

Parent Support Websites & Helplines

WEBSITES

Parent Zone: <https://parentzone.org.uk/parent-info>

Parent Guides - From Skype to Snapchat, we examine parental and privacy controls, and how easy it is for kids to access the services.

Parent Info - ParentInfo.org has advice to help parents keep children safe online.

LGBTG+Hub - Expert advice to help and support LGBTQ+ young people and their parents in the digital age.

Sex & Relationships - Talking to your child about personal stuff can be embarrassing for them and you. These articles will help.

Health & Wellbeing - Helpful tips and practical information for parents and carers to help your child stay happy and healthy.

Education - Discover all the latest news, information and articles about schools and learning, from pre-school and beyond.

Special needs - Children and young people with SEN may need tailored help when navigating the digital world. Find out more here.

Training Courses - Expert online training courses can give you the tools to support your child in making the most of their digital life.

Care for the Family

<https://www.careforthefamily.org.uk/family-life/parent-support>

Parent support: Helping parents survive and thrive.

New parents - Preparing for parenthood and life with a new baby.

Everyday parenting - For mums and dads of children of all ages.

Additional Needs - For parents of children with additional needs.

Single parenting - Support for single parents.

Step-families - Help and advice for step-families.

Adoption and fostering - Resources, articles and links to encourage and support you.

Action for Children

<https://www.actionforchildren.org.uk/support-for-parents/>

[Things to do with your child](#)

[Advice for parents](#)

[Support near you](#)

[Help for families with disabled children](#)

[Our nurseries](#)

[Benefits calculator for parents](#)

[Children's Mental Health](#)

[Help for families with disabled children](#)

Barnardo's

<https://www.barnardos.org.uk/what-we-do/helping-families>

Every child should grow up feeling loved and supported. We provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.

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[Young carers](#) How we support young people who care for someone who is ill or disabled in their family.

[Domestic abuse](#) How we help children and families affected by domestic abuse.

[Alcohol and substance abuse](#) How we help young people and their families overcome problems caused by alcohol and drugs.

[Children with a parent in prison](#) How we support children with a parent in prison.

[Children seeking asylum](#) How we help children and families seeking asylum.

[Mental health and emotional wellbeing](#) How we help children and young people with their mental health and wellbeing.

Other organisations who may be able to help with parenting:

[Dad Info](#) gives advice for parents from a dad's perspective, including articles and 'dad guides' on pregnancy, birth and financial issues.

[Family Lives](#) is a national charity providing help and support in all aspects of family life.

[National Childbirth Trust](#) (NCT) is the largest UK charity for parents, giving accurate, impartial antenatal information so that parents can decide what's best for their family, and introducing them to a network of local parents to gain practical and emotional support.

[Mumsnet](#) gives information and advice for parents, including news articles, product reviews, competitions and blogs. Also includes useful information on pregnancy and birth.

[Family and Childcare Trust](#) is an independent charity that exists to make the UK a better place for families and children. They work with charities, businesses and public services to offer practical help to families.

[Parent Channel.tv](#) offers free parenting videos and parenting advice by topic and age range.

[Parenting Support Centre](#) includes parenting articles and tips along with a useful parenting directory.

[Vodafone Digital Parenting magazine](#) has helpful advice for parents on internet use and mobile technology.

[The Working Parent](#) offers helpful information for parents who juggle work and family life.

Lone Parenting

[Gingerbread](#) provides expert advice, practical support and campaigns for single parents.

[Single Parent Action Network](#) is a uniquely diverse organisation empowering one parent families throughout the UK.

[Only Dads](#) give advice and support for single dads.

[Only Mums](#) give advice and support for single mums.

Additional Needs Parenting

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[Contact a family](#) is a national charity that exists to support the families of disabled children whatever their condition or disability.

[Family Fund](#) the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people.

[Mencap](#) supports both adults and children with learning disabilities.

[Sibs](#) is a charity for the brothers and sisters of disabled children and adults.

[Scope](#) is a leading UK charity which supports both adults and children with disabilities.

Adoption and Fostering

[Home for Good](#) is an initiative from Care for the Family, The Evangelical Alliance and CCPAS that seeks to build a culture in local churches throughout the UK where adopting and fostering are a significant part of their life and ministry, and where churches are equipped to recruit and support foster carers and adoptive families in their congregations.

[First 4 Adoption](#) is the dedicated information service (funded by the Department for Education) for people interested in adopting a child. The website and helpline explain the application process and provide links to adoption agencies across England.

[Adoption UK](#) is a national charity run by and for adopters, providing an online forum, support groups, family days and training.

[After Adoption](#) provides a helpline with trained counsellors, the 'SafeBase' parenting programme, and family days and support groups in certain areas.

[CoramBAAF](#) provides information, resources, training and family finding services, plus links to adoption and fostering agencies across the UK.

[The Fostering Network](#) has a membership scheme and provides a helpline for legal issues, medical advice, and stress counselling; advice on financial issues; a forum; resources and publications.

[Foster Talk](#) provides legal advice, accounting advice, online learning, a magazine and online forum to their members.

[PAC](#) provides advice and counselling related to pre adoption, post adoption, and permanency.

Step Families

[Happy Steps](#) provide research and resources for those parenting within stepfamilies.

Grandparenting

[Gransnet](#) provides information and support for grandparents.

Postnatal Depression

[The Association for Postnatal Illness](#) (APNI) is a network of phone and postal volunteers who have had – and recovered from – postnatal depression.

This information is supplied in good faith, but Care for the Family cannot accept responsibility for any advice or recommendations made by other organisations or resources.

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HELPLINES

**FamilyLine – familyline@family-action.org.uk
Tel: 0808 802 6666 Text: 07537 404 282**

Open Mon - Fri 10am - 2pm & 6pm - 10pm. Sat and Sun 10am - 1pm.
Family members aged 18 years old and over from anywhere in England and Wales can get in touch with the service for free.

The **FamilyLine** trained volunteers provide both immediate and long-term support, help with practical information and guidance, provide emotional and listening support, help with understanding and accessing relevant services and information, provide regular 1-1 befriending support and referrals to our many projects across England and Wales, where relevant.

They provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. They offer longer-term support through regular sessions with Befrienders and Counsellors. All support takes place via telephone, text message or email.

**Family Lives <https://www.familylives.org.uk/advice/>
Helpline 0808 800 2222**

Find advice on all aspects of family life from bonding with your new baby, dealing with tantrums, positive discipline, bullying, communicating with teens and divorce and separation. You can also call our confidential helpline on 0808 800 2222 or email us for support at askus@familylives.org.uk

Pregnancy & Baby

Feeding Breastfeeding tips Weaning Teething Dads to be Postnatal and dads What to expect sleep

Early years development

Singing with your baby Why play matters School readiness Sharing books Play ideas and games How your child develops Healthy eating Fussy eaters

Primary

Positive discipline Aggressive behaviour Stealing and lying Supporting your child at school School routine Self harm Culture Making friends

Secondary

Communication Starting school Supporting your child at school Exam results Homework Appeals Options

Teenager

Violence at home Drugs Alcohol Teen depression Gay, straight or bi Porn You and your teen Gangs

Your Family

SEND School holidays Fostering and adoption Dads Family life Holidays Relationship issues

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Bullying

Cyberbullying Bullying at school Wear Blue Day Workplace bullying Bullying out of school
Bullying in sports Verbal bullying Anti bullying week

Divorce & Separation

Domestic violence Contact Dating Talking to the children Child maintenance Parental responsibility Holidays when apart When parent stops contact with child