to educate their children at home. The local authority will need to be satisfied that a child is getting suitable education at home, and may ask to meet you, and to look at examples of work.



**WARNING SIGNS**

There may be none; sometimes children are not always able to tell you they are having difficulties at school. Are you sure they are going every day?



**ACTION**

If you have any worries or concerns about your child and their education you need to discuss this with your child's teacher or the headteacher.



**WHAT TO SAY**

Support your child and let them know how important education, is. Make them feel good about learning.



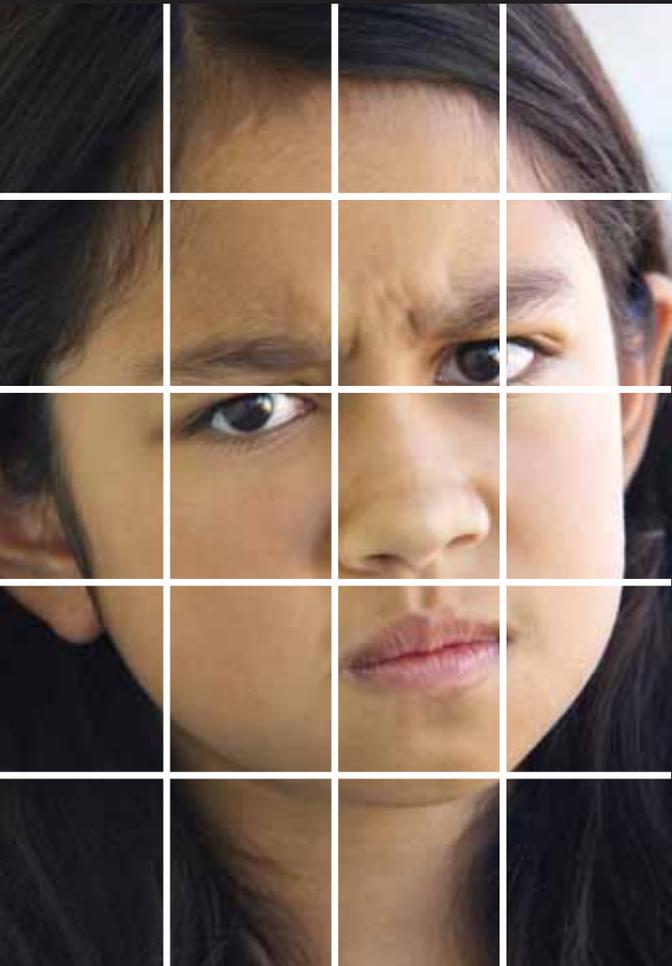
**PREVENTION**

Make sure your child goes to school every day, on time and keeps to the school's rules. Talk to your child and their teacher and let them know who they can talk to if they are having difficulties.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Encouraging good behaviour

## Positive parenting



// Things had become a bit difficult and we didn't seem as close anymore. Now she seems to trust me and I take the time to listen. //

- Use positive feedback to build up self-esteem and confidence.
- Communication is the key to good family relationships.
- Children value being listened to, having their opinions asked and their thoughts and feelings recognised.
- Do things together you both enjoy.
- A good home life and taking an interest in them will help them in every area of their life.

Learning to listen and talk to your child can make all the difference to your relationship and their behaviour. It is important to understand their feelings and then work with them on dealing with situations. When you build an emotional closeness with your child, you will find you have much greater influence in your child's thoughts and decisions. They will begin to respect your views and opinions.

Use attention and praise in the right way. Not only will this have a positive effect on their behaviour, it will also make them feel happy, loved and secure. This is the basis of lifelong confidence and positive self-esteem.

Children gradually learn to make their own decisions with support and slowly establish some independence. Be friendly and supportive and remind them that you were a child once and that you are always willing to listen. Children are happier when they have rules and boundaries to follow. Set rules, be firm and consistent. Let your

children know what will happen if rules are broken. These must be realistic and match the nature of what they have done wrong. For example, you could ask your child to work around the house to earn the money to replace something they have broken.

Remember to give them the practical information they need about physical and emotional changes and reassure them that their development is perfectly normal. Remember you are an important source of information and advice and a role model for your child. Changes in their body and the onset of puberty can cause mood swings and difficult behaviour. This is normal.

If you feel you need support and advice in managing your child's behaviour look at the parenting programmes we offer. These parenting programmes are a good idea because they'll give you more confidence as a parent and help you manage challenging behaviour in an effective way.



**WARNING SIGNS**

There may be none. Have you noticed any changes in how they act? Is your child trying to tell you something?



**ACTION**

Be involved and develop a good relationship with your child before they reach their teens. What you say and how you act can influence their behaviour as they grow up.



**WHAT TO SAY**

Let them know you are always there for them. Talk about their behaviour, why they are doing it and what action can be taken to stop it.



**PREVENTION**

Keeping an open relationship, talking will help. Positive parenting shows young people are less likely to get into trouble.



**CONTACTS**

• Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Healthy lifestyles

## Looking after their health



// I encourage my children to be as active as possible. We do a lot of activities as a family which is good for my health too. //

- Balance is the key to a healthy lifestyle.
- If you eat more calories than your body burns, you will put on weight.
- Stop smoking and protect your children from secondhand smoke.
- Make sure your child gets plenty of sleep and exercise.
- Obesity (being very overweight) is becoming more common in children.

### What they eat

Make sure your child eats a good variety of foods in sensible amounts - balance is the key. Make meal times fun and make time to sit down to eat and to enjoy food together as a family. Setting a good example is one of the best ways of encouraging healthy eating habits early in life.

### Exercise

Food is used in our bodies to create energy. If we don't use it we get fat. Encourage your children to be as active as possible. You and your child can get plenty of exercise just by walking to the shops or to school. Playing sports with your child is another great way to keep fit.

### Sleep

As a parent you know that lack of sleep can affect your mood and ability to function at work or as a parent. The same is true of children. Lack of sleep can impact on your child's behaviour and achievement at school.

### Smoking

If you smoke you should protect your child from secondhand smoke. This will reduce the risk of them becoming ill. Contact your doctor or local free stop smoking service who can help you kick this damaging habit for good.

### Teeth

Look after your child's teeth and take them to visit the dentist regularly. Make sure your child brushes their teeth twice a day with a fluoride toothpaste. Children are especially at risk from tooth decay because of the sugary things they eat. If your child has problems with their teeth, take them to the dentist, this will help to prevent serious problems in the future.



WARNING SIGNS

A healthy person should eat a balanced diet, be active, sleep well, have sufficient energy and generally feel that they enjoy life. If this isn't you and your family, perhaps some basic improvements could make a difference.



ACTION

Ask your school nurse or doctor for diet, exercise and general advice on a healthy lifestyle. Make sure your child eats a healthy balanced diet. Take your child to the dentist regularly. Give up smoking.



WHAT TO SAY

Remind yourself that you can change your general state of health. Ask your family and friends for support in your decisions to change.



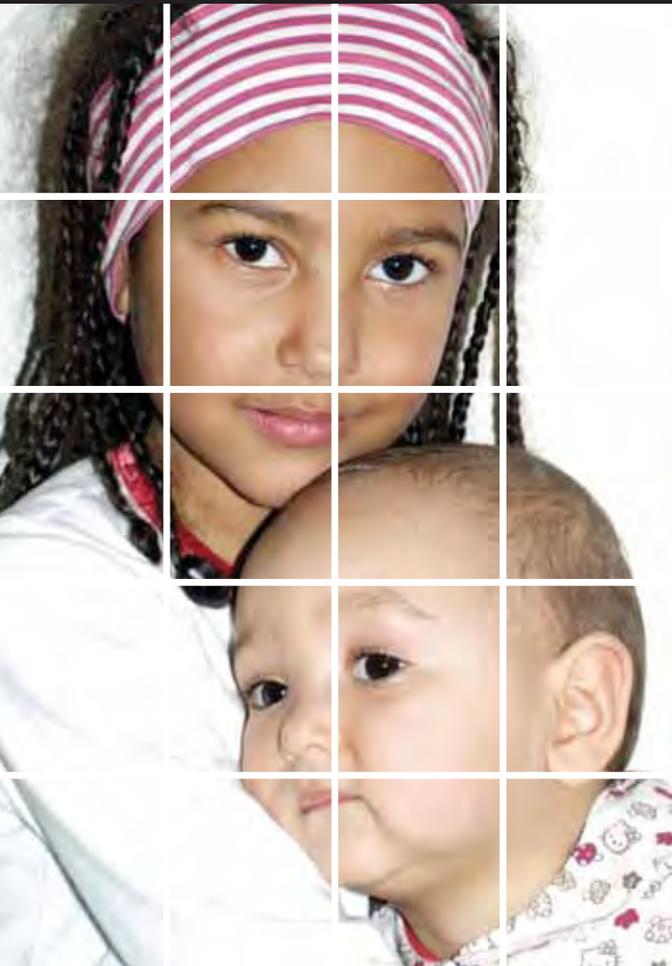
PREVENTION

Too much saturated fat, salt and sugar are bad for the body. Prevent ill health by balancing your lifestyle. Stop smoking.



CONTACTS

• Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Young carers

## Too busy to be a child



// She didn't say anything, but I could tell that having to look after me and her sister was having an affect on Emma. I made a few phone calls and found out that more help was available.



- **Young carers are protected by the Children Act 1989, Carers (Recognition and Services Act) 1995 and Carers and Disabled Children Act 2000.**
- **Your Local council is there to help and will act once concern is raised.**
- **There are many types of support to help you and your child cope with their caring.**
- **You care about your young carer. So make contact with support groups and organisations that are there to help.**

Many people need special care in their homes. They may be ill, disabled or elderly, or they may have drug or alcohol problems. Care from a member of the family can be a help. When the carer is a child it is very important to make sure that they are getting everything they need too.

If your child has any caring role, for yourself or another member of the family, it is very important that they do not suffer because of their caring. Most importantly, tell your Children and Families Services about this. You don't have to cope alone, they can help you and your child get the support and advice you both need.

### Education

You will want your child to do well at school. Many young carers achieve good results, but research has shown that caring can have a bad effect on a child's education. They can be tired at school or miss days in order to care for an adult at home. To help stop this, it is important that your child's school is

told about their caring role. This way the school can give your child extra help if needed and will understand and support them.

### Health

Sometimes young carers can be so busy looking after others, and parents can be so unwell that the carers health can be forgotten and they can become ill, stressed or depressed. The best way to avoid this is to get help from your doctor. Let them know all about what is happening so that they can give the help and advice that both you and your child need.

### Extra support

Brent Council can give extra support to carers. This can include special breaks for carers and extra support services for particular needs. There are also many local and national organisations set up to help young carers and their parents. So make contact.



**WARNING SIGNS**

Look out for signs that your child may be struggling with their caring role. It is very important that you talk and listen to your child so you can take action to help them cope.



**ACTION**

Get as much information as you can and find out what services, support, benefits and advice are available - you're not alone.



**WHAT TO SAY**

Make sure your Children and Families Services and your doctor know about what is happening and keep them up to date if things change.



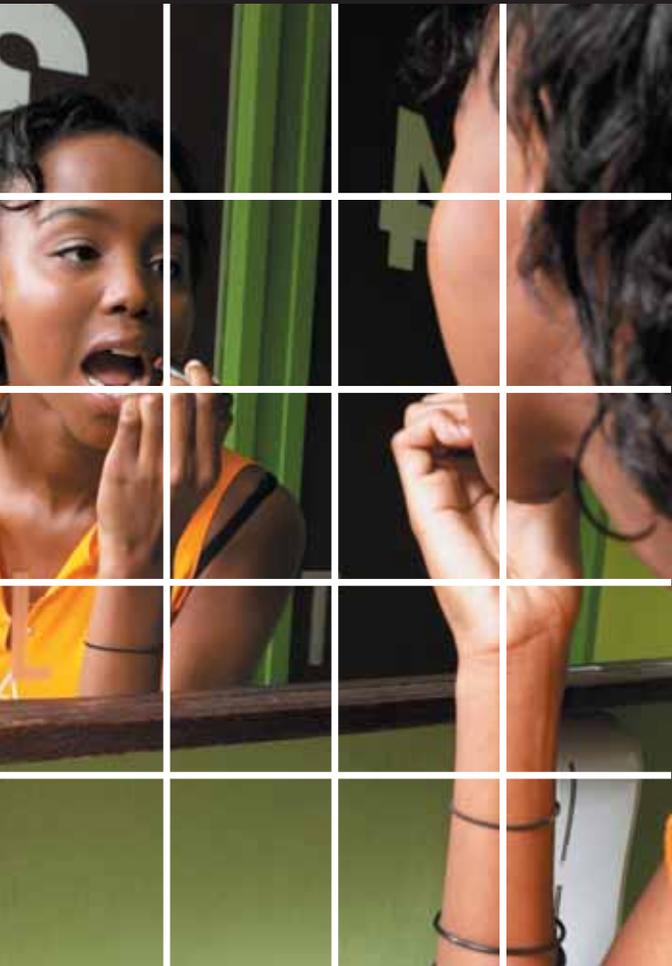
**PREVENTION**

Being a young carer could have a bad effect on your child's health, education and wellbeing. You can help stop this by making sure that they get the best support and advice available.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Growing up

## Changing times



// She is growing up fast. I'm pleased we have a good relationship and she knows she can talk to me about anything. //

- ▶ **Listening is the key to a good relationship.**
- ▶ **Growing up can be frightening for young people so make sure they have the information they need.**
- ▶ **Puberty generally happens earlier for girls than boys. It can happen gradually or over a short space of time.**
- ▶ **Hormones set off physical changes, mood swings and changes in feelings.**
- ▶ **Pressure from other friends to act in a certain way can be powerful.**

As your child begins to grow up you have an important role in helping them understand the changes that they will be going through. This is called puberty. Growing up can be a challenging time for all and a bit of love and understanding goes a long way. Let them know you are always there for them.

Boys' bodies can start to change from around the age of ten with sexual development soon after. This will include a deepening voice, developing muscles, hair growth, more active sweat glands and growing quickly. Boys also begin to have 'wet dreams' when they sleep. They may be embarrassed about this so agree to have a laundry basket in their room.

Puberty in girls can begin from around nine years old. They may have started having periods, talk to them about this and make sure you have sanitary towels ready at home. They may also begin thinking about sex and relationships. At this time they will become more attractive to boys, you

need to make sure they do not find themselves in difficult situations (e.g. sleepovers). If they invite boys home make sure you are always around.

Discussing matters such as friendships, relationships and love are important. This way, you know the information your child gets will be fact and not based on what they have picked up from their friends. Be open-minded and do not judge your child, so they feel they can trust you and turn to you when they need help and support.

Friendships are very important to children and young people. Having a close friend or group of friends and belonging to a group helps them feel good about themselves, learn to deal with people, and develop their own identity. This also helps them learn about the values and ideas of others.

Support your child by letting them know they can talk to you. You can teach your child to trust their own feelings and values, building up an emotional strength that will help them as they get older.



**WARNING SIGNS**

Signs can include, mood swings, arguments, talking back, an 'over-the-top' interest in hygiene are all quite normal. As well as coping with emotional changes your child will also have to deal with physical changes.



**ACTION**

Listening and talking to your child will help you understand what they are going through.



**WHAT TO SAY**

Talk things through rather than arguing. You will probably have to answer lots of questions about puberty. Don't be embarrassed and be well prepared with simple facts.



**PREVENTION**

Remember you are the adult. Avoid having temper tantrums yourself. The more information your child has the better they will be able to cope with the changes that come with puberty.



**CONTACTS**

• Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Separation and divorce

## It's not their fault



// It was very hard to keep thinking about my daughter's needs when we separated. All I wanted to do was curl up in a ball and cry. I wish I'd talked to her more at the time, as I know she found it really difficult. //

- Separation can be as upsetting for your children as it is for you.
- Talking helps them understand what will be happening in their lives.
- Let them know you will both still be there for them.
- Try not to talk your child into taking sides.

When a relationship breaks down it is hard for the whole family. While you may think it is kinder to try and protect your children from the details, the truth is that the more they understand what is going on, the easier they will find it to cope.

If possible, have both parents there when you explain what's going to happen and why. Try not to fight in front of them and make clear that even though you will be living apart you will both be there for them whenever they need you. They may have mixed feelings during this time including feeling hurt, confused and unloved. You both need to be patient and understanding of their needs as well as your own.

Children often think that their parents breaking up is somehow their fault and that they've done something wrong. They may also feel that if they do things differently in the future you may get back together. They need to understand that what's happened is not their fault.

While most children want contact with both their parents, a child can view what's happened differently and may blame one of you for the break-up. You may find your child taking the side of one parent. Hopefully, this will pass and by explaining the facts, a good relationship can be kept with both parents.

### Learning to listen

Talk to your children and listen to what they have to say. How you handle the break-up is important for their wellbeing. Try to get them to talk about their feelings and involve them in making choices about the future. As well as feeling like they are losing a parent in some way, they may also be worried that they will have to move house or change schools, so tell them about what may need to happen. Talk to your children about who they will live with, where and what other changes may happen to help them deal with their own feelings.



WARNING SIGNS

Saying bad things or fighting with your partner in front of your children is only going to hurt them. Try to keep calm when talking about what's going to happen as how you handle things will have a big impact on their future.



ACTION

Tell your children about what's happening and how it will affect their lives. Show them that their wellbeing is important to you both by listening to their feelings and wishes.



WHAT TO SAY

Children often think the break-up of their parents is somehow their fault. Explain that it is nothing to do with things your child may have said or done. Always give them a chance to talk about their feelings and worries.



PREVENTION

Talk to them so they understand why you are breaking up and how this will affect their lives. Let them know that both of you will do what you can to keep their lives as normal as possible.



CONTACTS

• Brent Children and Families Information Service (CFIS) on 020 8937 3001  
[www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Stress and anxiety

## Helping them cope



// When my son fell out with his friends at school recently he got very upset and anxious. At first, I wondered what all the fuss was about but then I realised how important friends can be at his age. //

- Children can feel stressed for many reasons.
- Being bullied at school and parents divorcing are two of the most common.
- Sometimes parents don't realise they are putting too much pressure on their child to do well at school.
- Exercise is a great way to reduce stress.
- Children can pick up on parents stress.

Sometimes children get stressed and anxious and there may be many reasons why this can happen:

- they are being bullied at school. Feeling in danger every day can greatly affect a child's state of mind
- they are not getting on well with their friends. It's natural to want to fit in and falling out with friends can seem like a really important thing to a child
- they are anxious about moving, starting a new school or going back to school after the holidays
- a family member, friend or pet has died. Sometimes children can blame themselves for these things even if they have nothing to do with it.

Another reason that children feel anxious is if their parents split up or fight. When they see their parents arguing it can affect a child's sense of security and can make them feel very alone and frightened. It is worse when parents make their children choose sides or say hurtful comments about the other parent in front of the child.

Some children worry about schoolwork, tests or exams. It's normal to want to see your child do well, but some parents may not realise that they are putting too much pressure on their child to do well. Remember to be realistic about your child's abilities and encourage them to do their best.

Think about what you say - a passing comment you didn't really mean can be blown out of all proportion. Sometimes, children overhear parents talking about money worries or problems they are having at work and they start to feel anxious about these things themselves. It can be easy to pass on your own anxiety.

You will probably be able to help your child when they feel stressed. If their anxiety goes on for longer than a month, or if it greatly affects how they are at home or their behaviour at school, you might want to speak to their teacher or ask your health visitor, school nurse or doctor for help.



**WARNING SIGNS**

Mood swings, trouble sleeping, nightmares, bedwetting, trouble doing schoolwork, stomach aches, headaches, preferring to spend time alone, overreacting to minor problems.



**ACTION**

Make sure your child gets enough sleep and a healthy diet. Exercise can reduce stress, so encourage your child to exercise.



**WHAT TO SAY**

Talk to your child about what is causing their stress. Tell them it is normal to feel stressed now and again, but it is also good to know how to relax and make yourself feel better when they're upset.



**PREVENTION**

Make time for your child every day so they know they can talk to you if they are worried. Look ahead to when your child may be stressed e.g. before tests, and talk about it.



**CONTACTS**

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Moving school

## Coping with change



// We visited his new secondary school and some of his friends from primary are going there too. They are all so excited. //

- **Moving from primary school to secondary school will be a big change for your child.**
- **Start thinking about which secondary school you'd like them to go to well in advance.**
- **Find out as much as you can about their new school.**
- **It can sometimes be a difficult time for parents too.**

Moving school at any time can be scary but exciting, too, so give your child lots of support to make it easier for them. Make sure they know what's happening and make your decisions together.

Some children can feel anxious and insecure about the big changes and fear they will miss friends and routines at primary school. Visiting the school with your child to meet their teachers before they start can help. Find out who else is going to their new school.

There are lots of things that your child will need when they start at secondary school, so try to be prepared - think about their uniform (if they wear one), a bag for their books, sports kit, stationery and equipment.

During the autumn term of year six, you will receive a booklet to guide you through the process and there will be forms to complete. If you need additional help, Choice Advisers can guide and support.

As a parent, you might worry how your child is going to cope with new friends and new subjects to learn, or how they'll deal with the pressures of being a teenager. While you probably feel excited for them, maybe you also feel a little sad that your child is growing up and doesn't need you so much any more. It's natural to feel like this sometimes. Try not to let them see this. Be positive about the exciting change they're about to go through.

Talk with your child about bullying and some ways of dealing with difficult situations. Let them know you will listen if they want to talk about it and also help them to talk with school staff if necessary.

If your child feels nervous, talk about how you felt when you changed schools. Explain that it's natural to feel like this and that everyone in their new year group is in the same situation. Remind them that there will be lots of opportunities to make new friends.

Saying they feel too ill to go to school, refusing to get out of bed in the mornings, these feelings are all quite normal.



**WARNING SIGNS**



**ACTION**



**WHAT TO SAY**



**PREVENTION**



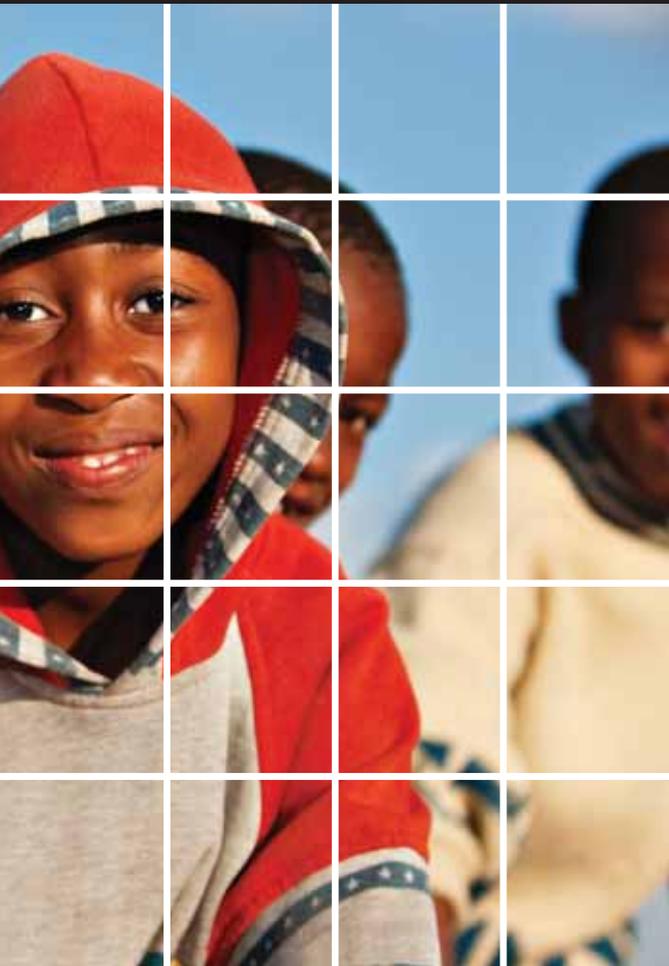
**CONTACTS**

Start thinking about which secondary school you and your child would like to register with well in advance. Arrange visits to the local schools and find out as much as possible.

If your child feels nervous, talk about how you felt when you changed schools. Explain that it's natural to feel like this and that everyone in their new year group is in the same situation.

When your child starts secondary school, it's a big change for them. They're used to being the oldest in their school - soon they'll be the youngest. Talk to your child about what will happen.

- Brent Children and Families Information Service (CFIS) on 020 8937 3001 [www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)



# Help to support you

## Types of services



There are many services that are available for parents provided by a number of people such as the council, health services and the voluntary and community sectors. This section should help give you an idea on what is available. All this information is available on the council's website. Visit [www.brent.gov.uk/childcare](http://www.brent.gov.uk/childcare)

### Families Information Services

Local authorities are under a duty to provide mothers, fathers and other carers with accessible information about the services, support and advice available to help them support their children up to their 20th birthday. This is being delivered through the Families Information Service, which acts as a central information point with links to NHS provision, children's centres, Jobcentre Plus, schools, youth clubs, libraries and other facilities.

### Health services

The Healthy Child Programme offers every family a programme of screening tests, immunisations, developmental reviews, and information and guidance to support parenting and healthy choices - all services

that children and families need to receive if they are to achieve their optimum health and wellbeing.

The Healthy Child Programme, led by health visitors, is increasingly being delivered through services that bring together children's centre staff, GPs, midwives, community nurses and others. Children's centres are a way of delivering community based services and will help:

- support mothers and fathers to provide sensitive and attuned parenting, in particular during the first months and years of life
- ensure that contact with the family routinely involves and supports fathers, including non-resident fathers
- support the transition to parenthood, especially for first - time mothers and fathers
- support parenting using programmes and practitioners who are trained
- supporting parents through providing timely and accurate parenting information.

### Early learning and childcare

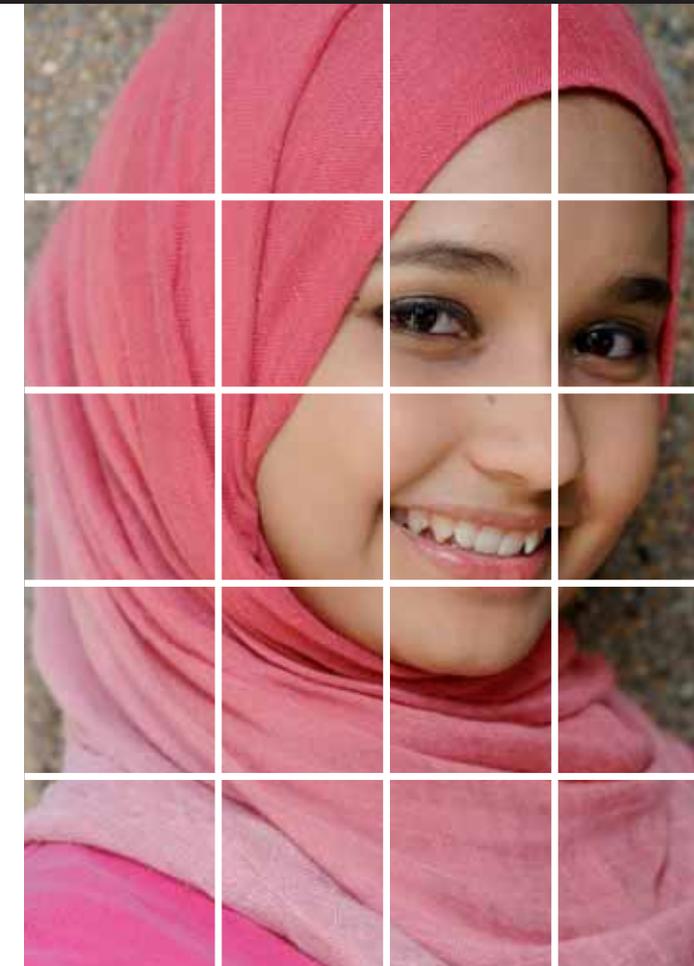
Early years and childcare providers have a critical role in supporting parents and families through the delivery of high quality early learning and childcare in supporting parents to understand the benefit of the early home learning environment. They can often help parents to access other help that they might need if they have additional needs.

### Schools

Every parent should know that they will be supported and encouraged to play their essential role in their child's education. Schools play a crucial role in identifying needs of families and ensuring these are addressed as well as providing or facilitating service delivery directly such as extended services. Extended services promotes the aim of every school providing access to a full core offer of before and after school activities; for primary schools, childcare from 8am to 6pm, 48 weeks a year, delivered on the schools site or through other local providers; swift and easy access to specialist services; community use of facilities; and parenting and family support. To meet the parenting support as part of the extended services offer, schools should provide:

- information sessions for parents of pupils joining reception and on transfer to secondary school
- information about nationally and locally available services and sources of advice and support
- access to parenting groups using structured evidence based parenting programmes, as well as more information opportunities for parents to be involved with the school and each other
- family learning sessions to allow children to learn with their parents.

Parent Support Advisers (PSAs) work with families in and around schools, and with a broad range of organisations that provide support to parents and families and can help to deliver the extended services full core offer. The PSAs role is to work with parents in a school context to support their children's learning; help improve behaviour and attendance and overcome barriers to learning; provide targeted preventative support and early intervention; and increase the numbers of parents involved in their child's education.



# Useful national **Contacts**

**Advisory Centre for Education (ACE)**

0808 800 5793  
[www.ace-ed.org.uk](http://www.ace-ed.org.uk)

**Barnardo's**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

**Beating Eating Disorders**

0845 634 1414  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

**Child Accident Prevention Trust (CAPT)**

020 7608 3828  
[www.capt.org.uk](http://www.capt.org.uk)

**ChildLine**

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Contact a Family**

0808 808 3555  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

**Cry-sis Helpline**

08451 228 669  
[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

**Cruse Bereavement Care**

0844 477 9400  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

**Dad Talk**

[www.dadtalk.co.uk](http://www.dadtalk.co.uk)

**DrugScope**

020 7520 7550  
[www.drugscope.org.uk](http://www.drugscope.org.uk)

**Families Anonymous**

0845 1200 660  
[www.famanon.org.uk](http://www.famanon.org.uk)

**Family Information Direct**

[www.dcsf.gov.uk/familyinformationdirect](http://www.dcsf.gov.uk/familyinformationdirect)

**Family Planning Association**

0845 122 8690  
[www.fpa.org.uk](http://www.fpa.org.uk)

**Family Rights Group**

0808 801 0366  
[www.frg.org.uk](http://www.frg.org.uk)

**Kidscape**

08451 205 204  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Meet A Mum Association (MAMA)**

0845 120 3746  
[www.mama.co.uk](http://www.mama.co.uk)

**National Domestic Violence Helpline**

0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
<http://refuge.org.uk>

**National Childminding Association (NCMA)**

0845 880 0044  
[www.ncma.org.uk](http://www.ncma.org.uk)

**NHS Direct**

0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**NSPCC**

0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Parentline Plus**

0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**YoungMinds**

0808 802 5544  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



This booklet was given to me by

For local and national contact details call Brent Children and Families Information Service

**020 8937 3001**

[www.brent.gov.uk/parenting](http://www.brent.gov.uk/parenting)