

# Websites for parents and agencies

## Parenting Support

**Website:** [www.parenting.co.uk](http://www.parenting.co.uk)

Parenting support centre:

Topics covered –

- Aggressive Behaviour - Top 10 Tips
- Baby Sleeping Problems
- Bathing Babies
- Be a Happier Parent - 10 Tips
- Breastfeeding
- Car Seats and Travel Safety
- Child and Family Helplines
- Childcare and Babysitting
- Choosing a Childminder
- Choosing a Nanny
- Confident Teenagers
- Cyberbullying
- Dealing with Guilt as a Parent
- Eating Out with Young Children
- Falling out with Friends
- Family Pets
- Firework Safety
- How to Control Tantrums
- How to Improve Your Relationship
- How to Stop Shouting at Your Children
- Is Your Child Taking Control?
- Late Bed Times
- Learning to Drive
- Mealtime Fun
- New Baby Tips
- Night Terrors
- Owning a Family Pet
- Potty Training
- Potty Training Tips
- Protecting our Children on the Internet
- Rights, Support, Access and Relocation
- Road Safety for Children
- Sibling Rivalry
- Sleep
- Sleepovers
- Staying Out Late
- Stop Nail Biting - Top 10 Tips
- Tantrums
- Teenage Drinking
- Top 10 Fire Safety Tips

- Top 10 Sharing Tips
- Top 10 Talking to Teenagers Tips
- Top 10 Tips for Keeping Happy
- Top Tips for Morning Rush

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

Parenting support:

Topics covered –

- Support for Children – Advocacy, child poverty, disability and inclusion, fostering and adoption, children in care, children in trouble with the law, mental health etc.
- Support for parents – sexual abuse, child sexual exploitation, young carers, LGBTQ advice etc.

**Website:** [www.familylives.org.uk](http://www.familylives.org.uk)

Parenting support:

Topics covered –

- Pregnancy and birth – sleep, feeding etc
- Toddlers and preschool – behaviour, sleep, childcare etc
- Primary – Health and development, learning and school etc
- Secondary – online safety, health and development etc
- Teenagers – sex and relationships, communicating with teens, Drugs and alcohol etc
- Bullying – bullying at school, cyber bullying, general advice etc
- Your family – Parenting, special educational needs, fostering/adoption
- Divorce and separation – thinking about divorce, new and ex partners etc

## **Internet Safety**

**Website:** [www.ceop.police.uk](http://www.ceop.police.uk)

Child exploitation and online protection advice, help and report centre:

Topics covered – Internet safety

- 5-7 years
- 8-10 years
- 11-17 years

**Website:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

How to stay in control advice and guidance:

Topics covered –

- Instant messaging (Whatsapp/Facebook/Instagram/Snapchat)
- Social networking
- Emails
- Chatrooms
- Mobiles
- Gaming
- Cyber bullying
- File sharing

**Website:** [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/)

Keeping children safe:

Topics Covered –

- How abuse changes childhood
- What children do online and through social networking
- The risks and dangers of being online
- Tips to help keep children safe on the internet and social networks
- Safety on mobiles, Tablets and smartphones
- Using apps to stay anonymous or keep secrets
- Playing games online and how to avoid risks
- Parental controls

## **Emotional wellbeing/Parent's Mental Health**

**Website:** [www.healthwatchderbyshire.co.uk](http://www.healthwatchderbyshire.co.uk)

Signposting for helpline services:

Topics covered –

- A list of helpline services for support or advice out of hours

**Website:** [www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome](http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome)

Live well advice

Topics covered –

- Coping with bereavement
- Financial problems
- Returning to work after mental health issues
- Addiction
- Raising low self esteem
- Talking to children about feelings
- Feeling you can't go on
- Finding mental health services

**Website:** [www.rethink.org](http://www.rethink.org)

Rethinking mental illness, support and information:

Topics covered –

- Services and groups (200+ mental health services 50+ support groups) From psychological therapies and Crisis and Recovery Houses to peer support groups and housing services.
- Advice and information
- Diagnosis and treatment
- Living with mental illness- everyday life
- Carers, family and friends – support for young carers etc
- Advocacy

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

Mental health charity:

Topics covered –

- A-Z Mental health
- Types of mental health problems
- Drugs and treatments
- Helping someone else
- Legal rights
- Tips for everyday living
- Guides to support and services
- Helplines
- Find your local Mind
- online community groups

**Website:** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mental health foundation: Good Mental health for all

Topics covered –

- Parent's with mental health problems
- How does ill health affect parenting
- How can parent's ill health affect their children
- What can protect children's mental health
- Practical advice on looking after your own mental health

## Self-Harm

**Website:** [www.selfharm.co.uk](http://www.selfharm.co.uk)

Support and advice centre

Topics covered:

- The facts – what is Self-harm, who does it, recovery, eating disorders and Self harm.
- The Myths – self-harm and suicide, only girls do it, attention seeking
- Staying safe - Knowing your body, Harm minimisation, Poisoning, Looking after you
- Resources
- statistics

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

Information and support:

Topics covered –

- How can I help myself
- Treatment and support
- For friends and family – how friends and family can be supportive and get advice

- Useful contacts

**Website:** [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/)

Find out how to spot the signs and what you can do to help:

Topics covered –

- Why children self-harm
- Warning signs – Physical and Emotional signs
- What can you do about self-harm
- The self-harm cycle
- Getting help

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Advice for children and young people:

Topics covered –

- Looking after yourself
- Self-harm help
- Fact sheets
- Lifestyle changes to boost self-esteem.

## Readiness for school/Transition

**Website:** [www.childcare.co.uk/information/school-readiness](http://www.childcare.co.uk/information/school-readiness)

Parents' guide to school readiness:

Topics covered –

- What is meant by ready for school?
- How to prepare you and your child
- Looking further ahead

**Website:** [www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/](http://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/)

Being school ready:

Topics covered -

- free guide on preparing your child for school
- Handy resources to help prepare your child

**Website:** [www.gov.uk/government/.../are-you-ready-good-practice-in-school-readines](http://www.gov.uk/government/.../are-you-ready-good-practice-in-school-readines)

Ofsted guidance on getting your child ready:

Topics Covered –

- Children's readiness for school
- Assessing children's starting points
- Effective involvement of parents and carers in children's transition
- Developing communication skills
- Personal, social and emotional development

**Website:** [www.everychancetolearn.com.au/wp.../School-readiness](http://www.everychancetolearn.com.au/wp.../School-readiness)

A Parents guide to school readiness

Topics Covered –

- Why is learning important
- How to develop your child's social and emotional skills
- How to develop your child's literacy skills
- How to develop your child's numeracy skills
- How to develop your child's physical skills