



Below are the details of some organisations that can help parents and carers with the problems they face in bringing up children.

Young Minds

0808 802 5544

www.youngminds.org.uk

Young Minds provides a telephone helpline service to parents who have a concern about their child's emotional or behavioural problems.

Practical Parent

www.practicalparent.org.uk

Practical Parent provides a FREE one-stop resource for parents wanting tips and support on child behaviour, development and family relationships.

Parentline Plus

0808 800 2222

www.parentlineplus.org.uk

Parentline Plus is a national charity that works for and with parents 'because instructions aren't included' when you have children.

Dads-Space

www.dads-space.com

editor@dads-space.com

Dads-Space provides information and advice on a range of topics, including parenting, to all fathers through their website and also their Help Desk service.

Gingerbread

0800 018 5026

www.gingerbread.org.uk

Gingerbread is a charity which works for and with single parent families to improve lives.

Home-Start

01977 603860

www.home-start.org.uk

home-start.wakefield@tiscali.co.uk

Home-Start offers a unique service whereby volunteers, who are normally parents themselves, visit families in their own homes to offer informal and friendly support helping to increase families' confidence and self-esteem.

Adult & Community Education Service

01977 723320

Family Learning offers 20 different courses including maths, English, ICT, painting together and parenting.

To find out more contact May Benton or Lynne House.

Families Information Service

0800 587 8042

FIS provides information and advice on all issues affecting children, families and young people.



Wakefield District Families Information Service Parenting and Family Learning

Support for parents and carers to do their best

Tel: 0800 587 8042

Visit: www.wakefieldfis.org.uk

Email: fis@wakefield.gov.uk

Text: 07624 809247



From baby years right through to teenage years parents can face a wide range of challenges including toddler tantrums, arguments, answering back, bullying, teenage moods, drugs and much more.

So to help you during this time there are a range of family learning courses and parenting groups available across the district which can provide parents and carers with the necessary skills to help overcome the challenges they face.

So what is Parenting?

Parenting is about providing a secure home life, helping your child to learn the boundaries of life and to develop their self-esteem. Sounds easy, but it's not. According to Barnardo's, 61% of parents describe parenting as fairly or very difficult and 94% say it is helpful to talk to another person about parenting problems. It is important to know that if you are struggling you are not alone, there are other parents out there going through similar situations, so make use of the parenting support that is available.

What is Parenting Support?

Parenting support are the services which provide information, advice and support specifically directed towards parents and carers to help them bring up their children and to enable their child's healthy development.

What Support is Available?

Wakefield has a Family Support and Parenting Strategy to ensure a joint approach to supporting parents and carers to meet the needs of their children and also those of their families as a whole. Across the district there is access to high quality one-to-one and group programmes to support parents and carers, these include:

- Webster Stratton - for parents of young children (3 - 7 years)
- Parents Plus - for parents of older children (8 - 13 years)
- Strengthening Families - for teenagers and their parents together (12 - 16 years)
- Men behaving Dadly - for dads and their children
- Parents with Prospects - for young parents aged 16 - 18 years, contact Young Families on 01924 304152

Also Family Services have published a Parenting Handbook covering topics such as temper tantrums, smacking, positive parenting & self esteem and more, to get your copy or to find out what support is available for mums, dads and carers contact the FIS on 0800 587 8042.

What is Family Learning?

Family learning courses are run in schools, children's centres, community centres, and other venues across the district. They give parents and carers the opportunity to find out how things are taught in their own child's school, as well as a chance to share ideas with other parents and develop their own skills. For example, courses like Keeping Up with the Children - Numeracy, and Keeping Up with the Children - Literacy are free short courses which aim to introduce you to the strategies used to teach children maths and English. These courses help you to develop a greater awareness of how to support your child(ren) with their homework.

Another form of family learning is the Families Enjoying Everything Together (FEET) programme which is aimed at parents of pre-school children. The FEET programme is available the term before children are due to start nursery, and it aims to ensure a smooth transition from home to nursery, and it encourages parents to enjoy playing and learning together with their children.

