

# Parentline<sub>plus</sub>

is a national charity that provides:

- A free confidential, 24-hour helpline on 0808 800 2222
- A free textphone for people with a speech or hearing impairment on 0800 783 6783
- Email helpline  
parentsupport@parentlineplus.org.uk
- Parents Together groups and workshops
- Information leaflets
- An interactive website  
www.parentlineplus.org.uk

## Website

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

The website provides ideas to help deal with family issues. Information and leaflets can be easily downloaded.



The development of this Product has been part-funded by the European Social Fund under the Equal Community Initiative Programme. The contents do not necessarily reflect the opinion or position of the European Commission and/or the Department for Work and Pensions.

## Helpline 0808 800 2222

Parentline Plus operates a free, confidential helpline staffed by trained volunteers who know what parenting is like. They offer information and support, giving you an opportunity to talk through the issues you are facing as a parent and help to decide what to do next. Extra support can be offered to callers needing more help than just a phone call.

The helpline is open 24 hours, 7 days a week.

A textphone service is available for people who are hearing or speech impaired – **0800 783 6783**

[parentsupport@parentlineplus.org.uk](mailto:parentsupport@parentlineplus.org.uk)

The email helpline service is secure and confidential, and was introduced out of the understanding that it is sometimes easier to write things down than to talk about it.

parents  
together



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**Free Textphone: 0800 783 6783**

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

**Email Helpline: [parentsupport@parentlineplus.org.uk](mailto:parentsupport@parentlineplus.org.uk)**

# parents together

- Are you a parent or are you involved in bringing up children?
- Would you like some fresh ideas on how to help you and your children make the most of life?
- Would you like to share experiences with other parents?

This leaflet gives details of Parents Together groups available locally—free, fun and relaxed! Crèche available for most daytime groups.

**For more information, please contact Parentline Plus on 01707 630 106/7**

My children are happier because I am happier



# GROUPS TO SUPPORT YOU THROUGH FAMILY LIFE

## New baby, new parent (for first-time parents)

3  
sessions

Come along and share your feelings, needs and concerns as a new parent and find out how you can help your baby's development and enjoy your relationship with your baby.

## New baby in the family

4  
sessions

Having another baby means big changes for the whole family. This group looks at how you can give your baby the best start in life, look after yourself and help your older children to cope too.

## Getting on with your child

7  
sessions

Find out how to make being a parent less stressful and more enjoyable. Share experiences with other parents and discover new ways of helping your child make the most of life.

## Bringing up confident children

5  
sessions

How to feel more confident as a parent and help children feel good about themselves.

## Less shouting, more co-operation

5  
sessions

Do you spend your life nagging? Ideas on how you and your child can get what you need without falling out.

## Let's play

3  
sessions

Children need to play - how parents can help and enjoy themselves too!

## Helping children learn

6  
sessions

Learning isn't just something children do at school. Find out how you can help your child develop the skills and confidence for learning and support them through their education.

## Ages and stages

4  
sessions

Do you find you are always one step behind your kids? This group is for you whatever age your children are, and will help you respond to their needs at different stages of their lives.

## Getting on with your teenager

7  
sessions

The teenage years can be challenging for the whole family. Share experiences with other parents of teenagers and discover new ways of communicating and building a positive relationship with your teenager.

## Coping with teenage issues

4  
sessions

Being the parent of a teenager can be a challenging and confusing time. Here is a chance to develop your skills to deal with issues such as smoking, alcohol, drug-taking, eating and sex.

## Time to talk about sex

3  
sessions

Do you feel embarrassed or unsure about how to talk to your child about sex and sexuality? This group will help you communicate with your child about how to have a happy, healthy sex life when the time comes.

## Talking about drugs

2  
sessions

Do you worry about your child taking drugs? This group will help you learn how to talk to your child about drugs and help them stay safe.

## Dealing with anger

5  
sessions

Does your home sometimes seem more like a battlefield? This group will help you learn how to deal positively with anger.

## Sorting out arguments in the family

7  
sessions

Do you need a referee in your house? How everyone in the family can learn to live together more peacefully.

## Tackling bullying

3  
sessions

Is your child being bullied or bullying others? How you can help your child put a stop to bullying – and deal with your own feelings too.

## Bringing up children in a multi-cultural society

3  
sessions

Difference is a part of life but can still cause pain and difficulty in the family. How to support your children to live alongside others with respect and enjoyment.

## Families dealing with racism

3  
sessions

A group for parents whose family is experiencing racism to share experiences and to learn how to support children through the pain of racism.

## Families dealing with homophobia

3  
sessions

Homophobia can be an extra stress for lesbian, gay and bisexual parents and young people. Share experiences with other parents and learn ways of supporting your family and challenging homophobia.

## Supporting children through change and loss

3  
sessions

How to look after yourself and your children through experiences of change and loss, such as parental separation, family bereavement, moving house etc.

## Bringing up children after splitting up

3  
sessions

How to work together for the benefit of your children even though you are no longer a couple.

## New partner, new family

3  
sessions

Are you in a new relationship? How to manage the daily stresses, enjoy the benefits and build a future together.

## One-off workshops

### Stress-busting for parents

Is it all too much? Take time out to share some of the pressures of being a parent and discover new ways of coping.

### Surviving the summer holidays

Do you need a holiday by the time the children go back to school? Ideas for making the summer more enjoyable for everyone.

### Christmas stress-busting

Ideas to take the stress out of Christmas.

### Dealing with tantrums

Ideas and skills to help when you are caught in that whirlwind.

### Starting school

Ideas to help when the big moment comes for your child to start school.

### After-school blues

Do you look forward to seeing your children, yet find that after-school time isn't as you hope? Ideas to turn things round for all of you.

### Can-do kids

How to help your children grow up feeling confident.

### Understanding children's behaviour

Do you sometimes think your children do things just to wind you up? Find out what's really going on and what will help.

### Preparing for teenagers

Get ready for life with a teenager – how you can ease the journey for both of you.