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# Parenting Handbook

A GUIDE FOR PARENTS AND CARERS OF CHILDREN

from birth-11 years in Hillingdon



# Introduction

**W**elcome to our Parenting Handbook -  
**A Guide for Parents and Carers of Children from  
birth-11 years in Hillingdon.**

Parents come in many shapes and sizes, including single parents, step parents, foster or adoptive parents and same-sex couples and their job is one of the most important there is. Being a parent can be rewarding, frustrating, exhausting and extremely difficult at times.

In Hillingdon we believe that seeking help with some of the issues faced by parents is a strength and have introduced a range of parenting programmes to support parents at different stages of their child's development.

In addition to these local parent support programmes, this guide will provide easy to follow and useful advice and support together with contacts that you may find useful.

We hope that you find this guide helpful in addressing some of the issues that may be causing concern or that you just want to know more about.

This handbook has been commissioned by the Multi-agency Parenting Strategic Group in Hillingdon.

Parent Support Services  
Barra Hall  
Wood End Green Road  
Middlesex  
Hayes  
UB3 2SA

Tel: 01895 277877

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# Babysitting

// *Leaving Natalie with anyone is difficult, but I really need to have a break sometimes. I would worry all the time if I could not rely on and trust the person looking after my child. I'm really glad I spent the time I did finding the right babysitter.* //



## WARNING SIGNS

Children will not always be able to tell you if something is wrong, so note changes in their mood, behaviour and appearance. Agree with the babysitter to discuss, from the beginning, all accidents and anything unusual that happens whilst in their care.



## 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 thinking about using.



## WHAT TO SAY

Tell the babysitter all about your child's routine, the things they like and don't like. Tell the babysitter about your rules, like no smacking. 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

- Families Information Service 0800 073 4800
- NSPCC 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)
- Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000 [www.rospa.co.uk](http://www.rospa.co.uk)

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

## Who can I leave my child with?

As parents the safety and well-being of your child is up to you. 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 stranger, close relative or a friend.

When you leave your child in the care of someone else you are taking a risk with their safety and well-being.

When thinking about 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 fed, changed, kept safe, given room to play, feel secure and who can deal with difficulties which may happen.

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 make sure they have contact details in case of emergencies.

Babysitters do not need qualifications or a certificate to look after children. As a result anyone can be a babysitter.

The NSPCC recommend that the minimum age of a babysitter should be 16 years of age. This is based on the idea that at 16 and above, a young person understands possible dangers and risks and could get help quickly if needed.

This age limit is also linked with the possible action that 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 years of age.

Often a good babysitter will be well thought of locally and can be recommended by a friend or neighbour. However, it is very important that you and your child meet them first before you decide to leave your child in their care.

Do not leave your child in the care of anyone you feel uncomfortable about, even if that means missing an evening out, or work.

Try to plan in advance so you have plenty of time to meet the babysitter beforehand.



# Bedwetting & sleeping difficulties

// I felt myself getting panicky every time I put him to bed. Maybe it was a lack of proper routine, but at the time I felt so tired and had so little patience. I never praised him for going all night without wetting his bed. I just got cross when I had to change the sheets again, which didn't really help at all. //



## WARNING SIGNS

There may be none, but does your child seem to be unhappy? Has something happened in the family or in your child's life that is worrying them?



## ACTION

Stay calm if your child is wetting or soiling the bed. Try to check whether there is a particular time when your child wets or soils. Make sure your child goes to the toilet just before going to bed. If you are worried discuss your concerns with your Health Visitor or Doctor. Seek support for yourself.



## WHAT TO SAY

Give your child the chance to discuss their feelings with you. Try to keep calm and relaxed without showing signs of strain. Praise your child when they sleep through the night. Do not tell your child off if they do not sleep through the night, or if they bed wet. Try to develop an understanding for how they feel and if they are worried or stressed by the wetting.



## PREVENTION

Make sure your child knows that they can share any worries with you. If you want advice about things you can do to try to prevent wetting, discuss your concerns with your Health Visitor, Doctor or School Nurse.



## CONTACTS

- Your Doctor
- Education and Resources for Improving Childhood Continence (ERIC) 0845 370 8008 [www.eric.org.uk](http://www.eric.org.uk)

- Each child's sleep pattern is different
- Bedwetting may be a sign of a health problem or in older children something that they are unhappy about. However, more often your child will learn to control their bladder at their own pace
- Take time to sort out a bedtime routine, including a time for your child to relax and unwind before going to bed
- If your child often wakes in the night try to find out why they have woken, for example a bad dream or being hungry

## How can I help my child?

.....

### Potty training

Remember your child will learn at their own pace and that praise, rather than telling them off, will help. Between the ages of three and four years your child is likely to be dry during the day, with the odd accident. Remember, this is often not an instant change but a gradual process where more and more nights will be dry nights.

### Bedwetting

It is not easy to know why some children take longer to be dry at night than others. However, bedwetting is not due to laziness or lack of will power. Although this may be stressful for both you and your child try not to lose your patience. It is rare for a child to wet or soil on purpose. If, after the age of seven, your child often wets their bed, the problem may be caused by a number of things. Discuss any concerns about your child with your Doctor, Health Visitor or School Nurse.

### Sleeping difficulties

- There are many different reasons why babies and young children do not sleep through the night.

- Try to have a sleep routine as early as six weeks if you can.
- Feel confident in yourself to know whether your child is really upset or just restless.
- If you are often woken up during the night, arrange for a relative or friend who you trust to care for your baby or child sometimes, so that you can get some sleep.

### Establishing a routine

Many children and babies have difficulty getting to sleep at some time. It is important to get a regular night time sleep routine for your child by them going to bed at a regular time each night. Make sure their room is warm and comfortable for them to relax in. Reading to your child at bedtime helps your child to unwind and relax. If your child is scared of the dark, try using a night light.

A few favourite toys in the bed will be a comfort if your child wakes up during the night. If you are worried that your child has serious difficulty getting to sleep, or does not regularly sleep through the night, discuss your concerns with your Doctor, Health Visitor or School Nurse.



# Behaviour in school

// *I thought there was nothing I could do about his disruptive behaviour. But now the school and I are working together to improve his attitude at home and in the classroom.* //

- Identify the problems your child is facing
- Recognise the effects of disruptive behaviour at school
- Work with the school to encourage positive changes
- Understand the value of school for your child
- Get support to learn effective ways of helping your child by contacting Parent Support Services 01895 277877

## Recognising problems

Children can be disruptive in the classroom in many ways: playing up when they should be working, refusing to carry out requested tasks, talking back to the teacher and distracting other children from their work by their behaviour.

Often parents or carers do not recognise this disruptive behaviour in their child at home. Research shows that children benefit most when their parents and school step in early to deal with their difficult behaviour.

### The effects of disruptive behaviour

A child's disruptive behaviour at school not only affects their own schoolwork, it affects the concentration and behaviour of other children in the class. It also means the teacher has to spend time controlling poor behaviour rather than teaching.

### Future consequences

If a child is not taught how to become a considerate and an active member of the class, then they are more likely to become disaffected with school and as a result may fall behind or start to play truant.

### Getting support for your child

All schools should have strategies in place to help control behaviour. The school may suggest a written action plan, agreed by you, your child and them on how to deal with disruptive behaviour. They may impose sanctions, such as the withdrawal of break or giving a lunchtime detention. Your child may be mentored by an older pupil or supportive adults. If a child can see themselves as others see them and understand how their behaviour affects others, it can help them to behave in a more responsible way.

Your child may be referred to an Educational Psychologist, employed by your local authority, to assess the best way of helping them.

There are also Parenting Support Programmes available which can help you to build on your parenting skills and open the lines of communication between you and your child. Knowing that they have solid support at home will help your child to deal with problems at school. Call 01895 277877 for more information.



#### WARNING SIGNS

Parents and carers are often surprised it is their child being disruptive at school, but if a teacher feels the need to point it out to you, listen and take action.



#### ACTION

Ask to have a meeting with you, your child and the school to discuss the problems and to try and work out solutions.



#### WHAT TO SAY

It can be hard to accept that your child is being difficult, but it is important to remember that it is your child who will benefit from guidelines and support.



#### PREVENTION

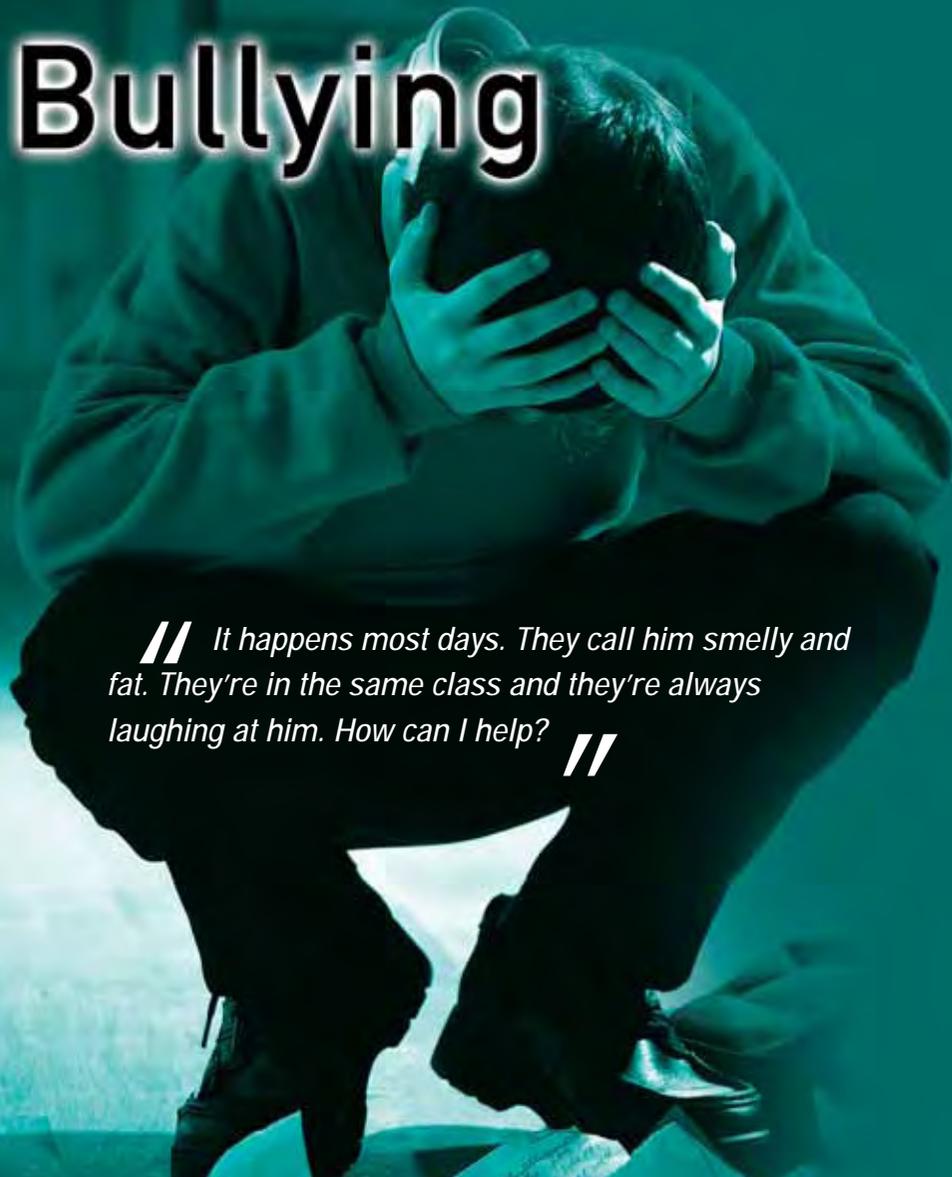
Research shows that stepping in early is the best way to prevent your child's behaviour from getting worse and to give them the chance of a good education.



#### CONTACTS

- Your child's school
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

# Bullying



// It happens most days. They call him smelly and fat. They're in the same class and they're always laughing at him. How can I help? //



## WARNING SIGNS

Running away, non-attendance at school, other learning and behavioural difficulties for no obvious reason. Your child has injuries with no feasible explanation for them.



## ACTION

See the headteacher at the school for their support and action. If bullying is happening outside school, consider contacting the family of the child who is bullying and try to find a way to work together to sort it out.



## WHAT TO SAY

Tell your child to refuse to put up with bullying, tell them to walk away, tell an adult or friend and avoid fighting. Parents - listen to your child, reassure and be there for them.



## PREVENTION

Talk to your child about their school day. Teach your child to respect others from a young age. Teach them that prejudice and bullying is unacceptable.



## CONTACTS

- Kidscape 08451 205 204 [www.kidscape.org.uk](http://www.kidscape.org.uk)
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Contact your child's headteacher

- Children have the right not to be hurt
- Bullying behaviour is unacceptable
- Bullying can happen to any child at any age
- Act immediately if you think your child is being bullied
- Contact your child's headteacher

## The real story

Bullying is a frightening experience. It can isolate and damage a young person's self-confidence. Some on-going bullying can have negative long-term effects on children, leading to depression and even suicidal thoughts and actions.

School days are a time when the influence of other children is very important and fitting in is seen as essential. If children are thought of as different for any reason, they can be picked on and bullied.

Sadly, we still live in a society in which to be different in any way can mean ridicule and bullying (often copied from parents) and this ensures that prejudice will continue into the next generation. It is crucial to be alert to the possibility of bullying and make sure you know the tell-tale signs.

You may think that your child is unlikely to be bullied but the reality is that bullying can happen at any time and to any child.

Bullies who continually harm other children need support and help as well. They may have experienced difficulties of their

own at home, which may have led to their actions. Reporting concerns may help them to get help as well.

- Bullying can happen anywhere but most commonly it happens in school.
- Bullying can take many forms, from verbal abuse to physical attack.
- Bullying is the repeated abuse of a child by one or several people.
- Bullies are not always older than the child they harm.
- Most bullying is done by children who are the same age as the victim.

If your child tells you about a friend or any other child who is being bullied - listen carefully and take this seriously. That child may not be able to say for themselves what is happening.

Today all schools are required to have an Anti-Bullying Policy. However, school action alone cannot guarantee success and so it is important that parents and schools work together to support the child.



# Child protection

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



## 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. Make sure you know what child abuse is - see contacts listed at the back of this handbook for information.



## ACTION

A social worker (and sometimes a Police Officer) will meet with the family when abuse is reported. They will also talk with other professionals in order to make decisions about how to help.



## WHAT TO SAY

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



## PREVENTION

It is important that children 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 about your child, seek help early.



## CONTACTS

- Families Information Service 0800 073 4800
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

- Parents are responsible for their children's safety
- A social worker becomes involved once concern is shared
- Children are best cared for by their own families
- Professionals want to work in partnership with families
- Professionals want to work with families to reduce the risk of harm to children

## Myths and realities

Very few adults harm children deliberately and most often, when harm does happen, families need support, not punishment or the removal of their children.

Hillingdon 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 Hillingdon Police Child Protection Unit will investigate with social workers to help protect children and decide whether an offence has been committed against a child.

**Many myths exist, so for the record:**

**1. Child abuse is not easy to recognise, prevent or stop.** It is rarely possible to definitely say that a child has been abused or by whom. A careful assessment is needed in order to find out what has happened and what support and protection will best help the family. As a result it can be difficult to avoid some intrusion into family life. A social worker will ask questions about the family circumstances; consider the frequency and the seriousness of the incident and the effect on the child.

All of these factors will help to decide what should happen next to support and protect the child and family.

Social workers and the Police have a duty (they have no choice about this) under The Children Act 1989 to investigate concerns of child abuse.

**2. Professionals are not solely responsible for the protection of 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 about those close to them.

**3. Reporting child abuse rarely results in the child being removed from home.**

This 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.

# Cot death

// It has to be every parent's nightmare. But thanks to a few simple guidelines we're all sleeping a bit better now. //



## WARNING SIGNS

Cot death or Sudden Infant Death Syndrome (SIDS) is becoming rarer. Most deaths occur in babies under six months old. There are no warning signs so make sure you know what to do to reduce the risks.



## ACTION

Look at the prevention advice given on the opposite page and take any steps needed to create a safe place for your baby.



## WHAT TO SAY

Make sure that all people who take a role in caring for your baby know of the risks from cot death, especially if they smoke. If you are unsure about what to do get medical advice at once.



## PREVENTION

Follow the prevention steps outlined on the page opposite. Keep your baby's cot in your room for the first six months, this way it will be easier to keep an eye on their sleeping position and surroundings.



## CONTACTS

- Your Health Visitor or Midwife
- Cruse Bereavement Care  
0844 477 9400 [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)
- Foundation for the Study of Infant Deaths Helpline  
0808 802 6868 <http://fsid.org.uk>

- Always put your baby to sleep in the 'Back to Sleep' and 'Feet to Foot' position
- Babies aren't good at keeping their temperature constant, so make sure they don't get too hot or too cold
- Make sure your baby's cot is a safe and secure place to sleep

## Reducing the risks

### 'Back to sleep'

Unless told otherwise by Health Professionals your baby should always be put to sleep on their back. This has been shown to be highly significant in ensuring babies safety during sleep. Never let your baby fall asleep propped up on a cushion on a sofa or chair, and don't let anyone fall asleep whilst nursing your baby.

### The safest place

A well-designed and stable cot in your own room is by far the safest place for your baby to sleep in their first six months. Keep it simple and tidy; do not use plastic sheets, bumpers, baby nests, wedges, bedding rolls or any ribbons or mobiles that your baby could get caught up in.

The mattress should be firm, flat and clean and have a secure waterproof covering. Cover the mattress with a clean sheet and make sure there are no gaps between the mattress and the sides of the cot as your baby could slip or become caught.

### Temperature

Babies can overheat, which is known to play a part in cot death. Try to keep the room between 16 and 20 degrees centigrade. Do

not use duvets, quilts or pillows until your baby is one year old. Instead give your baby one light layer of clothing or bedding more than you are wearing. Never use hot water bottles or electric blankets and always position your baby in the 'Feet to Foot' position.

### Sleeping with your baby

If you take a baby who can not sleep into your bed, do not take any medicine, drugs or alcohol that may make you sleep more heavily than usual. Remember that when sleeping next to you your baby will be warmer anyway, so if they fall asleep under your duvet they may get too hot. Be aware that they face a bigger health risk if you or your partner is a smoker.

### Clean air

Research has shown that babies are at less risk of cot death if they live in a smoke free environment. A smoke free environment also reduces the risk of other health problems such as chest or ear infections.

### Make contact

If your baby seems unwell or if you have any worries about safe sleeping or cot death, get medical advice at once!

# Domestic abuse



// *He was standing over me shouting, I know the kids heard. I went upstairs and we all stayed there until he went out.* //



## WARNING SIGNS

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



## ACTION

Report your concerns about yourself or someone else to the Police. If you are worried that your child might be affected, talk to them about what is happening. Spend time together talking through worries they have.



## WHAT TO SAY

Children need time to talk about the feelings they have about violence. Children need to know that it is not their fault and that this is not the way it should be.



## PREVENTION

A violent partner must seek help to stop their actions. Make sure that you offer a good role model for children so that they learn better ways of acting.



## CONTACTS

- Police (in an emergency 999)
- National Domestic Violence Helpline 0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.refuge.org.uk](http://www.refuge.org.uk)

- Domestic abuse can affect children in serious and long-lasting ways
- Where there is domestic abuse there is often child abuse
- Children can sometimes blame themselves for problems in their family

## How does it affect children?

Children who see, get involved or hear violence are affected in many ways. What is certain is that children do hear, they do see and they are aware of violence in the family.

Children will learn how to act from what their parents do. Domestic violence teaches children bad things about relationships and how to deal with people.

For instance:

- It can teach them that violence is the way to sort out arguments.
- They learn how to keep secrets.
- They often do not trust those close to them and think that they are to blame for violence, especially if violence happens after an argument about the children.

Many people find it 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 violence, even after a short time. These can include feeling frightened, becoming

shy and quiet, bedwetting, running away, violence, behaving badly, problems with school, poor concentration and emotional upset.

### Long-term effects

The longer children are around violence, the worse the effects on them are. These can include a lack of respect for the non-violent parent, loss of self-confidence, which will affect how they form relationships in the future, being over-protective of parent, loss of childhood, problems at school, running away, becoming a victim themselves.

If you are worried about domestic violence, discuss it with someone else such as your Health Visitor or the Domestic Violence Helpline. If you are violent and have children, you can seek help to stop what is happening.

If you are a victim you can apply, without the need for a Solicitor, for a Non-Molestation Order in the Family Proceedings Court. Contact the Duty Clerk at your local Magistrate's Court.

If you would like details of solicitors in your area who deal with family law, contact the Law Society on 020 7242 1222 or look in the Yellow Pages.

# Don't shake the baby

*// I thought I couldn't manage. She cried all the time, I got so angry with her sometimes, I felt like shaking her to stop her noise. I had no idea how much that could have hurt her. //*

- Shaking is often caused by feeling out of control
- Shaking can cause damage that you cannot see
- Shaking can cause damage that is long-lasting
- Never shake a child for any reason

## Different ways to cope

**Why do people shake babies?**  
Often babies and young children are shaken when a parent or carer feels out of control when they will not stop crying due to colic, illness or feeding difficulties. On average a normal baby will cry for at least two hours every day. If a baby has extra difficulties, they will cry more and this can be very stressful.

Many parents may not know how much damage a shake can do to a young child. Parents or carers who do not have much patience may become angry and more likely to give in and shake the child. However there are many other things to try and people to talk to.

**What damage can shaking cause?**  
Shaking a baby can cause death or serious and long-lasting brain damage. Shaken Baby Syndrome is an injury that results when a baby is shaken so that their head wobbles quickly back and forth. The force of this can tear the blood vessels that connect the brain and skull. This happens because a young child's neck muscles are not strong enough

to hold their head firmly. The action of shaking can cause serious damage, even though the parent or carer does not think so. Never ever shake a baby for any reason.

**Ways to cope with a crying baby**  
Crying is the way all babies make sure that their basic needs are met - they may be hungry, thirsty, need a change of nappy or even some company. Crying is neither your fault nor the fault of your baby.

Some of the ways to cope include:

- Count to ten before doing anything and allow yourself to calm down.
- Hug and cuddle your child - perhaps with the use of a baby-carrier so that they are close to your body in order to help soothe them.
- Go for a walk or a drive to help them sleep.
- If necessary walk out of the room for a short time, but make sure that you are still nearby.
- Ask someone else to take over for a while.
- Make use of a helpline in times of crisis.



### WARNING SIGNS

A range of signs can tell you if a child may have been shaken, including feeding difficulties, lack of energy, eye injuries, sickness, being moody, speech and learning difficulties, and not developing as they should.



### ACTION

If you are worried about your child, take them to see your Doctor, Health Visitor or to the casualty department. Get support, from the helplines listed under Contacts.



### WHAT TO SAY

Talk to your child, use eye contact, smile, and cuddle them. This will develop your understanding of your baby's needs when they are having difficulties.



### PREVENTION

It is never safe to shake a child, not even in play. It is important for brothers and sisters playing together or for the babysitter or any other carer to be told about the dangers.



### CONTACTS

- Your Doctor or Health Visitor
- Cry-sis 08451 228 669 [www.cry-sis.org.uk](http://www.cry-sis.org.uk)
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

# Healthy eating

*// I knew by breastfeeding I was giving Rachel a healthy start. Where to go next was a little more confusing. It was tricky at first, but gradually we settled into a healthy balance. //*



## WARNING SIGNS

Your Health Visitor or Doctor should be able to alert you if your baby is not gaining weight as expected or is displaying symptoms of food allergies, failure to thrive or gastro-enteritis.



## ACTION

For the first six months stick to either breast milk or formula (breast milk is preferable). After that, gradually introduce solids at your baby's own pace. Aim for a healthy balance, including all main food groups. Provide a varied diet. Allow them to enjoy their food.



## WHAT TO SAY

Don't feel pressured if friends or relatives make comments about your baby's eating habits. Every baby is different. Follow a varied, healthy diet and let your own child discover food in their own way.



## PREVENTION

Don't add salt and sugar to your baby's food and avoid choking hazards such as nuts or small hard pieces of food. Honey is also to be avoided in the first year. Do not give nuts under the age of three years.



## CONTACTS

- Your Doctor or Health Visitor
- [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

- Breast milk offers the most natural and healthy start for your baby
- Take it gently, one step at a time. Don't let mealtimes become stressful
- Be careful when using microwaves as they can defrost and warm food unevenly
- Make mealtimes fun. Let your baby play with their food - it's all part of learning
- Having mealtimes together as a family encourages healthy eating habits

## Getting a healthy start

### Milk

For infants under six months, breast milk provides exactly the right mix of healthy ingredients and it can help protect your baby from illness and allergies. However, if you do not breastfeed then you will need to use infant formula milk. Cows milk can be given to babies from six months e.g. on cereal but should not be given as a main drink until one year. Babies under six months shouldn't need fluids other than milk unless advised by a health professional.

### Solid foundations

It is recommended that solid food should not be introduced before four months (17 weeks) as they are not sufficiently developed to cope with solid food before this time. Different babies adapt to solids at different speeds. Here are some useful tips to make introducing solids easier:

- Spoon out the amount you think your baby will eat and heat this.
- Babies should not be left unsupervised while eating or drinking.
- Encourage your baby to help with feeding; allow them to make a bit of a mess.

### What's on the menu?

Making your own is a lot cheaper than buying baby food, plus you will know exactly what's in it. You could simply mash up portions of your family food, but do not add any salt or sugar. Preparing larger quantities than you need and freezing small portions can save time and effort. Always mix food thoroughly and test the temperature before feeding.

### The recipe for healthy eating

A balanced diet contains all the energy and nutrients children need to grow and develop. Meals should contain starchy carbohydrates, protein (from dairy products or meat, fish or vegetarian alternatives) and fruit and vegetables.

As well as healthy diet it is important for your child to take regular exercise too. Balance is the key!

### Feeding worries?

If you have any queries or worries about your baby or child's diet, ask your Health Visitor or Doctor for advice.

# Loss & bereavement



// *Since his father died, my son seems to have disappeared into his own little world. I desperately want to help him, but I don't know what to do, he just doesn't want to talk to me.* //



## WARNING SIGNS

Everyone reacts to death differently and it takes some people longer than others to come to terms with a loss. Give your child as much time and patience as they need, but if you think they are having long-term difficulties, you may want to think about talking to a bereavement counsellor.



## ACTION

Take your cue from your child. You may not be the person they find it easiest to talk to, so encourage others to be there for them. But always let them know that you are there for them if they need you.



## WHAT TO SAY

Your child may think it's too painful for you to talk about a loved one who has died. Let them know that there are times when you want to talk. Talking about someone who has died helps keep their spirit alive. Remember to let them know it's alright to still laugh or have fun - it doesn't mean you're grieving any less.



## PREVENTION

Keep the lines of communication open as the more you talk, the easier the healing process will be. As a parent you can help your child through this difficult time. You can tell them if someone you know has died, and how you felt.



## CONTACTS

• Cruse Bereavement Care  
0844 477 9400 [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

- Death affects everyone differently
- Talking helps ease the pain - be there for each other
- Separation can be as upsetting for your children as it is for you
- Let them know you will both still be there for them

## Coping with grief

Loss or death is difficult for everyone. Young people especially need a lot of patience and understanding to help them work through their grief.

The death of a loved one can seem overwhelming. The death of a pet who has been a part of the family for many years or the loss of a close friend moving away can also be extremely traumatic for young people.

There is no right or wrong way to react and everyone responds in different ways. There will be a range of emotions your child is likely to go through:

- Numbness as they try to understand that someone is really not coming back.
- Anger at the person who died, at you, at others or themselves.
- Guilt possibly blaming themselves in some way, or feeling guilty because they don't think they're grieving 'enough'.
- Fear that the world as they know it has changed forever.
- Sadness at never seeing that person again.
- Relief, if the person who died was in pain or suffering.
- Depressed, feeling that life has lost all meaning.

Their behaviour may change as they deal with their emotions and try to come to terms with

their loss. They may find it hard to cope with day to day realities, take their anger out on you, get into trouble at school, find it hard to concentrate on schoolwork or want to go out with friends more as a way of forgetting.

### How you can help

It is easy for young people to think they are the only ones who have suffered bereavement and that no one else understands, but talking to other people will help ease the process. Talk to your child about what has happened as much as they want to, but they may find this hard, so encourage friends or a teacher to be there for them, too. They may also benefit from talking to a bereavement counsellor.

Make sure the school knows of their loss and that they will need time and understanding as they work through their bereavement.

If you too are suffering, then it is going to be particularly hard for you to not only deal with your own emotions, but those of your children, too. Try to keep talking to each other, so you can share your grief, rather than each of you grieving alone.

# Parenting & family support



// *Some of my friends moan that their parents are too busy for them. But my mum's great - she always finds time to talk to us about stuff and makes us feel special - I know I can talk to her about anything.* //

- All children need to feel secure, loved and valued - this is the basis of self-esteem and confidence
- Noticing and praising good behaviour is the best way of having a good effect on how your child acts
- Be realistic about what you expect from your child
- Parents and carers need to work together and keep the same rules
- Listen to and talk to your child - it's good to talk!
- Do things together with your child that you both enjoy - have fun!

## Make them feel great

.....

Positive parenting is about bringing out the best in your child, by listening and understanding, praising and encouraging their efforts, noticing and rewarding good behaviour and doing things together that you both enjoy.

In trying to be helpful, it is often easy to point out where a child is going wrong and forget to notice the things that go right. By doing this you are giving your child lots of attention for the unacceptable things which they are doing, rather than for the good things you would prefer them to do.

Parental attention and praise affects children so you need to use it in the right direction! It will also make your child feel happy, loved, wanted and secure and this is the basis of life-long confidence and self-esteem.

Children have to learn to make their own decisions and establish their independence from their parents. Unfortunately their

decisions might not always fit with yours. That is why tension is normal. Choose your battles and let some go! Be friendly and supportive and let them know you have been through it and that you are always willing to listen.

You can help to make them feel good about themselves in many ways. By being a good role model, giving good feedback, understanding and helping your child and being natural and affectionate.

Don't be afraid to ask for help. Most parents can be reassured that it is often easy to sort out the difficulties that your child and your family face.

In Hillingdon we aim to involve parents to improve the quality of information and make it easier for parents to access support services available. Please check the Council website for the latest developments for parenting and family support provision or contact us on 01895 277877.



### WARNING SIGNS

There may be none. Is your child eating well? Getting enough exercise? Any changes in how they act? Is your child trying to tell you something? Are they constantly unhappy, with mood changes and temper tantrums?



### ACTION

Be involved and develop a good relationship with your child before they reach their teens. Keep a healthy lifestyle and do things together.



### WHAT TO SAY

With younger children, set rules. With teenagers, remember that you are in charge. Even if you only get a grunt, don't give up on talking.



### PREVENTION

Be a little crazy! Have fun with your child. Try to get them to make friends and have outside interests. Listen carefully to your child's point of view. Help them think through choices.



### CONTACTS

- Parent Support Service 01895 277877
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)



# Play & learning

// *They say you experience second childhood when you get old. I experience it every time I play with my child. I'd forgotten what fun it can be!* //



## WARNING SIGNS

If your child isn't receiving enough stimulation from you or from other carers, they may not be getting the opportunity they need to learn. It could seriously affect their development and future attitude to learning.



## ACTION

Make time to have fun playing with your child. Make sure carers have a positive attitude to play and learning. Find out about playgroups and other play activities that are available in your area. Get out and about to local parks and open spaces in Hillingdon.



## WHAT TO SAY

Just go with the flow. Introduce as many different experiences as you can. Try to discover what sort of play interests your child and play along with them.



## PREVENTION

Give your child opportunities to play on a regular basis all year round. Make use of the local facilities available in Hillingdon.



## CONTACTS

- Families Information Service 0800 073 4800
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Libraries

- Children of all ages should be able to play freely and confidently on their own and with other children
- Parents and carers should respect and value their children's play and try to maximise their opportunities for safe and stimulating play within the home and outside the home
- Play keeps children healthy and active - active children become active adults
- Play fosters social inclusion. It helps children understand the people and places in their lives, learn about their environment and develop a sense of community

## Parents have a key role

Playing is a natural way for your child to learn about the world around them. Children learn through play at home, at nurseries and playgroups, with their friends, at school and beyond. Play is a vital part of your child's development and you have an important role to play.

### Early learning through everyday experiences

Children who are encouraged to express themselves freely through play tend to be more able to adapt, learn skills and perform better at school. As a parent it's important to spend time playing with your child, providing stimulation and interaction.

Involving children in daily activities such as shopping, laying the table or cooking will provide 'real life' opportunities for children to learn. From birth your child begins to learn through play about using their senses, social interaction, language and mobility.

Of course safety is most important. See the chapter about Babysitting as these carers have a role to play too.

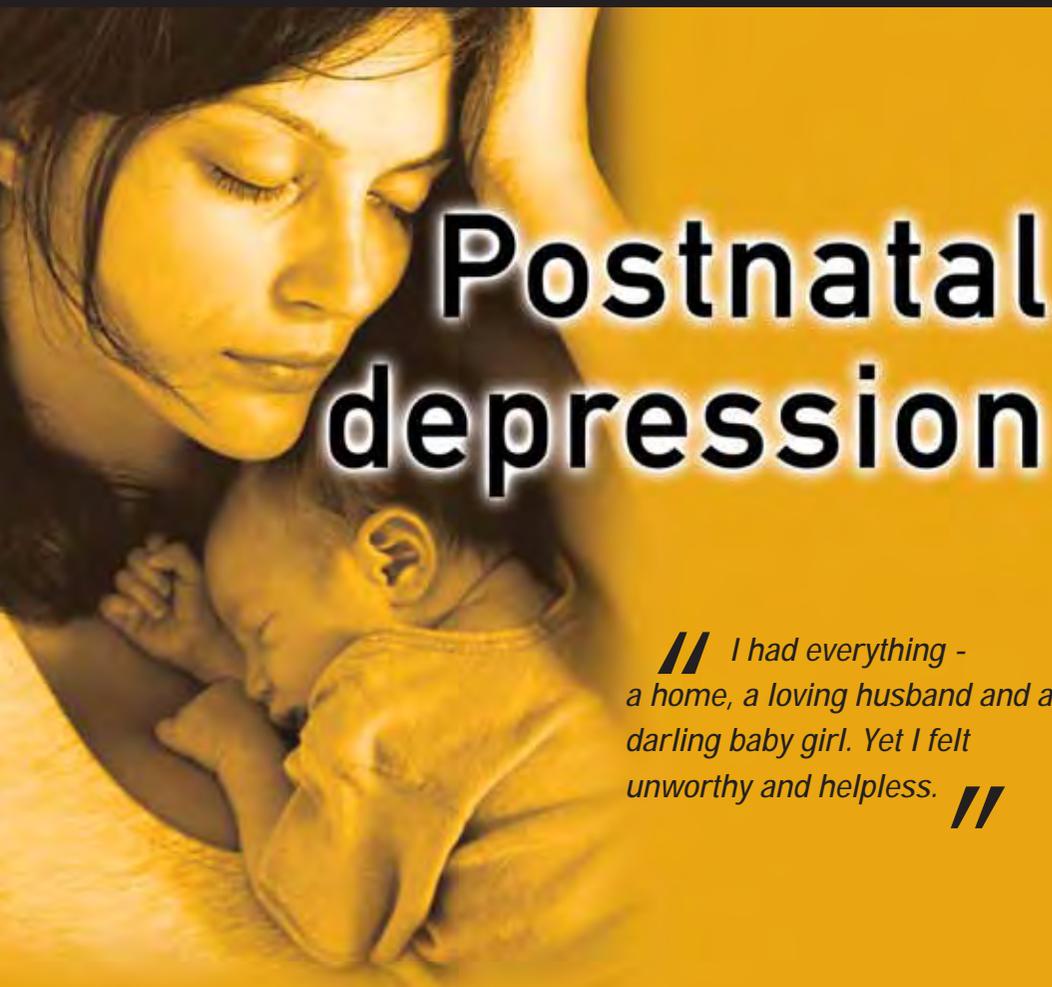
Get out and about in Hillingdon's parks and open spaces.

Hillingdon is working hard to improve play, leisure and recreational opportunities for children and young people of all ages and abilities. Look out for improvements to play facilities on housing estates and make sure you check out local parks and open spaces with your children.

### Play for all children and young people

As they grow older you will need to establish ground rules about playing outside and visiting friends. Try to find a way of encouraging your child to get out and interact with others, whilst ensuring that you know where they are and that they are fully aware of dangers and threats to their safety.

As children, we all enjoyed playing once - perhaps we still do. Learning to play again with your child can be great fun. It will bring you closer to your child and play a vital role in preparing them for a full and active life.



# Postnatal depression

// *I had everything - a home, a loving husband and a darling baby girl. Yet I felt unworthy and helpless.* //



## WARNING SIGNS

It's normal to feel emotional and very tired after having a baby, but symptoms of PND include constant crying, feeling cut off from everyone else, not being able to sleep, feeling worried and tense and not bonding with your baby.



## ACTION

If you feel low or depressed, don't try to cope on your own and don't be afraid to ask for help - all new mums need help from family and friends. Don't worry about keeping the house clean or making big meals - rest when your baby sleeps.



## WHAT TO SAY

If you feel you are not coping, talk to your Health Visitor, Midwife, or Doctor - and don't feel embarrassed or bad that you're not handling motherhood as well as other mums seem to be. Talk to other mums - you'll find they're probably finding things just as difficult as you are.



## PREVENTION

Although more people now know about Postnatal Depression (PND), only about half of mothers who need help are getting it. So don't keep your feelings to yourself - the sooner you talk about it, the quicker you can get help and treatment if you need it.



## CONTACTS

- Association for Postnatal Illness  
020 7386 0868 <http://apni.org>
- National Childbirth Trust (NCT)  
0300 33 00 770 [www.nct.org.uk](http://www.nct.org.uk)

- Not every mum copes straight away with motherhood
- Most women suffer 'baby blues' in the first ten days
- The sooner you get help, the sooner you'll feel better
- Talk to your Doctor or your Health Visitor about your worries

## Recognising the signs

Make the most of help from family and friends. Caring for your baby should be a wonderful experience, but for some mums in the first few days, weeks or months, it is not.

### Baby blues

A large number of new mums get the 'baby blues' when they feel, not surprisingly, very tired, worried and weepy during the first few days after the birth. This usually disappears without the need for treatment about ten days after the birth.

### Postnatal Depression (PND)

A small number of women will have depression, sometimes weeks or months after the birth of their baby. These mums have more powerful and longer lasting symptoms such as:

- Constant weepiness.
- Worry, tension.
- Difficulty in bonding with their baby.
- Loss of interest in sex.
- Trouble sleeping or restlessness.
- Feeling very tired.
- Feeling completely alone or living in a 'bubble'.
- Feelings of guilt and resentment.

### Puerperal psychosis

A very small percentage of women, suffer from puerperal psychosis, which causes severe mental breakdown and may include symptoms such as manic behaviour and hallucinations. Treatment options include going into hospital, drugs or counselling.

### Getting support

Many women do not see that they have Postnatal Depression and carry on without getting the help they need. It is often women who expect a lot of themselves, and of motherhood, who find caring for a new baby hard to cope with.

Being at home with a new baby who seems to always need feeding and changing, who takes all your attention and leaves you feeling really tired, can be a lonely experience. Take up any offers of help and support from friends and family. If you feel you are not coping, always talk to your Doctor, Health Visitor or Midwife.

They can also put you in touch with local Parent Support Groups that can be an enormous support to new mums.

# Separation & divorce

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



## 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. Your child may take the side of one parent, or become withdrawn and keep secrets.



## ACTION

Tell your children about what's happening and how it will affect their lives. Show them that their well-being 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 why you are breaking up and 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

If you do separate or divorce try to stop your children feeling hurt, guilty, or unloved. 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

- NSPCC 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.justice.gov.uk](http://www.justice.gov.uk)
- [www.direct.gov.uk](http://www.direct.gov.uk)
- [www.itsnotyourfault.org](http://www.itsnotyourfault.org)

- 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

## It's not their fault

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 your child understands 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 young person 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 well-being. 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. Even though you are going through a difficult time yourself, your child will also be feeling a sense of loss and hurt. Let them know what is happening to help them deal with their own feelings.

### Making arrangements

If you and your partner are finding it hard to talk and agree you can get help from your local Mediation Service or the Parent Support Service on 01895 277877.

# Smacking

// *I get so frustrated with him sometimes, but I know smacking is not the answer.* //



## WARNING SIGNS

A child who flinches or moves away when they fear they might be hit. Smacking a child hard with a force, which (when you look back at it) you feel you shouldn't have done and feel bad about. Leaving bruising and other marks on a child.



## ACTION

If you are worried about your own or someone else's smacking seek advice. If it is someone you know, offer practical help and suggestions.



## WHAT TO SAY

Tell your child they have gone too far or broken family rules. Use your tone of voice and the expression on your face to help them understand that they have reached the limit. Explain your reasons why.



## PREVENTION

Make it a general rule not to smack your child. Use other ways to discipline; set clear limits and explain them, be firm and stick to rules, ignore minor bad behaviour and reward good (perhaps use a star chart).



## CONTACTS

- Parent Support Service 01895 277877
- Your Health Visitor
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

- Smacking does not teach children self-discipline
- Smacking gives attention to a child's bad behaviour
- Children learn best by attention to things they do well
- There are many better things to do than to smack
- Smacking teaches children to hurt others
- When self-discipline is taught, smacking is not needed

## The great debate

It is important that children learn how to behave and control how they act as they get older. Parents have a very important job as role models for their children in helping them to learn how to do this.

Teaching children from a young age by setting limits and explaining reasons for these limits helps them develop self-discipline. Smacking, which controls your child from the outside, has no long-lasting good effects. In fact smacking usually has to become harder in order to have the same impact on your growing child. This is where the thin line between smacking and hitting can be crossed.

Have you ever smacked your child? The answer from many parents reading this will be 'yes'. Every parent experiences frustration with their child at some time. It is at these times that a parent may smack in the heat of the moment, but this is an outlet for the parent's feelings, rather than a helpful way of training a child.

However, simply because lots of people may have smacked their children does not mean it is the best way to punish your child or make sure they are good. Those

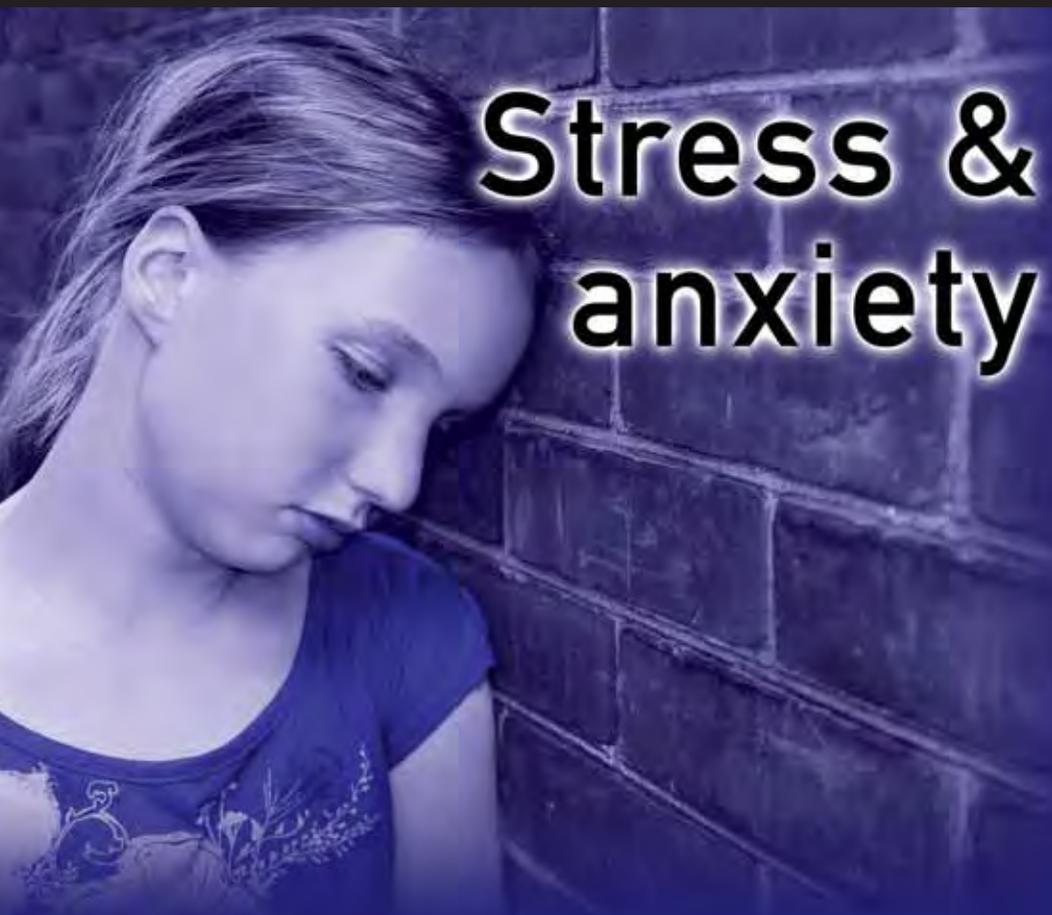
who say smacking is okay have argued that it is not harmful in the long-term and is the most immediate form of discipline. However, it is much more helpful and safer to notice and reward your child's good behaviour, in order to encourage the behaviour you want.

Fewer parents are smacking their children now. Lots of those who keep doing so do it because they are not sure what else will work. In UK society parents are not allowed to hurt their children whatever their individual, cultural or religious reasons.

As a result, child protection professionals will look at cases of abuse of children, so that they can understand, stop it and explain the result of it happening again.

In England and Wales the Children's Act says smacking is against the law if it causes bruises, reddening of the skin or mental harm.

There are a number of other ways to deal with your child's bad behaviour. Talk to one of the agencies listed under contacts to find one that works for you. Or call 01895 277877 for advice and information.



# Stress & anxiety

// *When my daughter fell out with her friends at school recently she got really upset and anxious. At first, I wondered what all the fuss was about but then I realised how important friends can be at her age.* //



## WARNING SIGNS

Warning signs that your child is stressed include: 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 healthy food. Exercise can reduce stress, so encourage your child to run around with friends outside, rollerblade in the park or ride their bike. Show your child how to breathe deeply and go floppy to de-stress.



## WHAT TO SAY

Your child will find it easier to cope with stress if you talk to them about what's causing it. Tell them it's normal to feel stressed now and again, but it's 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 feel they can talk to you if anything's worrying them. Look ahead to times when your child might worry, like going back to school after the holidays for example, and talk about the events well in advance.



## CONTACTS

- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- MIND 020 8519 2122 [www.mind.org.uk](http://www.mind.org.uk)

- Sometimes parents don't realise they're putting too much pressure on their child to do well at school
- Children can pick up on their parents' worries and get stressed too
- Exercise is a great way to reduce stress
- It's normal to feel stressed sometimes, but it's also good to know how to relax

## Helping them cope

As a parent, you might think that childhood is always a happy and carefree time. But sometimes children do get stressed and feel anxious, and there are many reasons why this can happen:

- They're being bullied at school. Feeling in danger every day can greatly affect a child's state of mind.
- They're not getting on 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're anxious about moving house or school, or going back to school after the holidays.
- A family member, friend or even pet has died. Sometimes, children can blame themselves for these things, even if they had nothing to do with it.

Another reason children feel anxious is if their parents divorce or even just fight. When they see their parents arguing it can hurt a child's sense of security and it can make them feel very alone and frightened.

Some children worry about school work, tests or exams.

It's perfectly normal wanting your child to do their best, but some parents might not realise they're putting too much pressure on them to achieve.

If you send out the message that your child must do well in tests, it can create too much anxiety for them. It's also important to be realistic about your child's abilities.

As a parent, be careful what you say - even when you don't think your child is listening to you. Sometimes, children overhear parents talking about money worries or problems they're having at work and they start to feel anxious about these things themselves.

You'll probably be able to help your child when they feel stressed. But 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 teachers or even ask your Doctor for professional help. You can also contact Parent Support Services on 01895 277877.

# Temper tantrums

// *She's learnt to stamp her feet, argue and scream until she's bright red and embarrasses me in public on a regular basis. Whats happened to my child?* //

- The 'terrible twos' are a normal part of your child's development
- Getting angry is a natural reaction but it just makes the situation worse
- Be firm but find a positive way to deal with the problem
- Remember, they won't last forever!

## When every day is a difficult day

### Why temper tantrums happen

Tantrums may start around 18 months, are common around two years old and become much less common at four. Very young children are often not able to express themselves as much as they want to and their frustration may come out as a tantrum.

down on their own and talk more calmly about what they want.

- After the tantrum, praise your child for settling down. Even though they may no longer be angry they may still be upset, so give them a cuddle and make it clear that you still love them no matter what.

### Dealing with temper tantrums

- Keep calm. Getting angry and shouting at your child will only make things worse.
- Your child might be tired or hungry, so rest or food might help, or they might just need some attention or comfort.
- Try to find a distraction. Finding something else interesting to do or look at can help. If you're in a busy or noisy place try to go somewhere quieter.
- If none of the above works, then try to see things from your child's point of view and understand what they actually want.
- If you do say 'no' don't be tempted to give in later to calm them down. If you give in your child will learn that tantrums work!
- If you're at home you can try ignoring the tantrum, perhaps walking away into another room if it's safe to do so. Encourage your child to cool

### Avoiding temper tantrums

- You can reduce the likelihood of a tantrum by planning ahead.
- Try to avoid your child becoming hungry or overtired.
  - Make sure your child is getting enough personal attention and affection.
  - Make sure your time together is quality time together especially if you work for most of the day.
  - Keep shopping trips and outings as short as possible.
  - Try to plan a regular method that you'll use to deal with tantrums when they do happen.

Remember, temper tantrums are normal and do not usually lead to serious problems. As your child gets older they will learn to deal more calmly with the stresses of everyday life. If you are worried about your child's behaviour discuss your concerns with your Health Visitor, Doctor or call Parent Support Services on 01895 277877.



#### WARNING SIGNS

It could happen anywhere, but watch out for a tired or hungry child in any situation when they want something that you have said 'no' to, especially when out shopping, or during a social event or a day out.



#### ACTION

Keep calm. Consider whether your child needs food or rest. Give your child attention and if possible, find a quiet place or some way of distracting their attention. Don't give-in, but do try to understand your child's feelings.



#### WHAT TO SAY

Try to offer your child a choice or a positive way out. Be calm and understanding. Keep it simple and clear. Praise your child for calming down afterwards.



#### PREVENTION

Avoid long shopping trips or tiring days out. It often helps to give your child extra attention and affection. Try to foresee possible causes for tantrums in the day ahead and find ways to avoid them.



#### CONTACTS

- Your Health Visitor or Doctor
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

# Helpful national organisations

- **Action for Children**  
0300 123 2112  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)
- **Ask Brook**  
0808 802 1234  
[www.brook.org.uk](http://www.brook.org.uk)
- **Association for Postnatal Illness**  
020 7386 0868  
<http://apni.org>
- **Barnardo's**  
020 8550 8822  
[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)
- **Benefit Enquiry Line**  
(For People with Disabilities)  
0800 88 22 00
- **British Nutrition Foundation**  
020 7404 6504  
[www.nutrition.org.uk](http://www.nutrition.org.uk)
- **Carers UK**  
0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)
- **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)
- **Cruse Bereavement Care**  
0844 477 9400  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)
- **Cry-sis Helpline**  
08451 228 669  
[www.cry-sis.org.uk](http://www.cry-sis.org.uk)
- **Daycare Trust**  
020 7840 3350  
(Parents Helpline)  
[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)
- **Family Planning Association (FPA)**  
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)
- **Food Standards Agency**  
020 7276 8000  
[www.food.gov.uk](http://www.food.gov.uk)
- **FRANK**  
0800 77 66 00 (24hr)  
[www.talktofrank.com](http://www.talktofrank.com)
- **Healthy & Safety Information Line**  
(Information & Leaflets)  
08701 545 500
- **Internet Watch Foundation**  
[www.iwf.org.uk](http://www.iwf.org.uk)
- **Kidscape**  
08451 205 204  
(Parents Anti-Bullying Helpline)  
[www.kidscape.org.uk](http://www.kidscape.org.uk)
- **Missing Persons Helpline**  
0500 700 700 (24hr)  
[www.missingpeople.org.uk](http://www.missingpeople.org.uk)
- **National Childbirth Trust (NCT)**  
0300 33 00 770  
[www.nct.org.uk](http://www.nct.org.uk)
- **National Childminding Association (NCMA)**  
0800 169 4486  
[www.ncma.org.uk](http://www.ncma.org.uk)
- **National Domestic Violence Helpline**  
0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.refuge.org.uk](http://www.refuge.org.uk)
- **NHS Direct**  
0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- **NHS Smoking Helpline**  
0800 022 4 332  
<http://smokefree.nhs.uk>
- **NSPCC**  
0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)
- **Ofsted**  
08456 404045  
[www.ofsted.gov.uk](http://www.ofsted.gov.uk)
- **One Parent Families/Gingerbread**  
0800 018 5026  
[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)
- **NHS Direct**  
0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- **Parentline Plus**  
0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- **Royal Society for the Prevention of Accidents (RoSPA)**  
0121 248 2000  
[www.rospace.co.uk](http://www.rospace.co.uk)
- **Samaritans**  
08457 90 90 90  
[www.samaritans.org](http://www.samaritans.org)
- **Save the Children**  
020 7012 6400  
[www.savethechildren.org.uk](http://www.savethechildren.org.uk)
- **YoungMinds**  
(Parents Helpline)  
0808 802 5544  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

## Helpful local organisations

- **Children with Disabilities Team**  
Assistance up to 18 years old  
01895 277880
- **Choice Advice**  
Primary to Secondary School  
Transfer Support  
01895 250522
- **Families Information Service**  
0800 073 4800
- **Find your nearest Children's Centre**  
0800 2 346 346
- **Healthy Hillingdon**  
Health Advice & information  
01895 277615
- **Hillingdon Play Association**  
Co-ordinating play in Hillingdon  
020 8581 1493
- **Hillingdon Primary Care Trust**  
01895 452000
- **London Borough of Hillingdon Civic Centre**  
01895 250111
- **Parent Partnership**  
Special Educational Needs  
01895 277001
- **Parent Support Services**  
Advice/Seminars & Programmes  
01895 277877



If you would like more information about Safe Parenting in your own language please contact us at the address shown in the bottom box.

Albanian

Nëse dëshironi më shumë informacion sesi të bëheni prindër mirë në gjuhën tuaj amtare, ju lutemi na kontaktoni në adresën e dhënë në kutinë më poshtë.

Arabic

إذا أردت المزيد من المعلومات عن التلق السليم للوالدين على أولادهم باللغة العربية فالرجاء الاتصال بنا على العنوان التالي أسفل الصفحة.

Bengali

আপনি যদি নিরাপদে বাবা-মা'র দায়িত্ব পালন বিষয়ে তথ্য চান, তবে অনুগ্রহ করে নীচের বাক্সে দেওয়া ঠিকানায় আমাদের সঙ্গে যোগাযোগ করুন।

Chinese

如果您需要有关安全养育的详细中文信息，请使用底部方框中的地址与我们联系。

French

Pour tout renseignement complémentaire dans votre langue sur la façon de jouer votre rôle de parent en toute sécurité, veuillez nous contacter à l'adresse figurant dans l'encadré du bas.

Gujarati

જો તમારે સુરક્ષિત પેરન્ટિંગ હેન્ડબુક વિષે તમારી ભાષામાં માહિતી જોતી હોય તો તમે અમારી સાથે નીચેના બોક્સમાં આપેલ સરનામે

Punjabi

ਜੇਕਰ ਤੁਸੀਂ ਮਾਤਾ ਪਿਤਾ ਵਲੋਂ ਬੱਚੇ ਦੀ ਸੁਰਖਿਅਤ ਦੇਖਭਾਲ ਬਾਰੇ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਜਾਣਕਾਰੀ ਚਾਹੁੰਦੀ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਹੇਠਲੇ ਬੱਕਸ ਵਿਚ ਲਿਖੇ ਪਤੇ 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Serb-Croat

Ako želite više informacija na svome jeziku o sigurnome roditeljstvu, obratite nam se na adresu koja se nalazi u četvrtastom okviru na dnu stranice. Ako želite više informacija na svom jeziku o bezbednom roditeljstvu, obratite nam se na adresu koja se nalazi u kvadratnom okviru na dnu stranice.

Somali

Hadii aad u baahan tahay macluumaad dheerad ah oo ku saabsan badbaadinta korinta-ubadka oo luqadaada lagu qorey fadlan nagala soo xiriiir cinwaanka sanduuqa hoose lagu muujiyay.

Spanish

Si desea recibir más información sobre cómo velar por la seguridad de sus hijos en su idioma materno, póngase en contacto con nosotros a través de la dirección indicada en el recuadro inferior.

Tamil

பெற்றோர் குழந்தை பாதுகாப்பு மற்றும் பாதுகாப்பான பெற்றோர் பங்காற்றும் முறைகள் குறித்து மேல்க்கண்ட பெட்டிகளில் உள்ள முகவரிகளைக் கவனपूर्वகமாகப் தொடர்புகொள்ளுங்கள்.

Urdu

محفوظ پرورش کے بارے میں اگر آپ کو اپنی زبان میں معلومات چاہئیں، تو برائے مہربانی نیچے کے خانہ میں دیے ہوئے پتہ پر ہم سے رابطہ کریں۔

**Barra Hall  
Wood End Green Road  
Middlesex  
Hayes UB3 2SA**

This booklet was given to you by

**Parent Support Services**

who can be contacted on

**01895 277877**

