

Support for Parents

Useful Links

There are lots of different ways you can get help if you are worried about yourself or your family.

Your Baby

As well as the joy a new baby brings to a family, it can also bring many challenges. See below for the help and advice on the most common issues.

Crying: Babies cry for a variety of reasons and tend to cry more between 2-8 weeks of age. Infant crying is normal, but it can particularly be upsetting or frustrating. For more information and guidance on coping with crying, contact your midwife or health visitor or visit ICON at www.icon.org

Safe Sleep: The safest place for your baby to sleep is on their back in a cot or Moses basket in the same room as parents/carers for the first 6 months. For further information on safe sleep visit the Lullaby Trust www.lullabytrust.org.uk or call 0808 802 6869.

Support for new mums: For information and advice and to connect with other mums, download the 'MUSH' app at www.letsmush.com

Support for new dads: For essential information and advice on parenting, download the 'DadPad@' app at www.thedadpad.co.uk

If your baby is unwell: If you are concerned for your child, contact your GP or call NHS 111. For information about common childhood illnesses and what to do if you are worried about your child, visit Wessex Healthier Together [Worried about your child \(aged 3 months and over\)? :: Healthier Together \(what0-18.nhs.uk\)](http://www.what0-18.nhs.uk)

Older Children

Mental Health & Wellbeing: Young Minds has lots of useful information and advice on how to support your child, visit youngminds.org.uk or call the Parents Helpline on 0808 802 5544. If you are concerned about your child's mental health, speak to your child's GP or call NHS 111.

Challenging Behaviour: Children may exhibit particular challenging behaviour if you are worried or finding it difficult to cope contact Family Lives on 0808 800 2222 or visit www.familylives.org.uk

Online safety: To keep your child(ren) safe online visit Thinkuknow at www.thinkuknow.co.uk/parents

Mental Health & Wellbeing

It is always important to look after your mental health. Take time to rest, exercise and to keep in touch with friends and family.

If you need extra support, there are a variety of organisations offering lots of useful resources on looking after yourself and your family.

Every Mind Matters- www.nhs.uk/oneyou/every-mind-matters

NSPCC- www.nspcc.org.uk or call 0808 800 5000

Barnado's: www.barnados.org.uk

Listening Support: If you need someone to talk to, the Samaritans offer free 24 hour listening support. Contact them on 116 123 or visit www.samaritans.org

If you would prefer to text, Shout offers free confidential 24/7 crisis text support. Text "SHOUT" to 85258 or visit www.giveusashout.org

Urgent Support: Contact your GP or NHS 111. In a life-threatening emergency, dial 999 and ask for an ambulance.

Finances

If you are struggling to pay your bills, rent or mortgage, it is important you speak directly with who you owe money too, as they may be able to help. For further advice and support call Citizens Advice on 03444 111 444 or visit www.citizensadvice.org.uk

Citizens Advice can also help with work-related issues and provide information on benefits that you might be entitled too. If you are struggling to buy food, they can also provide details of food banks in your local area.

Private Fostering

If you have made an arrangement for someone to look after your child(ren) and they are not immediate family members, then you will need to inform your local Children's Services Department if:

- Your child is under 16 (or 18, if disabled) and.
- They are there for 28 days or more.

This is called 'Private Fostering' arrangement. Children's Services role is to check that your child is safe, healthy, and happy and can offer support, if needed, to both you and the private foster carer.

Call Children's Services on: Hampshire 0300 555 1384, IOW: 0300 300 0117, Southampton: 023 8083 3336, Portsmouth: 023 9268 8793

Domestic Abuse Support

Domestic abuse can happen to anyone it includes physical, emotional and sexual abuse in couple relationships or between family members.

Services continue to be available both for victims and perpetrators of abuse. For help see below:

Hampshire Domestic Abuse Advice Line: Tel - 03300165 112 weekdays 9.30am-5.30pm (5pm Fridays)

Men's Advice Line- The men's advice line is a confidential helpline for male victims of domestic abuse and those supporting them - Tel - 0808 801 0327.

Aurora New Dawn Aurora's out of hours helpline - 5pm to 8am Monday to Friday and 24hrs over the weekend **02394 216 816**

If you are in danger ALWAYS DIAL **999**

- For **Hampshire** you can call the [Stop Domestic Abuse](#) advice line - **03300 165 112**
- For **Portsmouth** you can call the 24hr advice line - **02392 065 494**
- The national Domestic abuse helpline is also open 24/7 - **0808 2000 247**
- If you want advice on who to speak to in your area you can call us in office hours **023 9247 9254**

Victim Care Service: 0808 1781641 (or 0808 1689111 for out of hours)

Hampton Trust (help for perpetrators); 02380 009898

In an emergency dial 999: If you are unable to speak - dial 999 and then enter 55. This will transfer your call for assistance without you having to speak.

Safe Spaces - Supporting survivors of church related abuse:

You can contact the Safe Spaces team using a variety of methods:

Tel - 0300 303 1056 (a voicemail facility is available outside of opening hours)

Email - safespaces@victimsupport.org.uk

Live Chat - via our website- www.SafeSpacesEnglandandWales.org.uk open Monday-Saturday 10am-6pm and Thursdays 2pm-8pm.

Single Parents

It can be tough being a single parent, always speak to someone if you are struggling, for advice see below.

Gingerbread: Single Parent Helpline on 0808 802 0925 or visit www.gingerbread.org.uk

CAFCASS: www.cafcass.gov.uk