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Sefton Safe Parenting handbook birth-10 years old



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Oriol Road
Bootle L20 7AE



Introduction

Welcome to the **Safe Parenting Handbook, a guide for parents and carers of birth-10 year olds in Sefton.**

Being a parent is one of the most difficult jobs there is. It can be both challenging and rewarding. It is a job where there is very little training given to prepare parents for what lies ahead.

Every family experiences difficulties from time to time and this can be very testing to the best of parents. When additional pressures come along, these can make a hard job nearly impossible. At these times, it may be hard to think about what help or information you might need.

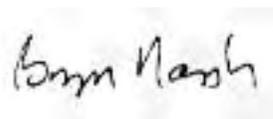
When things go wrong it does not mean that someone has failed in parenting - things go wrong for everyone. It is often the way difficulties are handled that can make a difference to your children, both now and in the future.

There is no such thing as a perfect parent. However, there are some things that can make it less stressful and more rewarding.

What is the handbook about?

It is hoped that this handbook can offer some ideas and information to help you find your way through what can be a maze of issues and advice. It gives contacts and further information you can follow up when you are deciding how to deal with your worries and difficulties. The handbook also lists some of the warning signs of particular difficulties and offers helpful tips.

This handbook has been produced with support from a range of professional agencies working together to promote positive parenting. We hope you find it helpful and worth keeping for future reference.



Bryn J Marsh
Chair of LSCB



Contents

	Page
 All kinds of parents What is a family?	4
 Babysitting Who can I leave my child with?	6
 Bullying The real story	8
 Safeguarding children from harm Myths and realities	10
 Children in need Working together for our children	12
 Children left alone Common sense and the law	14
 Disabled children You're not alone	16
 Domestic violence How does it affect children?	18
 Don't shake the baby Different ways to cope	20
 Equality & diversity Different and equal	22
 Health & safety Making your home safe	24
 Internet safety New technology, old problem	26
 Smacking The great debate	28
 Worried about a child Should you mind your own business?	30
 Building blocks for good behaviour Positive feedback	32
 Stress & anxiety Helping them cope	34
 Separation & divorce It's not their fault	36
 Helpful organisations	38

Simon is my son. He's twelve. Sharon and I split up when he was two. Then I met Jonny. She has two sons. Her ex-husband has another son with his new wife. And Sharon has another daughter with her new partner. It's confusing enough for me so I don't know how Simon copes with it all.

All kinds of parents

What is a family?

- Your family is unique. Who is in your family? How does it work?
- Single parents can be Mum or Dad
- Different people handle change in different ways
- Children need stability; change can make them feel especially vulnerable
- Family change takes time to get used to - for Grandparents, Uncles and Aunts too!
- 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 - they come in all shapes and sizes.

Each different type of family has its own special challenges, so it's important to understand how your family make-up can affect your child, particularly when things change.

Going it alone

Growing up with one parent can be a good thing, leading to a close relationship between parent and child. If your teenager does spend time with their other parent, it's important to help them understand how both of you will be part of their lives and that it's okay to love both their parents and not feel guilty.

Coping with a death in the family

When we are coping with our own grief at the loss of a partner it is sometimes hard to see how children might react when a parent dies. Every child will act differently, some will feel guilty about still living while one of their parents is dead, others will think about death and loss and who else could 'leave' them. Patience and the support of family and friends are key at this time. Support agencies such as Cruse have a helpline to help parents cope and useful advice on their website.

Teenage parents

As a young parent, you'll face many extra challenges. However, all new parents struggle at times, so don't be embarrassed to ask for support and advice. Your education may have to be cut short, but don't give up on all your plans for the future as there's still plenty of time. Remember to think about your own needs and try to enjoy some of the things that other teenagers do like meeting up with friends or going to a club. Make sure that you have good childcare if you leave your child at home.

New families

If you enter into a new relationship, everyone will need time to get used to the new family, which could be more difficult if your new partner has children of his or her own or you are adopting or fostering a child. Change can make us all feel unsafe, so it's important to make sure everyone feels comfortable with new arrangements. Take things slowly and carefully and try to see things through each other's eyes, imagining everyone's feelings in this time of change.

Grandparents as parents/new grandparents

Grandparents can give a welcome extra pair of helping hands and are an important link to family histories and a sense of belonging. But they may need help to come to terms with changes in your family too. They may lose access to much-loved grandchildren when relationships break up, or have to adjust to new family members when new relationships start. Be aware that grandparents may sometimes have health issues of their own; don't ask them to do too much as they still have their own busy lives.

Make contact

Whatever kind of family you are, there are many organisations especially set up to help you cope. Don't feel you have to struggle on alone. Make contact and get the help that you and your kind of family need.



Changes in the way your child acts may signal that they are not feeling secure about the changes going on around them. Watch out for feelings of blame or guilt if your relationship with your partner is not working. Changes in how you act can also have a direct effect on your child.



Talk through any changes in family life early - children are quick to pick up "vibes" and so may know if you're keeping something from them. Keep talking to your child about the new things that are happening to you and your family. Take things slowly and be patient.



Talk about how you feel about each other as much as you can. 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.



Consider counselling, mediation and support agencies as they can often help to spot possible problems before they arise. Know your rights with regard to your role as a partner and a parent.

Talk to your child's school.



- One Parent Families/Gingerbread
0800 018 5026
www.oneparentfamilies.org.uk
- Cruse Bereavement Care Helpline
0844 477 9400
www.crusebereavementcare.org.uk



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.

Babysitting

Who can I leave my child with?

- 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

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 his or her safety and wellbeing. 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, and 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 Children's Legal Centre and the NSPCC advise 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 before hand.



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.



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.



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.



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



- Surestart
0870 000 2288
www.surestart.gov.uk
- The Royal Society for the Prevention of Accidents (RoSPA)
0121 248 2000
www.rospa.co.uk
- NSPCC
0808 800 5000
www.nspcc.org.uk

It happens most days. They call me smelly and fat. They're in the same class and they're always laughing at me. They said if I tell it will be ten times worse. Sometimes I don't go to school... I can't stand it any more.

Bullying

The real story

- Children have the right not to be hurt
- Bullying behaviour is unacceptable
- Bullying can happen to any child at any age
- Speak to your child's school immediately if you have any concerns
- Act immediately if you think your child is being bullied
- Children need ways to protect themselves and seek help
- Advise your child to run, yell and tell
- Racial harassment is a form of bullying

Bullying is a frightening experience. It can isolate and damage a young person's self-confidence. Some ongoing 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. 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. It is important that parents and schools work together in partnership to secure support and protection for the child for both the present and the future. Parents must make contact with their child's school as soon as they become aware of any problems.

Racial harassment

Racial harassment is any hostile or offensive action against individuals or groups because of their skin colour, ethnic origin, religion or cultural background. Racial harassment can severely affect a child's ability to learn effectively and the effect of harassment can remain with a person throughout their life.

There can be different forms of racial harassment including: Verbal abuse (name calling, insulting slurs and persistent teasing); Physical abuse (hitting, kicking, spitting, taking belongings and threats of violence); Indirect (excluding, humiliation, spreading nasty rumours and ridicule).

Practical steps to take if your child is being racially harassed:

- Make an appointment with your child's school.
- Be specific, give dates, places, and names of other children involved.
- Make a note of what action the school intends to take.
- Enquire if there is any existing policy against racial harassment incidents.



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.



See the headteacher at the school for their support and action. If bullying is occurring 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.



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



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



- Bullying UK
www.bullying.co.uk
- ChildLine
0800 1111
www.childline.org.uk
- Kidscape
08451 205 204
www.kidscape.org.uk

Social work has changed a lot. In the past our approach to child protection wasn't very flexible. Now we work more in partnership with families where there are concerns to make sure they get support before things reach a crisis.

Safeguarding children from harm

Myths and realities

- 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
- Very few children are removed from home following abuse

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

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 Family Crime Investigation Unit (FCIU) will investigate with social workers to help protect children and decide whether an offence has been committed against a child.

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

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 protection 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. This helps to ensure that they are offered support before the situation becomes far worse.

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.



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 - contact the help lines in the Contact column for information.



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.



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.



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.



- Family Rights Group
0800 731 1696
www.frg.org.uk
- NSPCC
0808 800 5000
www.nspcc.org.uk
- Parentline Plus
0808 800 2222
www.parentlineplus.org.uk

I always wanted to be a good mother, but it was hard to keep on top of everything. Finally I got some help and you wouldn't believe the difference it's made. I'm so proud of how far we've come. We're a family again.

Children in need

Working together for our children

- Children do well when their parents or carers give them a good standard of care and sometimes parents and carers need help to do this
- Children can be 'in need' for a wide variety of reasons
- By involving the child, the parents or carers and all the relevant service providers together, the aim is to find and sort out issues early and successfully
- Permission is always needed from parents and carers to share information amongst groups of professionals, unless the child is at serious risk
- Children have a right to have their basic needs met and to be protected from abuse and neglect

Who are 'Children In Need'?

All sorts of children and families face a variety of difficulties, where help is needed to make sure that they are safe and supported. The difficulty may arise from disability or family breakdown or from difficulties that many parents face in responding to their child's changing needs. The help that children and families need can come from several different departments and agencies, and aim to bring together all the agencies that can offer help. The goal is to meet the needs of children and families in our community before a problem becomes a crisis.

How it all works

When professionals with whom you have contact become aware that you need help to meet the needs of your child they will talk to you about how they can help. If it is not possible for their agency to provide the right service or advice they will request your permission to ask another agency to help. If a number of agencies need to make a plan with you to meet your children's needs they may call a meeting, to which you will be invited, and at which you will be given support to share your views. At this meeting, you, your child and representatives from various agencies, work together to find a successful way forward to overcome your individual difficulties.

Family focused

You and your child are fully consulted and are encouraged to attend any meetings held about your situation. By law, all information about your family is treated in the strictest confidence and your permission is required for information to be shared, unless there are serious concerns about your child's safety. At any time, you and your child have the right to express your views and have anything you wish explained to you.



Missed health appointments, basic needs not being met, behavioural problems, not going to school or poor school progress, not being clean, not looking after themselves and hurting themselves on purpose.



Family breakdown, disability faced by child or other family member, domestic abuse, parents using drugs or alcohol.



Try to help your child as best you can but if there are problems you cannot help with get help at once from Children's Services, your Doctor or other care professionals. Try to tell them about what's happening as openly and honestly as you can. Be involved in all meetings and interviews.



The earlier you seek help, the less damage will be done and the easier it will be to sort out the difficulties that your child and your family face.



- Discuss your concerns with any agency involved with your family
- Speak to the School Nurse or your child's school
- ChildLine
0800 1111
www.childline.org.uk



Children left alone

When mum goes out, I lock the door from the inside... she calls in the letterbox to say goodbye. I leave the lights on in case anyone tries to get in. She usually comes home in the night when I am asleep.

Common sense and the law

- Never leave a young child alone
- Children under 13 years should not be left
- Children are not ready for this amount of responsibility
- Leaving a child alone places them at risk of harm
- It can be a lonely and frightening experience
- Plan who you could contact for emergency care

If a child is not ready to be left alone they can feel sad, lonely, frightened and it can be dangerous. There are many possible risks, both physical and emotional, which could affect your child in a bad way.

Also it is not possible to rely on a child to let you know how much care they need. They may say that they do not mind being left and may find it fun at first, but they cannot fully know the possible risks and how to handle them.

Even ordinary things that happen in life, such as hunger, a storm, the phone ringing or someone coming to the front door can cause problems. An accident, feeling ill or a power cut may occur and these are not things that a child would know how to deal with.

It is never possible to leave your child and assume that someone will look out for them unless you have already spoken to a trusted friend or neighbour and asked them to keep an eye out.

If they are told, the Police or Children's Services may take action if they think that a child has been neglected by being left alone. Neglect happens when a parent or carer does not meet children's basic needs of food, shelter, security, attention or protection from danger.

The NSPCC have issued guidelines advising that children under the age of 13 should not be left alone. While this is not the law, it is suggested as good practice. Children under this age cannot manage the responsibility of being left alone and this may be particularly so if they have a disability.

As a young person grows older, leaving them alone after school, for an evening or during the day is less worrying as long as they are prepared and know what to do if they are worried or need anything. So preparation for this is vital. If your child is 13 or over and you feel he or she has the understanding to deal with this, it is important that they know where you are and who to contact in an emergency.



Parents who have little support. A child who is often seen outside and all alone for long periods of time. Childcare arrangements that keep going wrong.



If there is immediate risk of harm to a child, call the Police.



If you are worried about a child being left alone, talk to the parent, a Health Visitor, Teacher or a Social Worker.



Think about shared babysitting and chat to neighbours, friends or other parents. Find out about After School Clubs and Holiday Play Schemes.



- Contact your health visitor
- NSPCC
0808 800 5000
www.nspcc.org.uk
- One Parent Families/Gingerbread
0800 018 5026
www.oneparentfamilies.org.uk
www.gingerbread.org.uk
- Parentline Plus
0808 800 2222
www.parentlineplus.org.uk

*When I found out that Josie was disabled
I didn't know how I was going to cope.
I just didn't think I'd be able to do it
alone. Pretty soon I realised
I didn't have to.*

Disabled children

You're not alone

- Your child is protected by the Disability Discrimination Act
- The Government, your local council, education and health authorities are there to help
- You may be able to receive financial help to assist with caring for your child
- There are many forms of extra services and support available to you and your child
- Support groups, parent groups and other organisations are out there to help you cope

If your child is disabled, the future may seem like a real struggle, not just for them, but for you too. Remember you and your child are not alone. The Government, local Council, Health and Education Authorities give a wide range of benefits, facilities, support and advice for children with disabilities and their carers.

Legal protection

Your child is protected by law. The Disability Discrimination Act says it is against the law for any service provider (including schools, businesses and organisations) to treat disabled people less fairly than other people because of their disability. It also asks them to make reasonable adjustments to make their services like ramps or disabled toilets so that disabled people can use them too.

Health

From the start, your Doctor and local Health Service are there for you. They'll give the help and advice you need to discover and assess your child's disability. They'll help you plan the treatment, therapy, equipment and ongoing medical care that your child may need.

Benefits

There are several benefits that you could receive to help you with the costs of caring for a disabled child. These include Disability Living Allowance, Carers Allowance, help with extra housing costs and Carers Blue Badge scheme. Don't forget free dental treatment and prescriptions, help with the cost of glasses and sometimes help with travel to hospital, school meals, and even not having to pay road tax.

Education

Depending on their kind of disability, your child may get better results by going to a special school which is a place specifically designed to match their educational needs or your child may get the extra support they need through the special needs provisions in a mainstream school. Your Education Authority and Health Service Providers will help you assess your child's special educational needs and help you find the best way forward for their education.

Extra support

Your Council can give extra support for you and your child. This can include special leisure facilities, holidays, short breaks and many additional services for particular needs. There are many local, national and international organisations and charities specially set up to give further help, advice and support to people just like you.

Make contact

On the right you'll find a list of contacts that you may find useful. You're not alone, so make contact today and get the support you need.



Some children's disabilities are spotted early. Others take time to appear or happen suddenly. If you think your child may have some form of disability, contact your Health Visitor or GP for advice.



Don't think you have to go it alone. Get as much information as you can about your child's condition. Find out what services, support, benefits and advice is available and make contact.



There are many organisations specially set up to give support and advice to parents of children with a disability. Contact them and tell your story. There will be others out there just like you.



You can't stop your child's condition. But you can help with the disability they experience by making sure that they get the best support available, and by remembering that they have rights.



- NHS Direct
0845 4647
www.nhsdirect.nhs.uk
- Carers UK
0808 808 7777
www.carersuk.org
- National Deaf Children's Society
0808 800 8880
www.ndcs.org.uk

I crept downstairs because I heard arguing. Dad was standing over mum kicking her. I made sure that my sister did not see, but we still heard. When mum came upstairs, her nose was bleeding and we all cried, we stayed there until dad went out.

Domestic violence

How does it affect children?

- Domestic violence teaches children to use violence
- Violence can affect children in serious and long-lasting ways
- Where there is domestic violence there is often child abuse
- Children will often blame themselves for domestic violence
- When violence occurs in families, alcohol is often a cause
- Pregnant women are often victims of domestic violence

Domestic violence is a crime and a major social problem affecting many families. 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 effects 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.

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 magistrates 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.



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.



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.



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.



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.



- National Domestic Violence Helpline
0808 2000 247
www.womensaid.org.uk
www.refuge.org.uk

I thought I couldn't manage. She cried all the time. I was exhausted and nothing worked. I felt such a failure. I got so angry with her I felt like shaking her to stop her noise. I had no idea how much that could hurt her.

Don't shake the baby

Different ways to cope

- Shaking is often a response to extreme frustration
- Shaking can cause damage that you cannot see
- Shaking can cause damage that is long lasting
- Never shake a child for any reason
- There are different ways to cope with a crying baby
- Do not suffer alone, seek support from others

Why do people shake babies?

Often, although not always, babies and young children are shaken when a parent or carer becomes very frustrated when they will not stop crying due to colic, illness or feeding difficulties. On average a baby will cry for at least two hours every day. If a baby has additional difficulties, they will cry more and this can be very stressful. One-in-ten babies cry much more than this average and many parents experience a great deal of difficulty managing this.

Many parents may not realise the extent of the damage that a shake can do to a young child. Parents/carers who have a low tolerance level may become angry and more likely to give in and shake the child. However there are many alternatives to try and people to talk to.

Some very rough play with a young child can also cause some similar injuries so never shake a young child.

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 his or her head wobbles rapidly 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 does not perceive it as fierce. 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.
- Consider using a dummy.
- 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.
- Make use of a helpline in times of crisis.
- If necessary walk out of the room for a short time, ensuring that you are nearby.
- Ask someone else you trust to take over for a while.



A range of signs can indicate if a child may have been shaken, including feeding difficulties, lethargy, eye injuries, vomiting, irritability, speech and learning difficulties, developmental delay, seizures and paralysis.



If you are worried about your child, take him or her to see your GP, Health Visitor or to the Casualty department. Seek support, including the helplines listed under Contacts.



Develop communication with your child using eye contact, smiling, cuddling and talking. This will develop your understanding and responsiveness to your baby's needs when he/she is having difficulties.



It is never safe to shake a child, not even in play. It is important for siblings playing together or for the babysitter or any other carer to be made aware of the dangers.



- CRY-SIS
08451 228 669
www.cry-sis.org.uk
- Parentline Plus
0808 800 2222
www.parentlineplus.org.uk

My son's learning fast. He doesn't need me to tell him that everybody's different. But I do want him to understand that everybody's equal too.

Equality & diversity

Different and equal

- Your child is protected by the Human Rights Act, the Disability Discrimination Act, the Race Relations (Amendment) Act, the Sex Discrimination Act
- Your local Council, Education and Health authorities are there to help
- Ask your child's school how they deal with racism and other forms of harassment, and ask them to talk through their policies with you
- Support groups, parent groups and other organisations are out there to help you

Diversity is all about differences. We are all different - physically, socially, culturally and sexually. Diversity means variety, it means a rich and vibrant culture.

But not everyone values and respects the differences in society. Discrimination is when you are treated differently just because of who you are. You could experience discrimination from an individual or from a business, a service, an agency or even a school. Although we're all different we all have the right to equal respect, opportunity and justice, so there are laws in the UK to prevent discrimination on all levels. If you feel you or your child has experienced discrimination, your local authority, local organisations and the legal system are there to help you.

Racism

Thanks to the Race Relations (Amendment) Act 2000, all public bodies have a clear duty to stop unlawful racial discrimination and to promote equal opportunity and good relations between ethnic groups. This includes schools, so the curriculum and the teaching in our schools should reflect racial diversity and should have clear processes for handling, reporting and watching out for racist incidents.

Homophobia

We live in a diverse country with a lesbian, gay, bi-sexual and transgender community; diversity should be welcomed and reflected across all services. It is not acceptable that anyone is targeted for abuse or discrimination because of their sexuality or the sexuality of their parents, carers or family members.

Sex Education in schools helps young children understand and respect sexual orientation - whether lesbian, gay, bisexual or transgender.

Disability

The Disability Discrimination Act 1995 says it is against the law for any service provider (including schools, businesses and organisations) to treat disabled people less well than other people because of their disability. It also means they should make reasonable adjustments to make their services suitable for disabled people to use.

Sexism

Sexism arises out of common stereotypes that exist regarding male and female roles in society. It can be based on experiences some people have of relationships between adults of both genders. Sexism can be experienced in the home, in social situations or in the workplace, leading to discrimination in a variety of situations, including serious forms of physical or psychological abuse. The Sex Discrimination Act is there to provide a legal framework for promoting equality between the sexes.

Make contact

You and your child have the right to be different and equal, so make contact today and get the support you need.



Children notice difference all the time in things, people and places. They need to know that we are all different but that we are all equal, and that difference should not be met with suspicion, envy or fear.



You should expect every place your child is in to have made a visible commitment to equality and diversity. All should listen and act at once if discrimination happens or you have worries.



There are many organisations specially set up to give support and advice to parents, including parents of vulnerable children or children from overseas. Contact them.



All parents have a right to expect a safe place and support for their child whatever their individual needs, experiences or background. Schools are becoming more inclusive with diversity and equality expected in all areas of school life.



- Equality and Human Rights Commission
0845 604 6610
www.equalityhumanrights.com

Before Joe was born I never thought about where I left things. Nowadays, everything in the house seems dangerous so I have made the house more child friendly but still never leave him unsupervised.

Health & safety

Making your home safe

- Babies and children learn by exploring their surroundings
- Babies do not automatically know what is dangerous
- Babies need guidance to keep safe at home
- Remove all potential dangers in your home
- Watch your child and remove him or her from danger
- Explain about safety to your child from an early age

Babies and young children learn about their world by exploring it. This means that, as soon as they are able to, they will crawl, touch and grab at whatever is in their line of vision.

They are curious by nature and need careful and gentle guidance from a young age about what danger is and what to stay away from. Shouting at or smacking children will not teach them about safety.

Most accidents happen in the home and this is why it is important to ensure that your home is safe for all your family especially for young children. There are many situations each year in which children have overdosed on their parents' drugs and medicines.

Some dangers around the home:

- Make sure that all medicines and drugs are locked away well out of reach and your use of them is private to avoid your child copying you.
- Certain rooms are necessarily full of danger, such as the kitchen, and should remain out of bounds or made safe by the use of safety devices.
- Are your children contained within the house? Is the safety chain high enough on the front door even for a very active toddler?
- Crawling and exploring are an essential part of their development - keep an eye on your young children, especially near wires and sockets.
- Small children should never be left alone with pets. Even trained and good natured animals can be tested when children are around.
- Make sure that irons, saucepans and hot drinks are kept out of the reach of children. Scalding and burns are common and avoidable accidents.
- Inhaling cigarette smoke is bad for children's health. Children will be affected by passive smoking and your smoking may encourage them to smoke when they are older.
- Check toys for safety marks. Ensure that your child does not play with toys that are not suitable for his or her age, especially if the pieces are small enough to choke on. Unsafe toys can be very dangerous.



Spend some time exploring your house as if you were a young child. This will show you the many potential dangers that, if not removed, could harm your child.



Make a list of these potential dangers and remove them to safety or protect your child from them by using safety devices. Talk to the contacts listed if you are unsure about this.



With very young children the tone of your voice and facial expressions alongside explanations are extremely important. Children will begin to sense the warning tone in your voice over time.



Remove dangerous objects like drugs, syringes, medicines and household chemicals out of the reach of children and lock them away safely. Do this before your child is exposed to any hazard.



- Talk to your Health Visitor or Midwife
- The Royal Society for the Prevention of Accidents (RoSPA)
0121 248 2000
www.rospace.co.uk
- Child Accident Prevention Trust (CAPT)
020 7608 3828
www.capt.org.uk
- Health & Safety Executive (HSE)
0845 345 0055
www.hse.gov.uk

*Greg is ten 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.*

Internet safety

New technology, old problem

- The Internet can be fun and is useful
- Have family Internet rules to encourage safer use
- Paedophiles can use the Internet to contact children
- It is important that parents understand the Internet

The Internet is a wonderful and quick way for young people to find information, help them study and keep in contact with friends or meet new ones.

Unfortunately, the Internet is also an easy tool for child abuse. Paedophiles use chat rooms to become friendly with children or young people, often by pretending to be another child. Other risks include people who want to get personal information like names, addresses or telephone numbers for fraud. Using the Internet too much can lead to an unhealthy lifestyle and can be addictive.

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 chat room for yourself so you understand what can happen. Check out which sites your children are visiting to see if they are acceptable.

Ask other parents to tell you about good chat rooms or websites for your child. Look for these sites that check messages in chat rooms and those that include clear guidelines for use, child-friendly advice, warnings and how to report concerns.

You can buy software filters which block access to websites with a sexual content. These don't make Internet use totally safe so it is still much better for you to take an active interest in the sites your child is browsing.

Set ground rules:

- Limit the amount of time your child spends on the Internet - and stick to it.
- Discuss the kind of websites they can visit which are right for their age.
- Make it clear to your child that they must never give out their real name, address, home or mobile phone numbers or any other personal 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.

It's important that your child understands why there needs to be rules. Explain that because they can't see or hear the people they chat to on the Internet, they may not be who they seem. Paedophiles gain the trust of young people on the Internet. Remind your teenager that strangers on the Internet can be just as dangerous as strangers on the street.

If your teenager keeps it secret when using the computer, if you notice changes in how they act, problems sleeping or changes in routine or they are suddenly asking about sexual matters you could look into whether their Internet use has anything to do with it.



Keeping it secret when using the Internet, changes in how they act, unusual sexual questions, leaving clues (such as emails) that they are having chats with others which seem sexual or you are not comfortable with, or problems at school and not telling you where they are going or who they are meeting.



Set up and stick to your Internet-use ground rules. Learn all you can about the Internet and how to use it yourself so you can understand what your child is viewing and whether it is suitable.



Discuss with your teenager the dangers of chat rooms and looking at unsuitable websites. Make sure they know that any personal information, including their real name, should not be passed on to anyone else. Be open-minded about the teen-websites they are viewing, but let them know that if they are worried about anything they see or read on the Internet they can ask you about it.



Keep the computer in a family room, with the monitor facing outwards, so you can always see what's on screen. Discuss which websites your child is looking at and take a look for yourself. Make sure your teenager is aware of the dangers.



- www.kidsmart.org.uk
- www.chatdanger.com
- www.parentscentre.gov.uk
- www.stoptextbully.com
- Child Exploitation and Online Protection Centre
www.ceop.gov.uk



I get so frustrated with him sometimes, that I occasionally do feel like smacking him - I don't of course as I know that will not solve anything.

Smacking

The great debate

- 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

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 becomes 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 his or her 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 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.



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.



If you are worried about your own or someone else's smacking get support from the organisations listed under Contacts. If it is someone you know, offer practical help and suggestions.



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.



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).



- Barnardo's
020 8550 8822
www.barnardos.org.uk
- NSPCC
0808 800 5000
www.nspcc.org.uk

Everyday I hear the child next door crying, her parents are always shouting at her. Yesterday, in the street, I saw her mother hit her hand across the side of the head. This is probably none of my business but I am worried and not sure what to do.

Worried about a child

Should you mind your own business?

- Protecting children is everybody's business
- Adults have a responsibility to report abuse
- Consider offering some support if you are worried
- If in doubt share your concerns about children
- Reporting concerns rarely leads to a child being removed
- Act now - long-term abuse is damaging for children

All parents have problems at times but can be helped by other family members or close friends.

If someone you know is having difficulties, you could:

- Listen to their problems.
- Help them cope.
- Encourage them to get more help.
- Support them by babysitting or doing shopping.

There may be times when a child is at risk of harm and you need to get help.

How would you want other people to act if your child was being harmed?

- Would you want them to mind their own business?
- Would you want them to report their worry to a professional who could help?

When we think, see or are told about a child that is being hurt we can react in many different ways. We may feel guilty, angry, or shocked. Some people's reactions can stop help getting to a family who need it.

Many people do not tell because they fear that:

- Children will get hurt more.
- They believe that nothing will be done.
- They believe that the child would be taken away.
- They worry that the family may find out who reported them.
- Telling may ruin family relationships.

In truth, it is best that action is taken early to stop things getting worse. Long-term abuse is much more likely to cause problems for a child as they get older. Even if you think something is just a one off, other agencies may already have concerns about the child. Your information could be very important.

If you report your concerns to Children's Services, you will be asked for your details and details of the worries you have. You should write down what you want to say before you speak to them so that you can remember everything.



There are many possible signs of abuse, ranging from injury to changes in the way a child is acting. You could see something happen or a child may tell you that he or she is being hurt.



If you think that a child has been hurt, contact Sefton Plus or the Police. If you are not sure, you can speak to a helpline such as the NSPCC and your call will be kept private.



Explain exactly what you have seen or been told. If you can, keep a note of dates, injuries and the exact words used. These will help you.

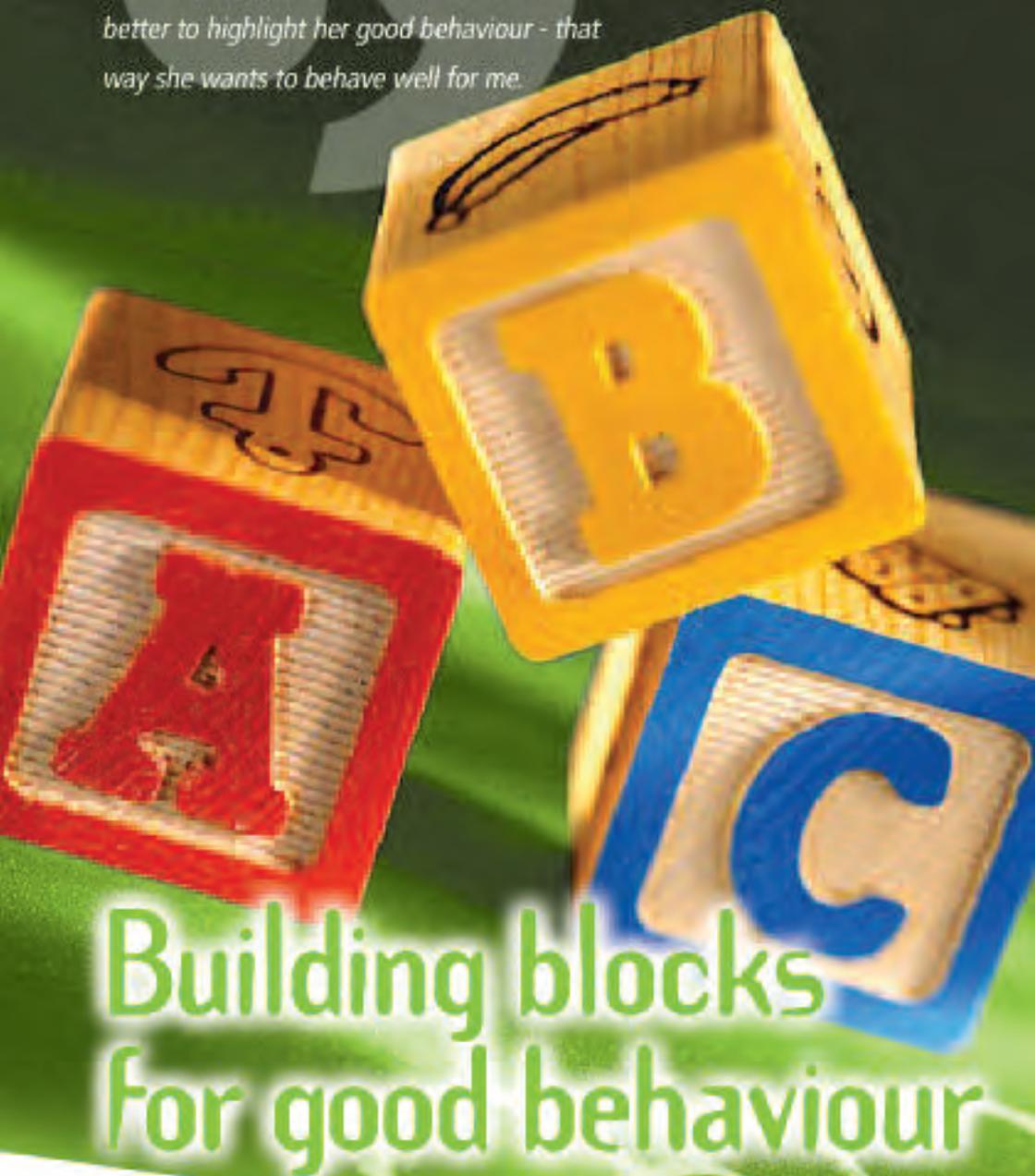


Make sure your child knows who they can share worries with if and when they need to. Listen carefully to children and notice any changes in them.



- Sefton Plus
0151 934 3737
- Merseyside Police
0151 709 6010
- Named nurses for safeguarding children
07789 938691 / 07831 835327
- NSPCC
0808 800 5000 www.nspcc.org.uk
- Parentline Plus
0808 800 2222
www.parentlineplus.org.uk
- ChildLine
0800 1111 www.childline.org.uk
- Family Rights Group (National)
0800 731 1696 www.frg.org.uk

I tell Sarah off if she's naughty but I don't like criticising her too much. Hurtful comments could damage her confidence. I think it's better to highlight her good behaviour - that way she wants to behave well for me.



Positive feedback

- Parents have a vital job teaching their children how to be a good person
- Young children want their parents' approval so childhood is a good time to teach them positive behaviour
- Use positive feedback to build up your child's self-esteem
- When you praise your child, explain exactly why you're pleased with them
- Children are happier if they have rules to follow
- Use play to teach your child about good behaviour, too

Every day, your child learns new things as they develop and start exploring the world around them. It's what makes childhood such an exciting time.

As a parent, you have an important job as you teach them about your values and beliefs. Start this when they're young and you'll see all your hard work pay off in the future when they grow into a happy teenager.

Childhood is a good time to teach them good behaviour because they respect and want to be close to you. This changes when they become a teenager, as they'll probably rely more on their friends.

Using positive feedback is a great idea. That means giving lots of praise to build up your child's self-esteem, and talking about their strengths and not weaknesses. Your opinion of your child has a huge impact on what they think of themselves and so being too critical can damage confidence.

When your child does something good, praise them and explain why. So rather than saying 'Good girl' when they put their toys away, say 'You're a good girl for putting your toys away and helping me.' Your child will see the value of good behaviour.

You can use positive feedback when your child is misbehaving too. That doesn't mean buying them sweets when they're naughty, but making it clear that you're upset about their behaviour, not them. For example, instead of saying 'You're a very naughty child' if they do something wrong, try saying 'That was a very naughty thing to do'. That way, your child won't see themselves as a bad person and will know they have the power to change their behaviour.

It's up to you to set rules and boundaries in your child's life - most children are happier living with rules. Always be consistent with boundaries. For example, don't tell your child off for jumping on the table one minute, and then let them do it the next. Rules also work better if your child knows why they exist.

Another way to make sure your child grows up happy and secure is to have fun with them. Modern life is often so busy that many parents don't have time to sit down and spend time playing with their child.

Play is important because it helps your child feel good about themselves. Also, your child enjoys being close to you. Having fun with your child is as important as them having their own friends and hobbies.



Is your child's self-esteem low? Do they say things like 'I'm stupid' or 'I'll never be able to do this right'? If so, their confidence has been damaged somehow.



What you say to your child and how you treat them can hugely influence their behaviour as they grow up. Develop a good relationship with them before they reach their teens.



Praise your child when they're good. When they do something difficult, say 'Well done, you managed that, even though it was hard.' Don't lose your temper when you discipline your child and make it clear that you're unhappy with their behaviour, not them as a person.



You can help prevent bad behaviour when your child gets older by putting in the hard work now - it really is worth it!



- Your local GP or Health visitor
- Parentline Plus
0808 800 2222
www.parentlineplus.org.uk

When my son fell out with his friends at school recently he 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 his age.

Stress & anxiety

Helping them cope

- 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'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

As a parent, you might think that childhood is always a happy and carefree time. Children don't have to pay bills or have jobs like adults, so what do they really have to worry about?

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. It's worse when divorced 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 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 - maybe you did well in exams when you were at school, but that doesn't mean that your child will, too.

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.



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; starting new habits like thumb-sucking.



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.



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.



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.



• Parentline Plus
0808 800 2222
www.parentlineplus.org.uk

Separation & divorce

It's not their fault

- 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 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.

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 teen 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 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. Even though you are going through a difficult time yourself, your child will also be feeling a sense of loss and hurt, so 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.



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.



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.



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.



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.



- www.dca.gov.uk
Government website with tips for handling separation
- www.itsnotyourfault.org

ADFAM - Advice for Families and Friends of Drug and Alcohol Users

020 7553 7640
www.adfam.org.uk

Barnardos

020 8550 8822
www.barnardos.org.uk

Beating Eating Disorders

0845 634 1414
0845 634 7650 Youthline
www.b-eat.co.uk

Brook Advisory Centres

0800 018 5023
www.brook.org.uk

Bullying UK

www.bullying.co.uk

Child Accident Prevention Trust (CAPT)

020 7608 3828
www.capt.org.uk

ChildLine

0800 1111
www.childline.org.uk

Cruse Bereavement Care

0844 477 9400 (helpline)
www.crusebereavementcare.org.uk

Cry-sis

0845 1228 669 (helpline)
www.cry-sis.org.uk

Daycare Trust

020 7840 3350 (Parents helpline)
www.daycaretrust.org.uk

Families & Friends of Lesbians and Gays (FFLAG)

0845 652 0311
www.fflag.org.uk

Family Planning Association (FPA)

0845 122 8690
www.fpa.org.uk

Family Rights Group

0800 731 1696
www.frg.org.uk

FRANK

0800 77 66 00 (24 hour free advice)
www.talktofrank.com

Kidscape

08451 205 204
(parents bullying helpline)
www.kidscape.org.uk

Mental Health Line

0800 387 034

Message Home (for young people to get a message to their parents)

0800 700 740
www.missingpeople.org.uk

Missing Persons Helpline

0500 700 700 (24 hours)
www.missingpeople.org.uk

National Debtline

0808 808 4000

National Domestic Violence Helpline

0808 2000 247
www.womensaid.org.uk
www.refuge.org.uk

NHS Direct

0845 4647
www.nhsdirect.nhs.uk

NSPCC

0808 800 5000
www.nspcc.org.uk

One Parent Families/Gingerbread

0800 018 5026 (Lone Parent Helpline)
www.oneparentfamilies.org.uk
www.gingerbread.org.uk

Parentline Plus

0808 800 2222
www.parentlineplus.org.uk

Parents Against Drug Abuse (PADA)

08457 023867
www.pada.org.uk

Relate

www.relate.org.uk

Royal Society for the Prevention of Accidents (RoSPA)

0121 248 2000
www.rospa.co.uk

Samaritans

08457 90 90 90
www.samaritans.co.uk

Sexwise

0800 28 29 30 (helpline
7am-12 midnight 12-18 year olds)
www.ruthinking.co.uk

Victim Support

0845 30 30 900
www.victimsupport.org.uk

Young Minds

020 7336 8445
Parents Information Service
0800 018 2138
www.youngminds.org.uk

Alchemy (sexual health services for young people)

3 Mornington Road, Southport, PR9 0TS
01704 885285

Connexions

Bootle 0151 944 6100
Southport 01704 504500
www.connexions-gmerseyside.co.uk

Family Support Centres

Southport Family Support Centre,
Talbot Street, Southport
01704 534975

Marsh Lane and Marie Clarke Family
Support Centre, Linacre Road, Bootle
0151 922 2911

Seaforth & Litherland Family Support
Centre, Magdalen Square, Netherton
0151 282 1414

Caradoc Road
0151 284 9345

Feelgood Factory

0151 330 5807

Lighthouse Project

Bootle 0151 933 6411
Southport 01704 534 759
www.lighthouseproject.co.uk

Parenting 2000

Southport 01704 380047
Litherland 0151 920 7137
www.parenting2000.org.uk

Samaritans

Liverpool 0151 708 8888
Southport 01704 538038
www.samaritans.org

Sefton Alcohol Service

01704 542332

Sefton Women and Children's Aid (SWACA)

Bootle 0151 922 8606
Southport 01704 500647
www.swaca.com

Sefton Voices

0151 285 4067

Smash Team (Substance misuse team for young people in Sefton)

Netherton Activity Centre,
Glovers Lane, Liverpool L30 3TL
0151 284 6478

408 Project (Young Person's Advice and Information Centre)

0151 474 1975
www.mya.org.uk

Children's Centres

Hatton Hill Children's Centre - Litherland

Alwyn Avenue, Litherland, Liverpool L21 6PG
0151 928 1255 or 07857 120020
ccadmin.hattonhill@schools.sefton.gov.uk

Hudson Children's Centre

Moorhey Road, Maghull, Liverpool L21 5LE
0151 531 0117
ccfamily.hudson@schools.sefton.gov.uk

Butterflies Children's Centre

Devonshire Road, Southport PR9 7BZ
01704 227987 or 07805 302557

Holy Rosary Children's Centre

Oriel Drive, Aintree, Liverpool L10 6NJ
0151 288 6202
admin.holyrosary@schools.sefton.gov.uk

Netherton Children's Centre

Magdalen Square, Netherton, L30 5QH
0151 282 1405

Linaker Primary Children's Centre

Sefton Street, Southport (Linaker Street Entrance),
PR8 5DB
01704 532343
www.linakerschool.co.uk
childrenscentre@linakermail.co.uk

Seaforth Children's Centre

Caradoc Road, Seaforth, L21 4NB
0151 286 7807

Thornton Children's Centre

Stannfield Road, Thornton, Liverpool L23 4TF
0151 924 8204

Waterloo Children's Centre

Crosby Road North, Waterloo, Liverpool L22 0LD
0151 928 6539/07979 908 611
waterloocc@hotmail.co.uk

The Grange Children's Centre

Stonyfield, Netherton, Liverpool L30 0QS
0151 924 2721 or 07980 478234
ccfamily@grange.schools.sefton.gov.uk

Litherland Moss Children's Centre

201 Moss Lane, Litherland, Liverpool L21 7NW
0151 949 9720
ccadmin.litherlandmoss@schools.sefton.gov.uk

Cambridge Children's Centre

Cambridge Road, Bootle, L20 9LQ
0151 282 5467
admin.cambridgecc@schools.sefton.gov.uk

Kings Meadow Children's Centre

Meadow Lane, Ainsdale, Southport PR8 3RS
01704 578 512 or 07936 867251

Springwell Park Children's Centre

Menai Road, Bootle, Merseyside, L20 6PG
0151 288 6055 or 07973 457872
ccadmin.springwellpark@schools.sefton.gov.uk

Parenting 2000 Children's Centre

The Lodge, Mornington Road, Southport,
Merseyside, PR9 0TS
01704 380047
www.parenting2000.org.uk
childrenscentre@parenting2000southport.org.uk