

Parenting Handbook

A guide for parents and carers
in Salford



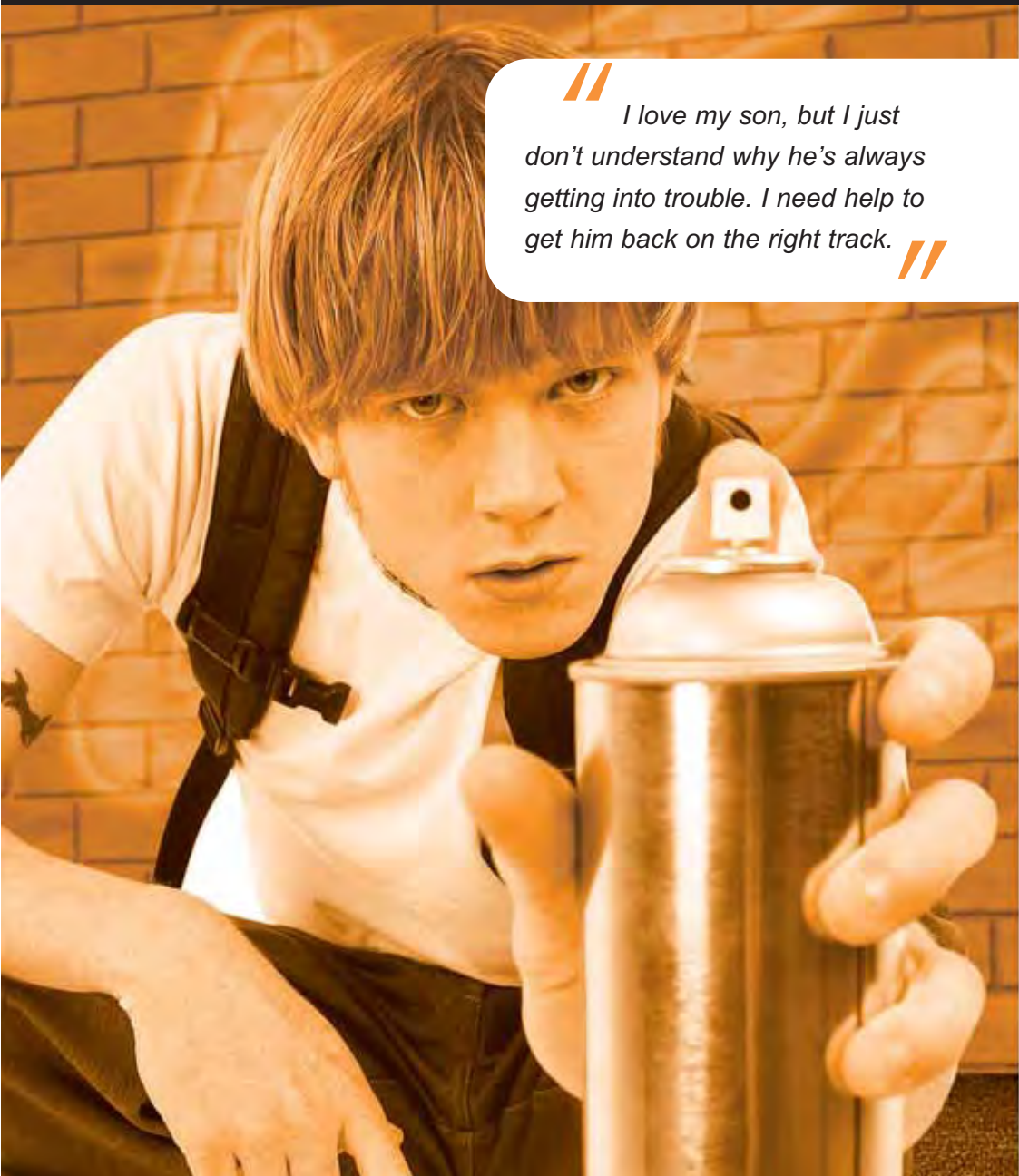
Introduction

This Guide contains information and ideas to help you in your parenting role. For further information and advice on parenting courses and other family services for children and young people please call us on 0800 195 5565.



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// *I love my son, but I just don't understand why he's always getting into trouble. I need help to get him back on the right track.* //



Warning Signs

Missing school or being in trouble at school; stealing; having unexplained amounts of money; mixing with a bad crowd; using drugs and/or alcohol, and rudeness or violence towards you or others are all signs of bad behaviour that need to be dealt with as soon as possible.



Action

Talk to your teenager about their behaviour, why they are doing it and what action can be taken to stop it. Do not feel you are alone. There are schemes in place to help your child to aim towards education, training or employment rather than crime.



What to say

Try not to judge, but explain that you want to help stop this behaviour and you need to work together, maybe with outside help, to steer him or her back onto the right path. Explain where this behaviour could lead unless it is stopped now.



Prevention

Keeping an open relationship and talking to your teenager will help them. Young people from good family homes are less likely to offend. Take an interest in schoolwork and encourage after-school activities such as sports, art programmes or courses.



Contacts

- Youth Justice Board For England & Wales 020 7271 3033
- Connexions Direct 080 800 13 2 19
- Youth Offending Team 0161 607 1900

WEBLINKS www.connexions-direct.com • www.parentscentre.gov.uk
www.yjb.gov.uk • www.respect.gov.uk

Anti-social behaviour

When every day is a difficult day

- Good parenting can help your child's behaviour
- Prevention is better than cure
- Peer pressure and boredom are reasons given by teens for offending
- Your local council can advise you about ways of solving problems in your community

Although you love your teenager, you may not always like their behaviour. As young people grow up, they will test their own and your limits.

Anti-social behaviour is a phrase used very regularly these days. There are different sorts of anti-social behaviour. Some of it might just be described as high spirits. Adults can distrust young people and be quick to form bad opinions. However, some teenagers do take part in wrongful behaviour that is very damaging and frightening. People have the right to live without fear, and that includes teenagers affected by the behaviour of others.

There are many causes of bad teenage behaviour. An unstable family life due to violence or divorce may not help. Living in an area with little to do and few family activities could be another. Pressure from friends can also be a problem with mates encouraging them to join in, and problems at school or bullying may also be a factor.

Research shows that young people's bad behaviour can be stopped by:

- A stable and loving family home.
- Good parenting.
- Always attending school, training or work experience.

It is a parent's job to provide the best care they can for their teenager. This does not mean you have to cope alone. There are many places that can help families with teenagers to stop their bad behaviour.

The Youth Inclusion and Support Panel (YISP) is managed by the Youth Offending Team (YOT) and works with young people at risk of committing crime or anti-social behaviour. They also work with parents/carers to avoid problems getting worse, and can help or signpost families to other special agencies. The YISP is a multi-agency panel, which has lots of ideas and opportunities for working with young people.

The Youth Offending Team aims to stop young people carrying out crimes. This is a multi-agency team made up of social workers, probation officers, education workers, health workers, police officers, substance misuse workers, Connexions advisers, and others. Together the staff can look into a young person's needs, giving advice and support to stop them committing crime.

It is better to stop your child from ever taking part in crime. A good home life and taking an interest in your child will help her or him in every area of their life.

// *I felt myself getting panicky every time I put him to bed. Maybe it was a lack of proper routine, but at the time I felt so tired and had so little patience. I never praised him for going all night without wetting his bed. I just got cross when I had to change the sheets again, which didn't really help at all.* //

Bedwetting & sleeping difficulties

How can I help my child?

- Bedwetting may be a sign of a health problem but more often your child will learn to control their bladder at their own pace
- Each child's sleep pattern is different
- Take time to sort out a bedtime routine, including a time for your child to relax and unwind before going to bed
- If your child often wakes in the night try to find out why he or she has woken, for example a bad dream or being hungry

Your child is more likely to learn control if you are relaxed and calm about it. Remember your child will learn at their own pace and that praise, rather than telling them off, will help. Between the ages of three and four years your child is likely to be dry during the day, with the odd accident. Remember, this is often not an instant change but a gradual process where more and more nights will be dry nights.

- Try to have a sleep routine as early as six weeks if you can.
- Feel confident in yourself to know whether your child is really upset or just restless.
- If you are often woken up during the night, arrange for a relative or friend who you trust to care for your baby or child sometimes so that you can get some sleep.

Establishing a routine

Many children and babies have difficulty getting to sleep at some time. It is important to set a regular night time sleep routine for your child with them going to bed at a regular time each night. Make sure their room is warm and comfortable for them to relax in. Reading to your child at bedtime helps your child to unwind and relax. If your child is scared of the dark, try using a night-light.

A few favourite toys in the bed will be a comfort if your child wakes up during the night. If you are worried that your child has serious difficulty getting to sleep, or does not regularly sleep through the night, discuss your concerns with your doctor, health visitor or school nurse.

Bedwetting

It is not easy to know why some children take longer to be dry at night than others. However, bedwetting is not due to laziness or lack of will power. Although this may be stressful for both you and your child try not to lose your patience. It is rare for a child to wet or soil on purpose. If, after the age of seven, your child often wets his or her bed, the problem may be caused by a number of things. Talk to your child and reassure them that other older children experience this too. Discuss any concerns about your child with your doctor, health visitor or school nurse.

Sleeping difficulties

- There are many different reasons why babies and young children do not sleep through the night.



Warning Signs

There may be none, but does your child seem to be unhappy? Has something happened in the family or in your child's life that is worrying him or her?



Action

Stay calm if your child is wetting or soiling the bed. Try to check whether there is a particular time when your child wets or soils. Make sure your child goes to the toilet just before going to bed. If you are worried discuss your concerns with your health visitor or doctor. Seek support for yourself.



What to say

Give your child the chance to discuss their feelings with you. Try to keep calm and relaxed without showing signs of strain. Praise your child when they sleep through the night. Do not tell your child off if they do not sleep through the night, or if they bed wet. Try to develop an understanding for how they feel and if they are worried or stressed by the wetting.



Prevention

Make sure your child knows that they can share any worries with you. If you want advice about things you can do to try to prevent wetting, discuss your concerns with your health visitor, doctor or school nurse.



Contacts

- Salford Families Information Service 0800 195 5565
- Your health visitor or school nurse
- Education & Resources for Improving Childhood Continence (ERIC) 0845 370 8008

WEBLINKS www.eric.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 anymore.* //



Warning Signs

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.



Action

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.



What to say

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.



Prevention

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.



Contacts

- Your child's school
- ChildLine 0800 1111
- Kidscape 08451 205 204

WEBLINKS www.bullying.co.uk • www.childline.org.uk • www.kidscape.org.uk

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

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. It is crucial to be alert to the possibility of bullying, know the tell-tale signs, and ensure that prejudice will not continue into the next generation.

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.

- Bullying can happen anywhere but most commonly it happens in school.
- Bullying can take many forms, from verbal abuse to physical attack.
- Bullying is often 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 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. It is essential that parents make contact with their child's school as soon as they become aware of any problems, before they grow.

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.

Racial harassment includes: verbal abuse; physical abuse; indirect abuse (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 an existing policy against racial harassment incidents.

// *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.* //



Warning Signs

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 helplines in the contact column for information.



Action

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.



What to say

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.



Prevention

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.



Contacts

- Family Support 0161 909 6530
- Family Rights Group 0800 731 1696
- NSPCC 0808 800 5000
- Parentline Plus 0808 800 2222

WEBLINKS www.frg.org.uk • www.nspcc.org.uk • www.parentlineplus.org.uk

Child protection

Worried about a child?

- 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

If you are worried about a child or you are struggling to cope with looking after a child, there are a number of organisations that you can contact.

Who to contact

It is important that you should tell someone when you start to have worries about your child. Don't wait until the situation has got worse. You could contact any professional who works with the child - a teacher, doctor or youth worker for example. You should ask the child for permission first. All the professionals in Salford working with children, young people and families, use the same family action model to stop situations becoming worse. You can also contact the Family Action Coordination Unit. Staff will listen to your worries and can advise you on what to do next.

If your child needs some extra help, then the Family Action Coordination Unit can discuss with you the options. This might be contacting other services, or arranging a family action meeting. If you are worried that a child is being abused or neglected, or you think this is likely to happen, you should contact Children's Services or the Police. All the professionals in Salford working with children, young people and families, use the same child protection procedures when children and young people are at risk of significant harm.

What is significant harm?

Although, it is not possible to give a complete description, there are some warning signs to look out for. These include:

- physical injury
- changes in behaviour
- unhappiness, depression
- loss of appetite, failure to thrive
- wetting, soiling, nightmares
- sexual play, inappropriate knowledge
- hungry, inappropriate clothes, unkempt
- lack of trust in familiar adults

Remember

- Long-term abuse is damaging for children
- Reporting concerns rarely leads to a child being removed

What to expect when you contact the duty Social Work Team

If you contact one of the Duty Social Work Teams (0161 603 4500) we will need to ask you for some basic information about who the child is and the nature of the problem or concern. If the person contacting us is not the child or parents we will also need to know if they are aware that contact is being made.

In any assessment we will have to contact other services such as the child's school and health services to find whether they have any information that will help in the assessment. The process of assessment will help us to identify the best course of action to meet the child's needs.

// *When mum goes out, I lock the door from the inside. She calls through 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.* //



Warning Signs

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.



Action

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



What to say

If you are worried about a child being left alone, talk to the parent, a health visitor, teacher or social worker.



Prevention

Think about shared babysitting and chat to neighbours, friends or other parents. Find out about after school clubs and holiday play schemes.



Contacts

- Salford Family Information Service 0800 195 5565
- The Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000
- NSPCC 0808 800 5000
- Police 999 in an emergency

WEBLINKS www.nspcc.org.uk • www.rospace.co.uk

Children left alone & babysitting

Common sense and the law

- Never leave a young child alone
- 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, and 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 social 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.

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.

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.

// *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.* //



Children with disabilities

You're not alone

- Your child is protected by the Disability Discrimination Act
- The Government and your local council, education, and health services 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 has a disability 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 and local council, health, and education authorities give a wide range of benefits, facilities, support and advice for children with disabilities and their carers.

under school age, you can discuss your concerns with your health visitor, doctor, or early years setting. You can also contact the Parent Partnership Service on 0161 742 3914.

Disability Discrimination Act (DDA)

Disabled children and young people where possible, should have the same opportunities in accessing services and education as non-disabled children and young people. Disabled children and young people are protected from discrimination by the Disability Discrimination Act (DDA). The DDA says that a person is disabled if he/she has a physical or mental impairment which has a substantial, long term and adverse effect on the person's ability to carry out normal day to day activities. In 2002 it became unlawful for schools to discriminate against disabled pupils. A school discriminates if:

- It treats a disabled pupil or prospective pupil less favourably for a reason related to their disability and without justification.
- It fails to take reasonable steps to avoid placing disabled pupils at a substantial disadvantage.

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.

Special educational needs

Most children with special educational needs attend mainstream schools, and are educated with children of their age. Extra resources and specialist support are available to make sure that your child receives the appropriate educational provision. A very small number of children have special needs that are more severe or complex and they cannot be supported properly in mainstream schools and may attend a special school. All pupils in special schools have a Statement of Special Educational Needs and this is a condition of entry.

Schools are also required to develop plans to improve access for disabled pupils; make written information accessible in a variety of ways; make improvements to the school buildings to increase access; and to making access to the curriculum easier.

If you think that your child has special needs, you should talk to their class teacher. If your child is

-  **Warning Signs**
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.
-  **Action**
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.
-  **What to say**
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 doctor for advice.
-  **Prevention**
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.
-  **Contacts**
 - Salford Carers Centre 0161 833 0217
 - Salford Families Project 0161 707 0222

WEBLINKS www.edcm.org.uk • www.earlysupport.org.uk

// It has to be every new parent's nightmare. But thanks to a few simple guidelines we're all sleeping a bit better now. //



Warning Signs

Cot death or Sudden Infant Death Syndrome (SIDS) is becoming rarer. Most deaths occur in babies under six months old. There are no clear warning signs so stopping this is crucial.



Action

Look at the prevention advice given on the opposite page and take any steps needed to create a safe place for your baby. By following these simple steps the UK has seen a major reduction in cot deaths in the last ten years.



What to say

Make sure that all people who take a role in caring for your baby know of the risks from cot death, especially if they smoke. If you are unsure about what to do get medical advice at once.



Prevention

Follow the prevention steps outlined on the page opposite. Keep your baby's cot in your room for the first six months, this way it will be easier to keep an eye on their sleeping position and surroundings.



Contacts

- Your doctor, midwife, health visitor
- NHS Direct 0845 4647
- Cruse Bereavement Care 0844 477 9400

WEBLINKS www.nhsdirect.nhs.uk • www.crusebereavement.org.uk

Cot death

Reducing the risk

- Always put your baby to sleep in the 'Back to Sleep' and 'Feet to Foot' position
- Babies aren't good at keeping their temperature constant, so make sure they don't get too hot or too cold
- Make your baby's cot a safe and secure place to sleep
- Keep smoke away from your baby

'Back to sleep'

Unless told otherwise by health professionals your baby should always be put to sleep on their back. This has been shown to be highly significant in ensuring babies' safety during sleep. Never let your baby fall asleep propped up on a cushion on a sofa or chair, and don't let anyone fall asleep whilst nursing your baby.

The safest place

A well-designed and stable cot in your own room is by far the safest place for your baby to sleep in their first six months. Keep it simple and tidy; do not use plastic sheets, bumpers, baby nests, wedges, bedding rolls or any ribbons or mobiles that your baby could get caught up in. The mattress should be firm, flat and clean and have a secure waterproof covering. Cover the mattress with a clean sheet and make sure there are no gaps between the mattress and the sides of the cot as your baby could slip or become caught.

Temperature

Babies can overheat, which is known to play a part in cot death. Try to keep the room between 16 and 20 degrees centigrade. Do not use duvets, quilts or pillows until your baby is one year old, instead give your baby one light layer of

clothing or bedding more than you are wearing. Never use hot water bottles or electric blankets and always position your baby in the 'Feet to Foot' position, with their feet at the foot of the cot so that they can't move down inside their blanket. Avoid covering your baby's face or head indoors.

Sleeping with your baby

If you take a baby who cannot sleep into your bed, do not take any medicine, drugs or alcohol that may make you sleep more heavily than usual. Remember that when sleeping next to you your baby will be warmer anyway, so if they fall asleep under your duvet they may get too hot. Be aware that they face a bigger health risk if you or your partner is a smoker.

Clean air

Never let anyone smoke near your baby and if you or your partner is a smoker you should give up now. Tobacco smoke is known to be in the breath of a smoker for a considerable time after they have been smoking.

Make contact

If your baby seems unwell or if you have any worries about safe sleeping or cot death, get medical advice at once.

// *At first I thought she was just being a moody teenager. But as the time went on I realised something was wrong. She's getting counselling now - it's slow, but I'm hopeful she'll get out of this terrible black hole.* //



Warning Signs

Not sleeping; mood swings; eating disorders; not caring about their appearance; dropping friends and hobbies; staying in their room; crying; not doing so well at school; finding it hard to work; or being self-critical.



Action

If you think your child is depressed, talk to them and find out if there is any way you can help. Be patient and understanding - what may seem like small problems to you can be too much for a young person. Talk to your doctor and discuss what treatment (such as counselling) may be helpful. You could speak to your child's school to see if they have noticed any differences in your son or daughter.



What to say

Listen to and talk to your son/daughter. Help and encourage them to get their lives together. Depression can't just be switched off; it takes time and understanding to overcome it. Try to get them to contact useful organisations they can talk to in private.



Prevention

A supportive and understanding family means your child may feel more able to talk to you about any problems, rather than bottling them up. Chat about their interests, hobbies, friends and schoolwork so they feel you understand the different parts of their lives.



Contacts

- YoungMinds Parents' Information Service 0800 018 2138
- Parentline Plus 0808 800 2222
- Doctor
- NHS Direct 0845 4647

WEBLINKS www.youngminds.org.uk • www.parentlineplus.org.uk
www.nhsdirect.nhs.uk

Depression & mental ill-health

Dealing with the uncertainties of life

- Many things can set off mental ill-health
- Your teenager needs you to listen
- Get professional help

The teenage years are a difficult time and young people have a lot to deal with physically, mentally, and emotionally. While every young person feels highs and lows, for some, about four or five in every hundred - this turns into depression.

Young people are more vulnerable and sensitive to what is happening to them and are less experienced at being able to deal with problems and anxieties.

Depression can be started by a number of things, such as: parents divorcing or separating; feeling ignored and unloved; not being listened to; losing friends; changing school or moving home; worries about their looks, sexuality, health, exams or abuse.

What may seem like small problems or worries to an older person can seem like a much bigger problem to a young person. Boys are more likely to get depressed than girls and suffer from serious mental ill health.

What are the signs?

While young people can sometimes seem unhappy and quiet, you may feel that this is more than just a phase. Signs may include being unable to sleep, eating too much or too little, mood swings, staying in their bedroom all

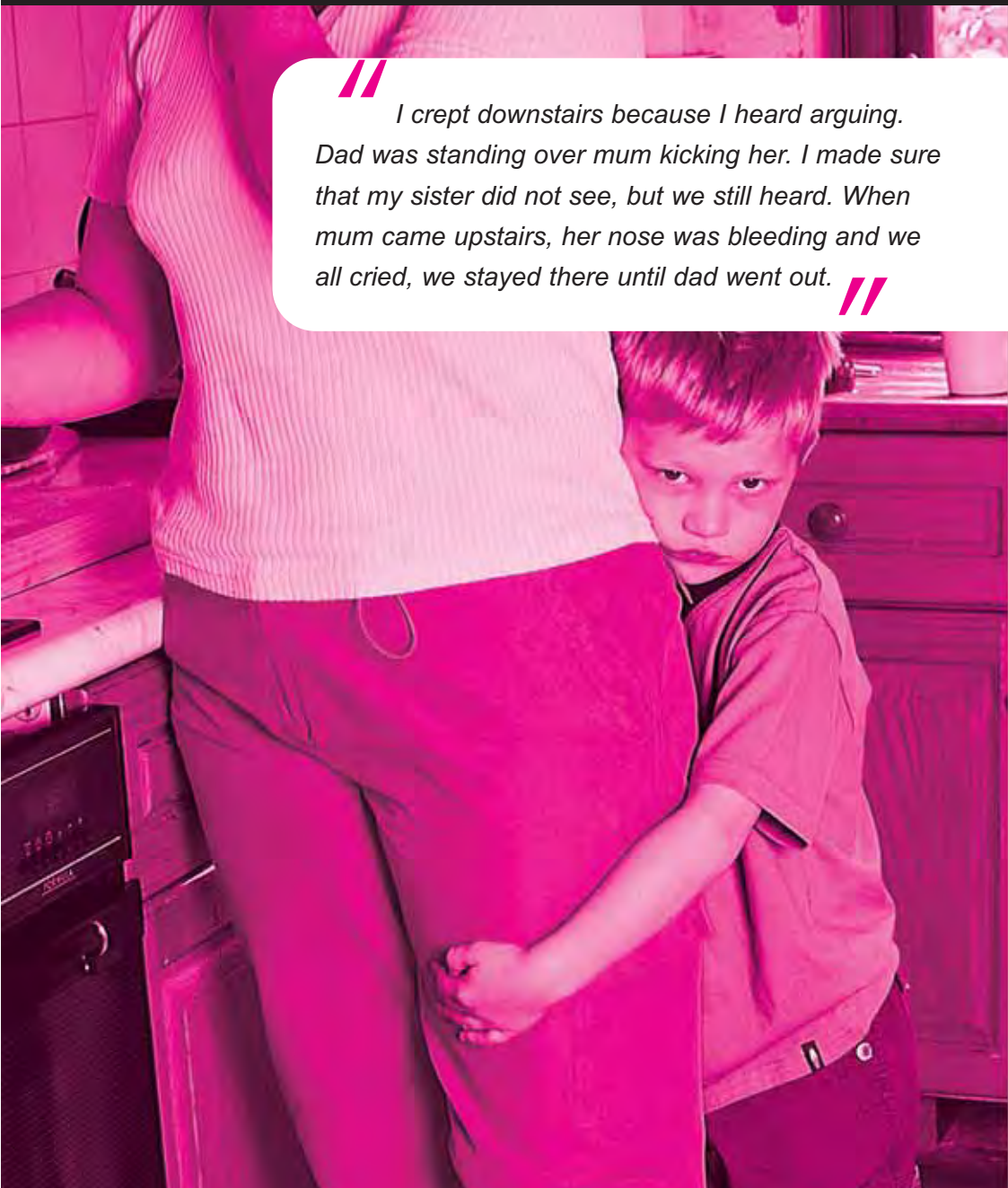
day, or giving up interests and hobbies. Crying, avoiding friends and family, finding it hard to do their schoolwork, or not caring about what they look like are other things to look out for. They may talk about death or have suicidal thoughts.

To escape from their feeling, or to let them out in the only way they know how, young people may start taking drugs, drinking, not going to school, becoming violent, or carrying out crimes such as shoplifting.

How to help

If your teenager is suffering from depression they need help. Don't ignore their worries and take any talk of suicide seriously. You need to listen. Try to understand what they are going through and get professional help if you need to.

Get them to talk about their worries. If they don't feel they can talk to you, there are a number of helplines they can contact. If you are concerned, help them to see their doctor or school nurse. They may want you to come with them or may like to go alone (remember they will still need your support). The doctor can discuss ways to help, often a referral to a trained therapist or counsellor.



// *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 abuse

How does it affect children?

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

Domestic abuse is a crime and a major social problem affecting many families. In 90% of reported domestic abuse cases, children have either been present in the same or a nearby room.

frightened; becoming shy and quiet; bedwetting; running away; violence; behaving badly; problems with school; poor concentration; and emotional upset.

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.

Long-term effects

The longer children are around violence, the worse the effects on them are. These can include:

Children will learn how to act from what their parents do. Domestic abuse teaches children bad things about relationships and how to deal with people.

- A lack of respect for the non-violent parent.
- Loss of self-confidence, which will affect how they form relationships in the future.
- Being an over-protective parent.
- Loss of childhood.
- Problems at school.
- Running away.

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.

If you are worried about domestic abuse, 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.

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.

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 magistrate's court.

Short-term effects

Children are affected in many ways by violence, even after a short time. These effects include: feeling

If you would like details of solicitors in your area who deal with family law, contact the Law Society on 0161 831 7337 or look in your local phonebook.



Warning Signs

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.



Action

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.



What to say

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.



Prevention

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.



Contacts

- Salford Women's Aid Outreach 0161 736 0737 or 0800 587 4761
- Police Domestic Violence Unit 0161 856 5171
- Women's Domestic Violence Helpline 0161 636 7525
- National Domestic Violence Helpline 0808 2000 247
- Men's Advice Line 0808 801 0327

WEBLINKS 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.* //



Warning Signs

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.



Action

If you are worried about your child, take him or her to see your doctor, health visitor or to the casualty department. Seek support, including the helplines listed under Contacts.



What to say

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.



Prevention

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.



Contacts

- Your health visitor or doctor
- Salford Family Information Service 0800 195 5565
- Cry-sis 08451 228 669
- Parentline Plus 0808 800 2222

WEBLINKS www.cry-sis.org.uk • www.parentlineplus.org.uk

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. 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.



// *At first I thought it was just a teenage thing. Paul started to come home late, a row always started and he'd storm off to his room. He was losing weight, looked terrible and I felt he was lying to us. He just wanted to be out all the time.* //

Drug, alcohol & substance misuse

How would I know?

- Many parents worry that their children may be smoking, drinking or using drugs
- Stopping something from happening in the first place is better than trying to sort it out once it has already happened. Don't let your children see you smoke, drink or take drugs - your example is crucial
- More young people are drinking, smoking and taking drugs than ever before

There are many signs, which include a young person who: is panicky, tense or sleepy, complaining of sickness, cannot concentrate, lacks energy, is depressed, has skin problems, or is aggressive.

There may be a change in relationships with family and friends, a change in the way they act, or a change in how they do at school. Other signs can be a change in how much money they have and personal things 'disappearing' or being sold.

If you find out that your child has or may have taken drugs, it can be frightening because of the possible effects. This can be due to you not knowing about drugs and not feeling confident about talking about them. Most young people who try drugs do not go on to use them all the time. Addiction, crime and death are not as usual as the stories in the newspapers or on TV can lead us to believe.

It is very important that children know about the risks of using drugs, alcohol and volatile substances (e.g. solvents). More young people have problems through drinking too much than through drug use.

Drug use among young people - how widespread is it?

Drugs are more common among children and young people than ever before.

Research shows that about one in twelve 12 year olds and one in three 14 year olds have tried drugs. By the time they reach 16 years of age, two in every five young people will have tried one type of drug or a mixture of drugs. These figures apply across all ethnic groups, whilst drug use is going up amongst girls.

It is important to discuss drugs use early

Some parents/carers worry that doing this makes their child want to try drugs. By not talking about drugs you will not protect them. Children will be aware of drugs in some way before they leave primary school. It is likely that at this early stage, children will take more in when being told about the risks of drug use. Make sure you tell your children about the risks. Clear information and support will help them decide what to do. You cannot be sure they will not try drugs but it will increase the chance of making an informed choice.

Why do young people use drugs, abuse substances or drink alcohol?

They want to find out about them, they want to break the rules, to relax, to escape reality, to cope with difficult situations or feelings, because they enjoy them, because their friends do it.



Warning Signs

In general terms if your child changes their appearance, how they act or if they have extra money that you did not know about you should include drug and alcohol misuse in your list of "I wonder if..." questions.



Action

Keep an eye on and talk to your child if you are worried. In an emergency contact an ambulance at once. Try to talk with them about their drug use.



What to say

Discuss drug use as much as you can, for example, when drugs are mentioned on TV. You can give information regarding the risks of drug use at an early age.



Prevention

Make sure that you are informed about drug use and what can happen. There are many helpful guides available from the helplines listed below.



Contacts

- Salford Drugs Team 0161 787 7343
- Salford Drug and Alcohol Action Team 0161 909 6525
- National Drugs Helpline (FRANK) 0800 77 66 00

WEBLINKS www.talktofrank.com



// *Last year my daughter had no idea what she wanted to do. This year she's taking subjects that will help her reach her ultimate goal - a career in IT. I'm amazed and really proud!* //



Warning Signs

If your teenager is getting into trouble at school, discuss ways of getting them interested again in their education. If they still behave badly they could be excluded, so make sure they know the results their actions will have on their future education and employment.



Action

Find out about the subjects your teenager is taking and take an active interest in their school and homework. Use course material and educational websites to help you. Try to get them to think for themselves and allow them to express their own ideas.



What to say

Support your child's education at every chance you have. Talk to the school about their education and career choices and how you can best help your teenager.



Prevention

Children who have a stable home life and parents who take an interest in their education and future career tend to stay longer in education and do better. Try to get them to talk about any problems to stop them becoming too worried and stressed.



Contacts

- Connexions Direct 080 800 13 219 (13-19 years)
- Connexions 0161 743 0163 (13-19 years)
- The Advisory Centre for Education (ACE) 0808 800 5793

WEBLINKS

- www.salford.gov.uk/learning • www.connexions-direct.com
www.connexions-salford.com • www.raisingkids.co.uk • www.qca.org.uk
www.dcf.gov.uk • www.bbc.co.uk/schools • www.ace-ed.org.uk

Education

Support your teenager's learning

- Help your teenager choose the right subjects
- Try to get them to keep learning at school, in higher education or on the job training
- Show an interest in their learning
- Help with homework where you can

Modern secondary schools offer a wide range of learning choices for young people. Offering subjects they are interested in or enjoy often means young people will stay in education for longer.

Schools now have systems in place to give young people the help they need to make choices about their future education. This will help them to choose subjects and skills that will keep them interested in their education until they are 18. Support is also given to help work through problems they may come across during that time, to aim for longer-term learning, and a better job in the end.

Connexions Service will help your child to carry on with their education past the age of 16, at school, 6th form college or other colleges of further education. With training on the job (such as an apprenticeship), they can improve their future career choices and often earn some money too!

While the choice of subjects and skills taken is up to your teenager, there are things you can do to back-up their interest in education. Spending time helping in your teenager's education, will give them the support they need to make choices about learning, and help them to get the career or job they want. Find out what their school's education plan is and how you can help your child. Take an interest in the subjects they have decided to take and help with homework when you can. Ask the school for advice or use some of the many websites that contain education pages.

If your child is excluded

There are two types of exclusion, which means being stopped from entering the school or the grounds. The first is a fixed term that may only be for a day, but cannot be for more than 45 days. A permanent or full-time exclusion means a child cannot return to that school but the Local Education Authority (LEA) must find them another place to learn.

The Department of Education has a list of reasons why a child may be excluded from school, including assaulting another pupil or teacher, threatening behaviour and bullying.

If your teenager is getting into trouble at school and has lost interest in learning, talk to them and their teacher as soon as you can. Try to find ways to get them to act reasonably before it gets to a point where they could get excluded. If your child is excluded but you do not agree, you have a right to a meeting with the school's Governing Body.

Education Maintenance Allowance (EMA)

The Governments' EMA can be used by young people aged 16-19 who are staying on in some form of education. EMA is intended to help with the day-to-day costs of staying on at school, college or training. The funding is for young people with a bank account, living in a household of less than a fixed income, and young people who are UK nationals or granted a stay in this country. Small weekly payments are made in line with the family's income.



// *Taking part in Family Learning has meant that I feel more able to support my child with his learning. His teacher says he is doing so much better at school since I went on the course.* //

Family learning

Enjoy learning together

- Learning together within the family is a great opportunity to show your child that you value learning
- The best start you can give your child in terms of their education is talking to them
- Taking part in learning as an adult can lead to increased confidence, skills and even qualifications

Family learning is a planned, purposeful activity which engages adults and children in learning together, and helps adults in a caring role to learn about their child's learning and how best to support it.

Family learning:

- Is for all adults in the parenting role including grandparents, foster carers and childminders.
- Offers workshops/short sessions and longer courses aimed at helping parents to support their child at all stages of their learning. Many programmes are aimed at supporting adults to gain qualifications.
- Runs during the school day and in the evenings.
- Runs in schools, children's centres, extended schools, libraries or community venues. See website www.familylearning.uk.com for an up to date list of local programmes and venues.

Family Learning funding is available to every local authority in the country to engage adults into learning through their children's learning.

The council, and the local Learning and Skills Council, fund family learning programmes to enable adults to return to learning while supporting their children's learning. The council has a team

of teachers, learning support assistants and co-ordinators who deliver family programmes.

Wider family learning covers all aspects of the national curriculum including health issues, citizenship, eco programmes and the arts. Some courses are accredited.

Family literacy, language and numeracy programmes aim to support the whole family with their literacy and numeracy skills in a variety of ways. This includes activities; making games and resources to use at home; discussions; and working alongside their children. These programmes enable adults to achieve qualifications if desired.

As well as programmes where parents work with their children, the service also offers adult only sessions with a tutor where parents learn about the curriculum and make resources to support children's learning at home. All family learning programmes effectively support families with learning in school and at home.

Working with parents in groups is a powerful means to providing experiential learning opportunities, and building support networks, as well as being a way for parents and children to articulate their needs.



Warning Signs

If you are concerned about how your child is coping with learning or you do not feel able to help your child you are not alone. Talk to their teacher or to the Family Learning team for advice.



Action

Talk to your child about their learning and life in school. It's never too late to return to learning even if you did not enjoy it the first time around. Adult and Community Learning and especially Family Learning Programmes are free or low cost to encourage adults back to learning. Learning as an adult is fun!



What to say

Be positive about your child's efforts with learning new skills. Enrolling on a family learning course will help you to keep up with the children and see how things are taught so that you can help them at home.



Prevention

You can brush up your own literacy and numeracy skills so that you are better able to help your child, by contacting the Family Learning Team or your local college.

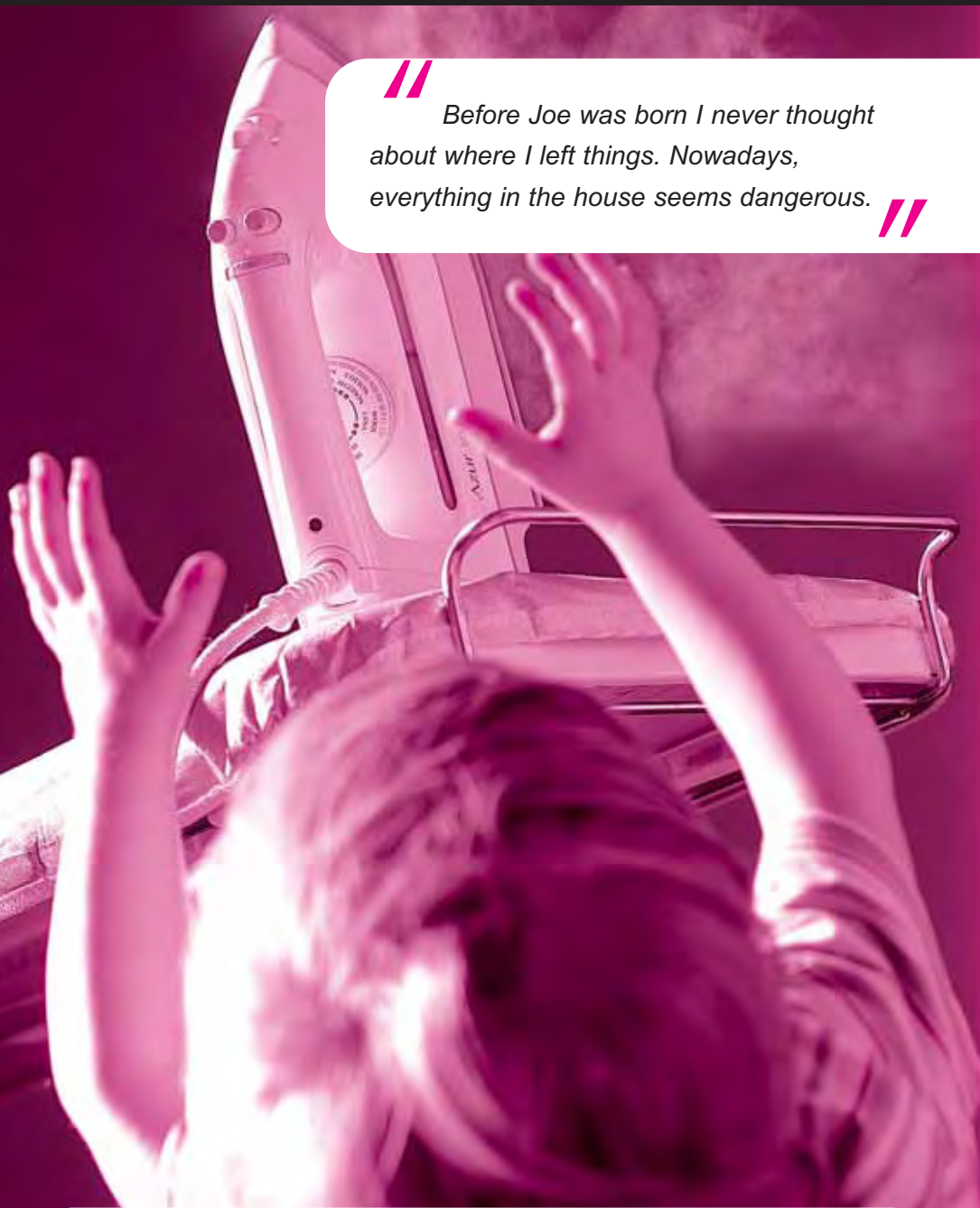


Contacts

- Salford Family Learning 0161 778 0331
- Salford Family Information Service 0800 195 5565

WEBLINKS www.salford.gov.uk/family-learning • www.where2nxt.com
www.niace.org.uk • www.campaign-for-learning.org.uk

// Before Joe was born I never thought about where I left things. Nowadays, everything in the house seems dangerous. //



Warning Signs

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.



Action

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.



What to say

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.



Prevention

Move 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.



Contacts

- Talk to your health visitor or midwife
- The Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000
- Child Accident Prevention Trust (CAPT) 020 7608 3828
- Health & Safety Executive (HSE) 0845 345 0055

WEBLINKS www.rospa.co.uk • www.capt.org.uk • www.hse.gov.uk

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

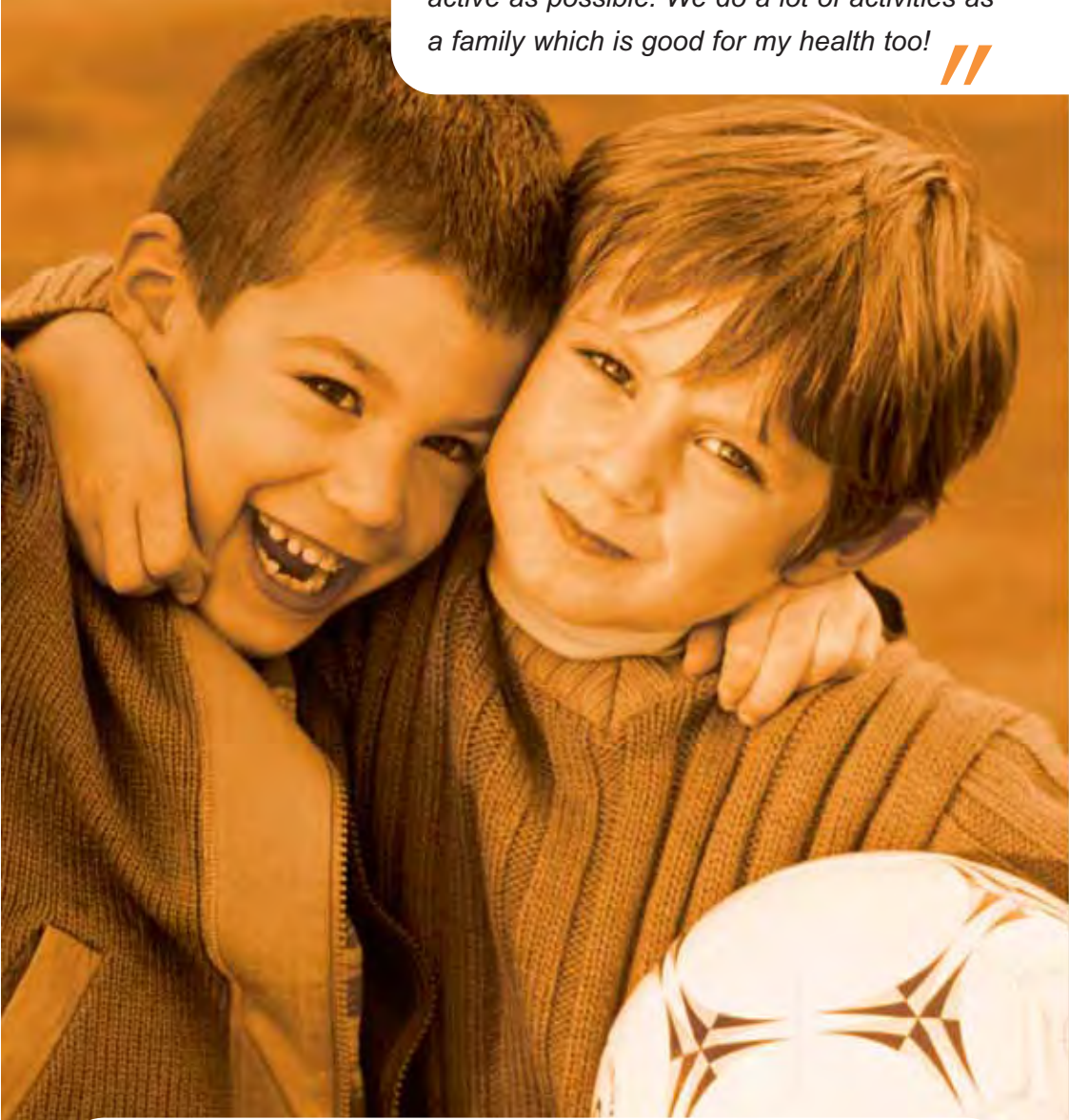
Babies and young children learn about their world by exploring it. This means that, as soon as they are able to, they will crawl, touch and grab at whatever is in their line of vision. They are curious by nature and need careful and gentle guidance from a young age about what danger is and what to stay 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.

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.

// I encourage my children to be as active as possible. We do a lot of activities as a family which is good for my health too! //



Warning Signs

An unhealthy diet can lead to health problems for all the family. You may not sleep well, be able to concentrate, feel less active and not have sufficient energy to live life to the full.



Action

Get active. Eat a healthy balanced diet. You can ask your doctor for diet and exercise advice for a healthy lifestyle for you and your family. If you are a smoker get help to give up. Take your child to the dentist regularly.



What to say

Explain to your children the importance of leading a healthy lifestyle. Suggest activities you can do as a family like cycling or swimming so you can get fit and have fun together.



Prevention

Balance is the key! Too much saturated fat, salt and sugar are bad for the body. Prevent ill health by balancing your lifestyle.



Contacts

- Your doctor, health visitor or midwife
- Salford Watersports Centre 0161 877 7252
- Salford Family Information Service 0800 195 5565
- NHS Smoking Helpline 0800 022 4 332
- Beating Eating Disorders 0845 634 1414

WEBLINKS www.salford.gov.uk/leisure • www.gosmokefree.nhs.uk • www.b-eat.co.uk

Healthy lifestyles

Looking after their body

- Balance is the key to a healthy lifestyle
- If you eat more calories than your body burns, you will put on weight
- Act now and protect your children from second hand smoke
- Life is too short to waste time being unhealthy
- Healthy teeth give you something to smile about

Breastfeeding

For babies under six months milk is pretty much all they need. Breast milk provides exactly the right mix of healthy ingredients and can help protect your baby from illness and allergies. If you can't breastfeed, formula milks can give your baby perfectly good nourishment. Cows' milk should not be given to babies under one year old. Babies can be given water to drink (tap water is perfectly safe), but for babies under six months it should be boiled and cooled first.

What you eat

It can be confusing to know how to plan healthy meals for you and your family. Obesity and heart disease are major problems in the UK today, because we eat too much saturated fat, salt and sugar in fast food and snacks, and not enough fresh fruit and vegetables. Balance is the key. It's important to make sure your child eats a good variety of foods in sensible amounts.

Exercise

Encourage your children to be as active as possible. The whole family can get involved with swimming, long walks, bike rides, kicking a ball around the park or even walking to school or to the

shops counts as exercise. There are often after-school clubs where your child can take part in activities such as football or a dance class.

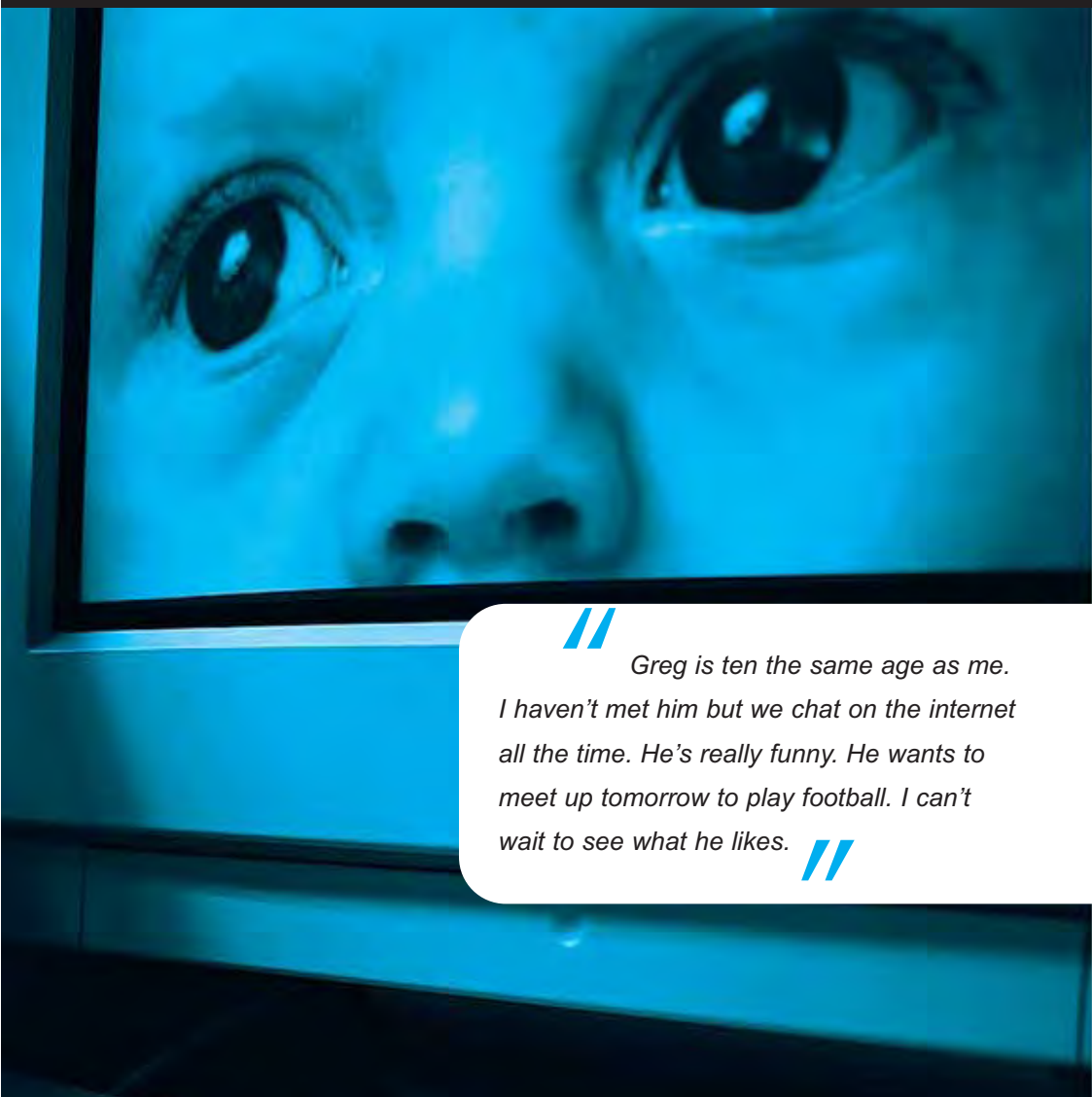
Smoking

The health problems associated with cigarettes such as cancer and heart disease are well known, which is why you and your family should stay smoke free.

However if you smoke you should protect your child from second hand smoke and reduce the risk of them becoming ill. Your doctor can help you kick this damaging habit for good.

Teeth

Special care is needed for teeth. No one likes going to the dentist, but it's much less unpleasant if you take your child for regular checkups and help them look after their teeth in-between times. Children should not have too many sugary snacks and drinks, which can lead to tooth decay. Where possible use non-sugar alternatives and always make sure they brush their teeth regularly (twice a day) with a family fluoride toothpaste. If your child has problems with their teeth please ensure you take them to the dentist. This will help to prevent serious problems in the future.



//
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 likes. //

Warning Signs

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.

Action

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.

What to say

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.

Prevention

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.

Contacts

- Your child's school
- Child Exploitation and Online Protection Centre 0870 000 3344
- Kidsmart 020 7639 6967

WEBLINKS

www.ceop.gov.uk • www.kidsmart.org.uk • www.chatdanger.com
www.parentscentre.gov.uk • www.stoptextbully.com

Internet abuse

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 quick and wonderful 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 sites that check messages in chat rooms and those, which 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, such as 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.

// *Since his father died, my son seems to have disappeared into his own little world. I desperately want to help him but I don't know what to do, he just doesn't want to talk to me about it.* //



Warning Signs

Everyone reacts to death differently and it takes some people longer than others to come to terms with a loss. Give your child as much time and patience as they need, but if you think they are having long-term difficulties, you may want to think about talking to a bereavement counsellor.



Action

Take your cue from your child. You may not be the person they find it easiest to talk to, so encourage others to be there for them. But always let them know that you are there for them if they need you.



What to say

Your child may think it's too painful for you to talk about a loved one who has died. Let them know that there are times when you want to talk. Talking about someone who has died helps keep his or her spirit alive. Remember to let them know it's still alright, to laugh or have fun - it doesn't mean you're grieving any less.



Prevention

Keep the lines of communication open as the more you talk, the easier the healing process will be. As a parent you can help your child through this difficult time. You can tell them if someone you know has died, and how you felt.



Contacts

• Cruse Bereavement Care Helpline 0844 477 9400

WEBLINKS www.crusebereavementcare.org.uk • www.rd4u.org.uk

Loss & bereavement

When someone dies

- **Death affects everyone differently**
- **Talking helps ease the pain**
- **Understanding how to cope will help**
- **Be there for each other**

Loss or death is difficult for everyone. For young people, not quite being a child anymore, but not yet an adult can make it difficult for them to deal with their feelings.

The death of a loved one can seem too much to take. The death of a pet that has been a part of the family for many years or the loss of a close friend moving away can also be really tough on young people.

Young people need a lot of support and understanding to help them work through their grief.

There is no right or wrong way to react and everyone handles things in different ways. There will be a range of feelings your teenager is likely to go through:

- Feeling numb as they try to understand that someone is really not coming back,
- Anger at the person who died, at you, at others or themselves,
- Guilt possibly blaming themselves in some way, or feeling guilty because they don't think they're grieving 'enough',
- Fear that the world as they know it has changed forever,
- Sadness at never seeing that person again,
- Relief, if the person who died was in pain or suffering,
- Depressed, feeling that life has lost all meaning.

Their behaviour may change as they deal with their emotions and try to come to terms with their loss.

They may find it hard to cope with day-to-day life. They may take their anger out on you, get into trouble at school, find it hard to do schoolwork or want to go out with friends more, pushing the limits and maybe experimenting with alcohol or drugs, as a way of forgetting. Not sleeping well is common at this time too.

How you can help

It is easy for young people to think they are the only ones who have lost someone and that no one else understands them, but talking to other people will help. Talk to your child about what has happened as much as they want to, they may find this hard, so encourage friends or a teacher to be there for them too. It may help if they talk to a bereavement counsellor.

Make sure the school knows of their loss and that they will need time and understanding as they work through their feelings. The organisation, Cruse which has a website aimed at young people (see right) helps explain how to deal with feelings.

If you too are suffering, then it is going to be especially hard for you to not only deal with your own feelings, but those of your children too. Try to keep talking to each other, so you can share your grief, rather than each of you grieving alone. Working through this together will help.

// *I thought my drinking was just the same as anybody else's. I thought the kids didn't notice and I didn't realise for a long time how they were being affected.* //



Warning Signs

Your use of alcohol or drugs might result in changes to your child's behaviour. They may act out or have changes to their appearance or stop seeing friends. Often children may become withdrawn and 'disappear' in order not to draw attention to their family.



Action

Think about your actions - what does your use of alcohol or drugs teach your children? Are you sure that your children are not aware of what you do? If you think your use of substances is affecting your children, talk to someone.



What to say

Your child may be reluctant to talk to you or be fearful of what your reaction may be. Encourage them to talk to someone who can help them - there is support available at school, in youth groups, on the internet, or from special projects. Help them to do normal things like go out or socialise with friends.



Prevention

Be conscious about your use of alcohol or drugs. If you think they may be causing problems for you or your child, get more information and seek help for yourself and your child.



Contacts

- Salford Drugs Team 0161 787 7343
- Salford Drug and Alcohol Action Team 0161 909 6525
- Drinkline 0800 917 8282
- National Drugs Helpline 0800 77 66 00

WEBLINKS www.drinkaware.co.uk • www.talktofrank.com

Parental substance misuse

Your behaviour counts

- There are strong links between parental drinking or drug use and the emotional development and well-being of a child or young person
- Parental drug or alcohol use is linked to problems including damage to relationships, impacts on family finances and the ability to provide a safe and stable environment for children
- Drug or alcohol use does not automatically lead to harm but it does lead to an increased risk of harm

Drinking or drug use might just be something you do when the kids are away or in bed. But it can begin to take over. Firstly your children will be influenced by your behaviour - whether your answer to a problem or a crisis is to take a drink or some drugs. Things can progress to the stage that you are not taking the proper care of your children or protecting them.

There is support available for children to meet with others in similar circumstances. It is important that children and young people have a routine and the chance to do normal things like homework, and socialise with friends. This is especially true if children or young people have to take on the role of caring for or being responsible for an adult.

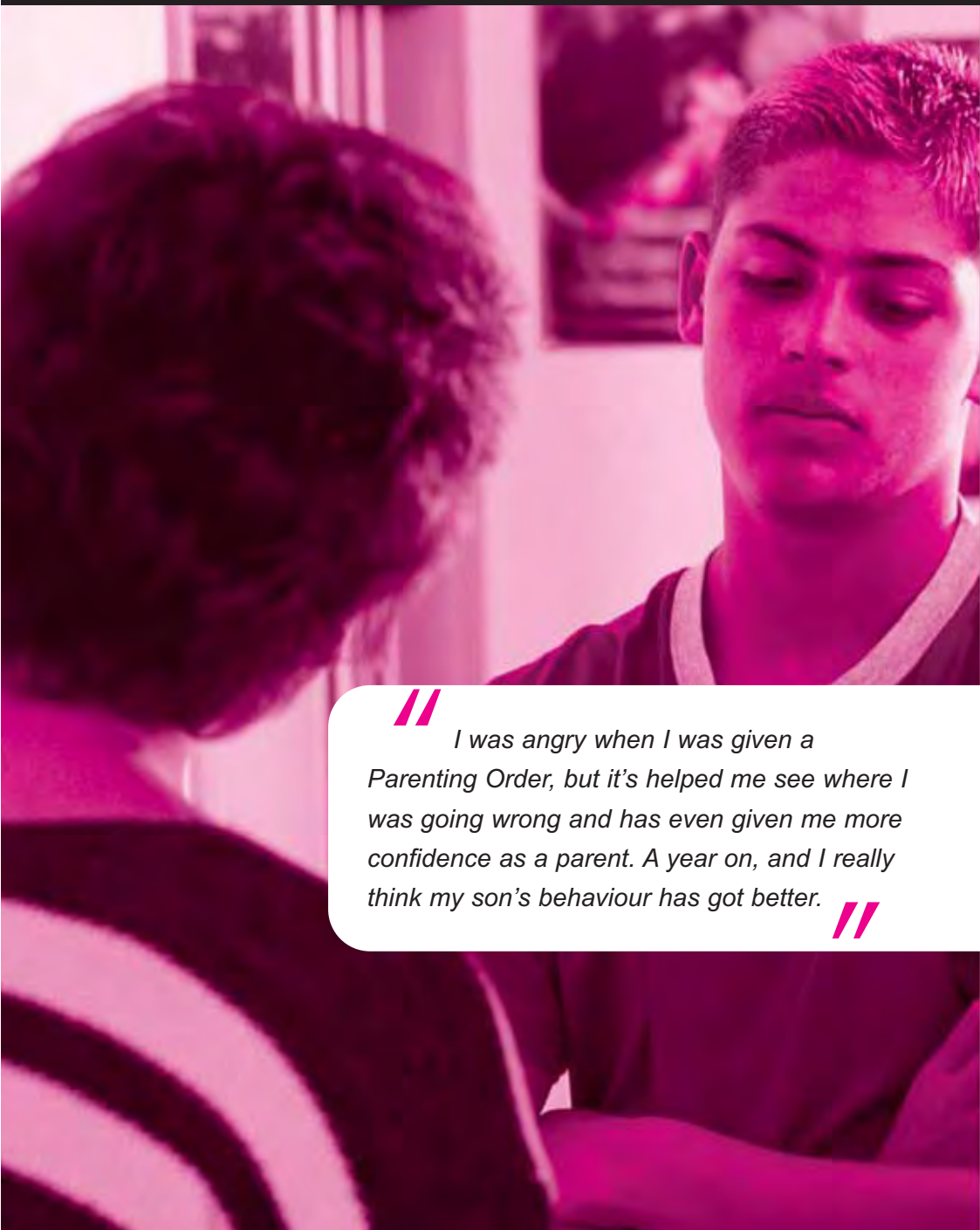
Think about what your behaviour says to children - do you come in from a difficult or stressful day and reach for a drink or head to the medicine cabinet? Children learn what they see and begin to think that alcohol or drugs are a solution to problems. Often people start using drugs in a similar way to relieve stress or tension. No matter how careful you think you are children and young people are often very aware of their parents' behaviour. Both alcohol and drugs can affect your ability to look after your children and have serious effects on them as they grow up.

If you think you or some other adult in your household has a problem seek advice or support. Things are beginning to become a problem if your use of alcohol or other drugs is affecting the following:

- Relationships - has someone spoken to you about their concerns for you?
- Your work - have you been late, missed work or performed poorly as a result of substance use?
- Your health - are you having difficulty sleeping, feeling unwell or needing to use something to make you feel better?
- You have come into conflict with the law - have you been drinking and driving, or arrested for possessing drugs?

It is important that you talk to your partner or some other relative who could offer support to you and your children. Children may be reluctant to talk to adults because of stigma around alcohol or drugs or fear about the consequences.

These are all signs that you should seek help. All of these things will affect your ability to look after your child.



// *I was angry when I was given a Parenting Order, but it's helped me see where I was going wrong and has even given me more confidence as a parent. A year on, and I really think my son's behaviour has got better.* //



Warning Signs

If you think your teenager is getting into trouble, find out why and try to help them behave better. If your teenager is excluded from school permanently, commits an offence or gets an ASBO, you will get a Parenting Order against you.



Action

If you have a Parenting Order against you, do everything you can to stick to it. Go to all the meetings with your supervising officer and attend your parenting classes.



What to say

Talk to your teenager about their behaviour, and find out why it's happening. If your teenager has been asked to take part in a scheme to improve their behaviour, encourage them to do this.



Prevention

Remember that you can have a strong influence over your teenager's behaviour in the future. Make sure they know how important it is to go to school, and point out that if they have a criminal record they'll find it harder to get a job they want later on.



Contacts

• Youth Offending Team 0161 607 1900

Parenting orders

Helping you be a better parent

- **If your child behaves badly, you might need extra help and support**
- **You'll get a Parenting Order if your child has been given an ASBO**
- **A Parenting Order isn't a punishment - it's a way to help you deal with your child**
- **If you don't stick to your Parenting Order, you can be fined up to £1,000**

Being a parent can be extremely hard because teenagers have more freedom and choices today than ever before. As a parent, it's your job to teach the difference between right and wrong. But if your teenager gets into trouble, it can be hard to admit that you might need extra help and support. Your local authority wants to help you develop the skills you need to be a better parent, and it also wants to make sure that your teenager doesn't behave badly any more.

If your child has been truanting or has been excluded from school permanently or for the second time in 12 months, your local council can apply to the court for a Parenting Order against you. You will also get a Parenting Order if your child has committed a criminal offence or received an Anti-Social Behaviour Order (ASBO).

If you get a Parenting Order, you must make sure your teenager behaves. A Parenting Order usually lasts for three months, but can last up to 12 months.

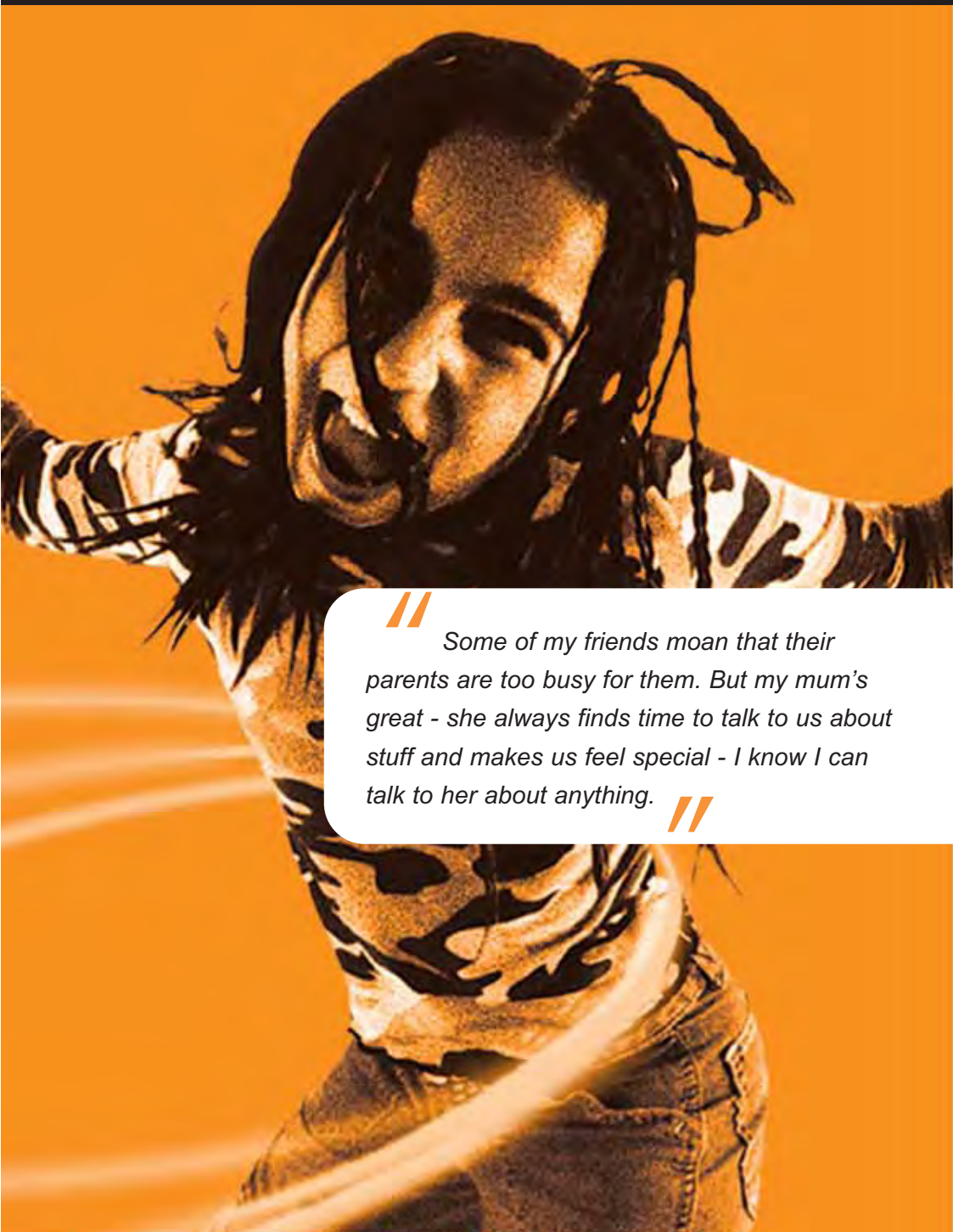
You will have to meet with a supervising officer from your local Youth Offending Team (YOT) to talk about specific conditions that the court has placed on you, or things that you have to do. For example, you might have to make

sure your child goes to school every day, make sure your child is at home by a certain time every evening, or make sure that your child doesn't see certain people.

You may also have to go to classes once a week where you will get help and support in how to deal with your teenager. These classes are a good idea because they'll give you more confidence as a parent.

Having a Parenting Order against you isn't a punishment, but it's a positive way for you to help your teenager. It doesn't mean you will have a criminal record, either. But it's important that you do all the things that the court has asked you to do. If you don't, that is a criminal offence. Your supervising officer will try to find out the reasons why you've broken your Parenting Order, and then they will tell the police. Depending on why you haven't stuck to your order, the police can fine you up to £1,000 and you could go to prison.

Carers and step-parents can also get Parenting Orders. So can parents who do not live with their children but see them regularly.



// *Some of my friends moan that their parents are too busy for them. But my mum's great - she always finds time to talk to us about stuff and makes us feel special - I know I can talk to her about anything.* //



Warning Signs

There may be none. Is your child eating well? Getting enough exercise? Any changes in how they act? Is your child trying to tell you something? Are they constantly unhappy, with mood changes and temper tantrums?



Action

Be involved and develop a good relationship with your child before they reach their teens. Keep a healthy lifestyle. Do things together.



What to say

With younger children, set rules. With teenagers, remember that you are in charge. Even if you only get a grunt, don't give up on talking.



Prevention

Be a little crazy! Have fun with your child. Try to get them to make friends and have outside interests. Listen carefully to your child's point of view. Help them think through choices.



Contacts

- Salford Family Information Service 0800 195 5565
- Parentline Plus 0808 800 222

WEBLINKS www.parentlineplus.org.uk

Positive parenting

Make them feel great!

- Children need to feel secure, loved and valued - this is the basis of self-esteem and confidence
- Noticing and praising good behaviour is the best way of having a good effect on how your child acts
- Be realistic about what you expect from your child
- Parents and carers need to work together and keep the same rules
- Listen to and talk to your child - it's good to talk!
- Do things together with your child that you both enjoy - have fun!

Positive parenting is about bringing out the best in your child, by listening and understanding, praising and encouraging their efforts, noticing and rewarding good behaviour, and doing things together that you both enjoy.

In trying to be helpful, it is often easy to point out where a child is going wrong and forget to notice the things that go right. By doing this you are giving your child lots of attention for the unacceptable things that they are doing, rather than for the good things you would prefer them to do.

It can also undermine your relationship with your child. Parental attention and praise affects children so you need to use it in the right direction! Not only will this have an effect on your child's behaviour in a positive way, it will also make your child feel happy, loved, wanted, and secure, and this is the basis of life-long confidence and self-esteem.

Teenagers have to learn to make their own decisions and establish their independence from their parents. Unfortunately their decisions might not always fit with yours. That is why tension is normal. Choose your battles and let

some go! Be friendly and supportive and let them know you have been through it and that you are always willing to listen. The main concern for teens is whether what they are going through is normal. Remember to give them the practical information they need about the physical and emotional changes and reassure them that their development is perfectly normal.

Keeping your child fit and healthy is something that most parents do without even thinking about it. Whether it involves getting your child to brush their teeth or reminding them to pay attention to personal hygiene, you are an important source of information and advice and a role model for your child.

A sense of self-esteem is your child's best protection from other difficulties. You can help to make them feel good about themselves in many ways. By being a good role model, giving good feedback, understanding and helping your child, and being natural and affectionate.

// I had everything - a home, a loving husband and a darling baby girl. Yet I felt unworthy and helpless. //

Postnatal illness

Recognising the signs

.....

- Not every mum copes straight away with motherhood
- Around 15% of women suffer postnatal depression
- Most women suffer 'baby blues' in the first ten days
- The sooner you get help, the sooner you'll feel better
- Talk to your doctor about your worries

Make the most of help from family and friends. Caring for your baby should be a wonderful experience, but for many mums, at some time in the first few days, weeks or months, it is not.

Baby blues

Around 50-80% of new mums get the 'baby blues' when they feel, not surprisingly, very tired, worried and weepy during the first few days after the birth. This usually disappears without the need for treatment about ten days after the birth.

Postnatal Depression (PND)

Around 10-15% of women will have worse depression, sometimes weeks or months after the birth of their baby. About half of cases happen in the first three months, and 75% of cases by six months. These mums have more powerful and longer lasting symptoms such as:

- Constant weepiness.
- Worry, tension.
- Difficulty in bonding with the baby.
- Loss of interest in sex.
- Trouble sleeping, restlessness.
- Feeling very tired.
- Feeling completely alone or living in a 'bubble'.
- Feelings of guilt and resentment.

Many women don't realise that they have postnatal depression and carry on without getting the help they need. It is often women who expect a lot of themselves, and of motherhood, who find caring for a new baby hard to cope with.

If you feel depressed, it is very important to let family and friends know how you feel so that you can get help. Your doctor can talk about treatment options with you, such as counselling and anti-depressants. You can also get to know about local mothers' groups that can be an enormous support to new mums, from your doctor, midwife, or health visitor.

Puerperal psychosis

A very small percentage of women (between one and three in every 1,000), suffer from puerperal psychosis, which causes severe mental breakdown and may include symptoms such as manic behaviour and hallucinations. Treatment options include going into hospital, drugs or counselling.

Getting support

Being at home with a new baby who always seems to need feeding and changing, and who takes up all your attention leaving you feeling really tired, can be a lonely experience. Take up any offers of help and support from friends and family. If you feel you are not coping, always talk to your doctor, health visitor or midwife. Health visitors are experienced at helping women manage postnatal depression, so ask for an assessment.



Warning Signs

It's normal to feel emotional and very tired after having a baby, but symptoms of depression after pregnancy include constant crying, feeling cut off from everyone else, not being able to sleep, feeling worried and tense, and not bonding with your baby.



Action

If you feel low or depressed, don't try to cope on your own and don't be afraid to ask for help - all new mums need help from family and friends. Don't worry about keeping the house clean or making big meals - rest when your baby sleeps.



What to say

If you feel you are not coping, talk to your health visitor, midwife, or doctor - and don't feel embarrassed or bad that you're not handling motherhood as well as other mums seem to be. Talk to other mums - you'll find they're probably finding things just as difficult as you are.



Prevention

Although more people now know about PND, only about half of mothers who need help are getting it. So don't keep your feelings to yourself - the sooner you talk about it, the quicker you can get help and treatment if you need it.



Contacts

- Health visitor
- Association for Postnatal Illness 020 7386 0868
- National Childbirth Trust (NCT) 08704 448 707

WEBLINKS www.apni.org • www.nct.org.uk



// *I couldn't understand why my 15-year old daughter's arms were covered in cuts. When I found out what she was doing, I went mad. She's just attention seeking isn't she?* //

Self-harming

Understanding and support

.....

- **Self-harm is a sign of deeper problems**
- **Understand the reasons why your teenager self-harms**
- **Find out how to help your teenager**

Self-harming or hurting yourself can take many forms. This may include: cutting; burning or scalding; hitting; picking skin; head banging against a wall or other object; or taking an overdose.

According to the charity Samaritans, one in ten young people self-harm, and girls are more likely to self-harm than boys. While the aim is to hurt, it is not usually to kill themselves and it may carry on for years without getting any worse.

People who self-harm often use it as a way of dealing with problems, such as depression, bullying, abuse or feeling unloved. Young people who self-harm say it is a way of being in control and use it to help them cope, as the physical pain takes their mind off their problems.

Self-harm is not just about getting attention, as it is most often carried out in private and kept secret from family and friends. What they are doing is a sign that they need help. Those who self-harm usually think badly of themselves and need even more attention and support. Young people who self-harm often do not get help for themselves because they may be worried about what you will think of them and their self-harming. Hurting yourself is a serious problem, even if the person only lightly cuts themselves. A person who self-harms can't just decide to stop - they need help to get over their problem. Most cases of harming do not lead to death, but can be a sign that your teenager may be thinking about more serious harm or even suicide.

How you can help

If you know that your child hurts themselves on purpose it is normal to feel very upset, angry and powerless. Your teenager needs your understanding and support. Listen to what they are telling you without judging them, and try not to show you are angry, or upset or try to force them to stop. If this is their way of handling problems then other ways of dealing with them need to be found and tried, before they can stop harming themselves. Helping them learn to deal with stress and stopping the things that cause them to self-harm in the first place will be more useful.

If your teenager finds it difficult to tell you about their feelings try to get them to talk to another family member, friend, teacher, youth worker or social worker.

Make sure your child can get first aid supplies to treat injuries and stop infection. If a wound looks serious or your child has taken an overdose however small call 999. You should also try to get your child to call you or the emergency services if they ever self-harm and hurt themselves seriously.

Try to get your child to talk to their doctor, who can tell them about other ways of dealing with stress and who can tell them where to get more help. One-to-one counselling, support groups and practical support can all help.



Warning Signs

Look out for injuries such as cuts, burns, scalds or bruises. Your child may try to hide them from you.



Action

Try to find out if your child is self-harming. Think of reasons why they might be doing this so that you can talk through problems and find out ways of dealing with them.



What to say

You will be upset but try not to judge them, show them you are angry, or try to force them to stop. Make time to really listen to them and try to get them to talk about their problems. Suggest they see their doctor who can get them more help if needed. You could ask your teenager if they would like you to go with them or maybe try talking about things as a family.



Prevention

People, who self-harm feel lonely and unloved. Giving your teenager time to talk to you, discussing difficulties they have, and letting them know you are there for them will help. Your support will make them feel better about themselves.

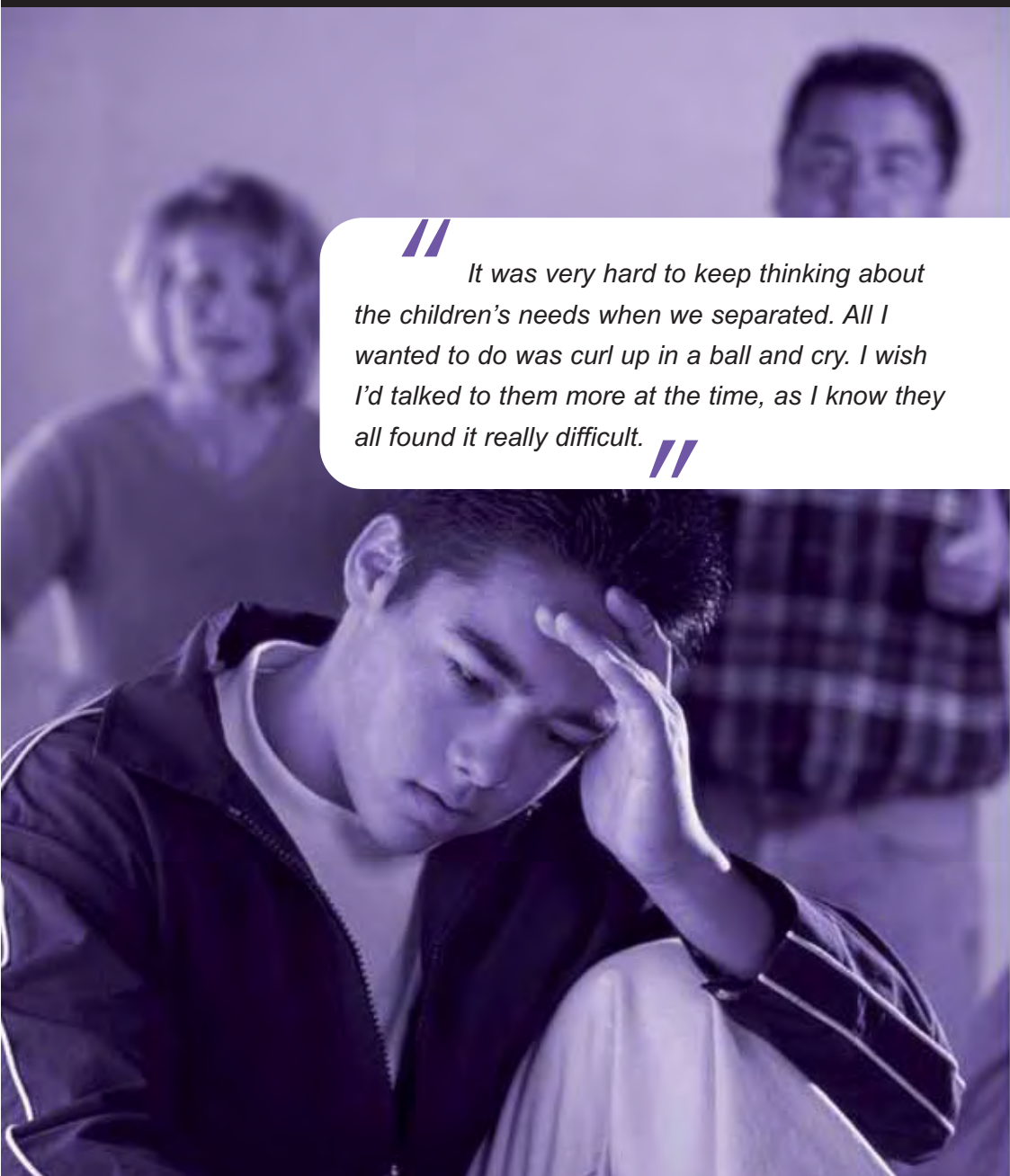


Contacts

- ChildLine 0800 1111
- The Samaritans 08457 90 90 90

WEBLINKS

www.childline.org.uk • www.samaritans.org • www.nch.org.uk
www.nshn.co.uk • www.selfharm.org.uk



// *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.* //



Warning Signs

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.



Action

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.



What to say

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.



Prevention

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.



Contacts

• NCH Family Mediation & Children's Support Service 0161 798 8202

WEBLINKS www.justice.gov.uk • www.itsnotyourfault.org • www.nch.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

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 well-being.

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 talk to them about who they will live with, 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.

// *I get so frustrated with him sometimes, but I know smacking is not the answer.* //



Warning Signs

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.



Action

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.



What to say

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.



Prevention

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).



Contacts

- Salford Family Information Service 0800 195 5565
- Family Support 0161 909 6530
- Barnardos 020 8550 8822
- NSPCC 0808 800 5000
- Health visitor or school nurse

WEBLINKS www.barnardos.org.uk • www.nspcc.org.uk

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 things to do that are better than smacking
- 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 people usually smack harder in order to have the same impact on their 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.

It is however, safer and much more helpful, to notice and reward your child's good behaviour, in order to encourage the behaviour you want.

Fewer parents are smacking their children. Lots of those who keep doing so, do it because they are not sure what else will work.

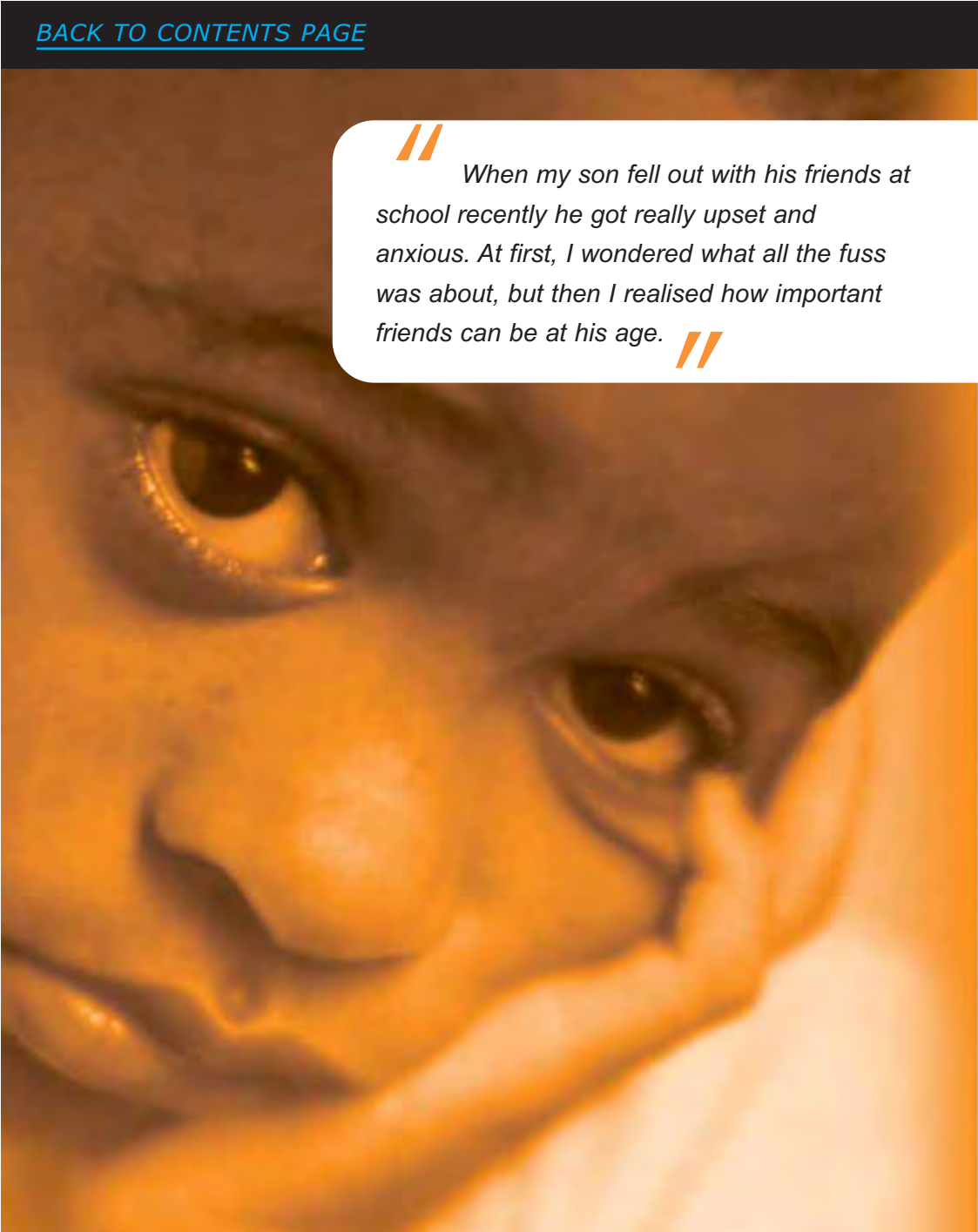
In UK society parents are not allowed to hurt their children whatever their individual, cultural or religious reasons.

As a result, child protection professionals will look at cases of child abuse, so that they can understand it, stop it, and explain the result of it happening again.

In England and Wales the Children's 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.

// *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.* //



Warning Signs

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.



Action

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.



What to say

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 you feel better when they're upset.



Prevention

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.



Contacts

- Parentline Plus 0808 800 2222
- Your child's school

WEBLINKS www.parentlineplus.org.uk

Stress and 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 can hear 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. If their anxiety goes on for longer than a month, or if it greatly affects how they are at home, or at school, you might want to speak to their teachers, or even ask your doctor for professional help.

// *Attending the parenting group has made such a difference to my family life - it is much calmer now.* //



Surestart children's centres & extended schools

Enjoying learning together

- A network of Surestart Children's Centres offers support and advice to families with young children from birth to five
- Each centre will provide a range of services depending on local need and parental choice. Not all centres will be the same
- The centres are a good place to meet and talk to services that you need, as well as to meet other parents/carers and find out what else is happening in your community
- Children of all ages learn through play - play is a vital part of your child's development
- Early childhood experiences affect children's attitude to learning

Surestart children's centres

From early pregnancy to starting school the demands on you as parents and carers never really stop. Children's centres are about making sure that it is as easy as possible for you to get the help and advice you need, from services close to home, when you need them.

There is a range of services available, including childcare, meeting with a midwife, advice on breastfeeding, support and advice on parenting, baby massage classes, and support for developing healthy lifestyles.

Children's centres may offer early education services, advice on what is available in your area, child and family health services, or family support and outreach to parents away from the centre.

If you are looking to return to training or work there will be links with Jobcentre Plus and local colleges and activities and training for parents who want to learn new skills and meet others.

Children's centres will be able to support you in accessing early education places in schools, day nurseries or local playgroups. They will also offer a variety of play and learning opportunities.

Extended schools

Extended schools provide a range of services and activities, often beyond the school day, to help meet the needs of children, their families and the wider community.

- Extended services can include: childcare; adult education; parenting support programmes; community based health and social care services; multi-agency teams; and after school activities.
- By talking and listening to parents, carers, children, and young people, and involving them in the planning of services, schools will be able to develop services which best meet the needs of their school and community.

Schools are working with other schools in the local area to provide services to children and young people, their families and the local community. They will also work with other people to provide services such as health visitors, school nurses, childcare providers, and voluntary and community groups. Many schools will offer additional services, depending on the needs of children, young people and their families.



Warning Signs

If your child isn't receiving enough stimulation they may not be getting the opportunity they need to learn.



Action

Get involved in consultation events at your local children's centre and give your views about the kind of services you would use. Find out whether your local school is offering services or activities that would be of interest to you and your family.



What to say

Ask at your children centre or school to find out if there are any events coming up that you can attend.



Prevention

Get involved and say what you want and need.



Contacts

• For details of your local children's centre or to find out whether your school is an extended school contact Salford Family Information Service 0800 195 5565

WEBLINKS

www.salford.gov.uk/surestart • www.salford.gov.uk/extended-schools
www.surestart.gov.uk • www.nspcc.org.uk • www.rospea.co.uk



// *I've learned to give him the privacy he needs and he's learned that there are certain things he needs to tell me so I don't worry.* //

Talking with your teenager

Build a better relationship

- Understand your teenager's feelings
- Listen as well as talk
- Communication is the key to good family relationships
- Your teenager is developing their own identity

Many parents worry about how they will cope with the 'difficult teenage years'. Learning to listen and talk to your teenager can make all the difference to your relationship.

be different to yours, but they are important to them. Teenagers value being listened to, having their opinions asked, and their thoughts and feelings recognised.

Why your teenager is changing

Teenage years are not easy for your child. As well as increased schoolwork, they are dealing with hormones, developing deeper relationships, peer pressure, and sexual feelings. They are also trying to work out their own identity and developing their own opinions and views.

How to talk

Trying to get a reply out of your teenager as they are getting ready to go out or are listening to music isn't going to work. Choose your time carefully when there are things you need to discuss. Be flexible and offer options - 'is now a good time to talk or do you want to wait until you've finished what you're doing?' - rather than demanding an immediate response. Try to talk in a calm and reasonable way, even if you don't feel like it. If you start by shouting, your teenager is more likely to respond in the same way.

To cope with all this, teenagers need privacy. They need space to think through thoughts and feelings and the physical changes that are happening to them. Teenagers also find it hard to say what they are thinking, and feel that adults always seem to have the answer, so prefer to say nothing at all. This may be difficult for you when you have been used to sitting and chatting and walking into their room whenever you feel like it.

If your teenager finds what you have to say dull, don't be offended. It's natural at this age to be more interested in their friends' lives than yours. You probably acted in the same way when you were a teenager!

How to listen

When your teenager does talk to you, let them have their say without interruption. Give your teenager time to express themselves - they often find it hard to find the right words. Their way of seeing things and their views may

Home isn't always the best place to talk. Taking your teenager to a café, or going for a walk gives you one-to-one time together, and may help them to talk about matters they don't want to bring up in front of other family members.



Warning Signs

If your child refuses to listen to you and never wants to share what is going on in their life, avoids spending any time with the family and refuses to do as you ask, you need to act now to re-build your relationship.



Action

The teenage years are tough for your child, so try to understand what they are going through. Accept that friendships, music, their own opinions and most other things are more important than you right now! Despite this, knowing that you are there for them, gives your teenager the confidence to try new things.



What to say

Learn to listen as well as talk to your teenager. Show that you are interested in what they have to say, even though you don't have to agree with it. Talk when you know your teenager has time to listen and you are more likely to get a better response.



Prevention

Teenagers don't have to be moody and uncommunicative. A good relationship can be built up by talking about what's going on in their life without asking too many personal questions. Always let your teenager know you are there for them, without judgement, whatever they have done and they will be more likely to turn to you when they need to.



Contacts

- Salford Family Information Service 0800 195 5565
- Parentline Plus 0808 800 2222

WEBLINKS

www.ukparentslounge.com • www.parentlineplus.org.uk
www.raisingkids.co.uk • www.bbc.co.uk/health

Teenage pregnancy & sexual health

Preventative parenting

- **Raise the issues about sex and relationships**
- **Explain that you do not have to have sex and that saying no is an option**
- **Don't give the message that sex is a problem. Talk about sex even if it seems difficult**
- **Try not to judge, but don't be afraid to say if you think something may be unhealthy or could put your son or daughter at risk**
- **Your child will learn by example - they will learn your family's way of doing things based on your values, culture, faith, and belief**

// *I know my boyfriend loves me really - it's just that he's at school too, so it's a bit difficult at the moment. I never knew you could get pregnant the first time you have sex, mum never told me - I thought it would be alright but it's not, I just don't know what to do.* //

Pregnancy test



Warning Signs

Young people will not always tell you if there is something that is worrying them. You need to understand their needs, let them know that you are there, and be ready to listen.



Action

If you think that your child is having sex make sure that they know where to get the right information. If you think your daughter may be pregnant or if she has told you that she is, make sure she sees her doctor.



What to say

Talk to your daughters about birth control. Make your sons know that pregnancy is not just a girl's problem.



Prevention

Make sure that your teenagers know about, and practice safe sex. Remember it's not just about preventing pregnancy but also to stop them getting sexually transmitted infections.



Contacts

- Salford Teenage Pregnancy Team 0161 206 4472
- Parentline Plus 0808 800 2222
- Brook Advisory Centres 0800 018 5023
- Family Planning Association 0845 122 8690
- British Pregnancy Advisory Service 08457 304030
- NHS Direct 0845 4647

WEBLINKS www.parentlineplus.org.uk • www.brook.org.uk • www.fpa.org.uk
www.nhsdirect.nhs.uk • www.sensecds.com

Children will learn about sex whether you want them to or not. Sex is everywhere around us - in magazines and newspapers, in adverts and soaps. Children and young people also learn about sex from each other, and what gets passed on in the playground may not be correct information!

All these confusing messages may mean young people get into situations they don't know how to deal with. As a parent you have an important job to make sure your child has the right information and is able to cope.

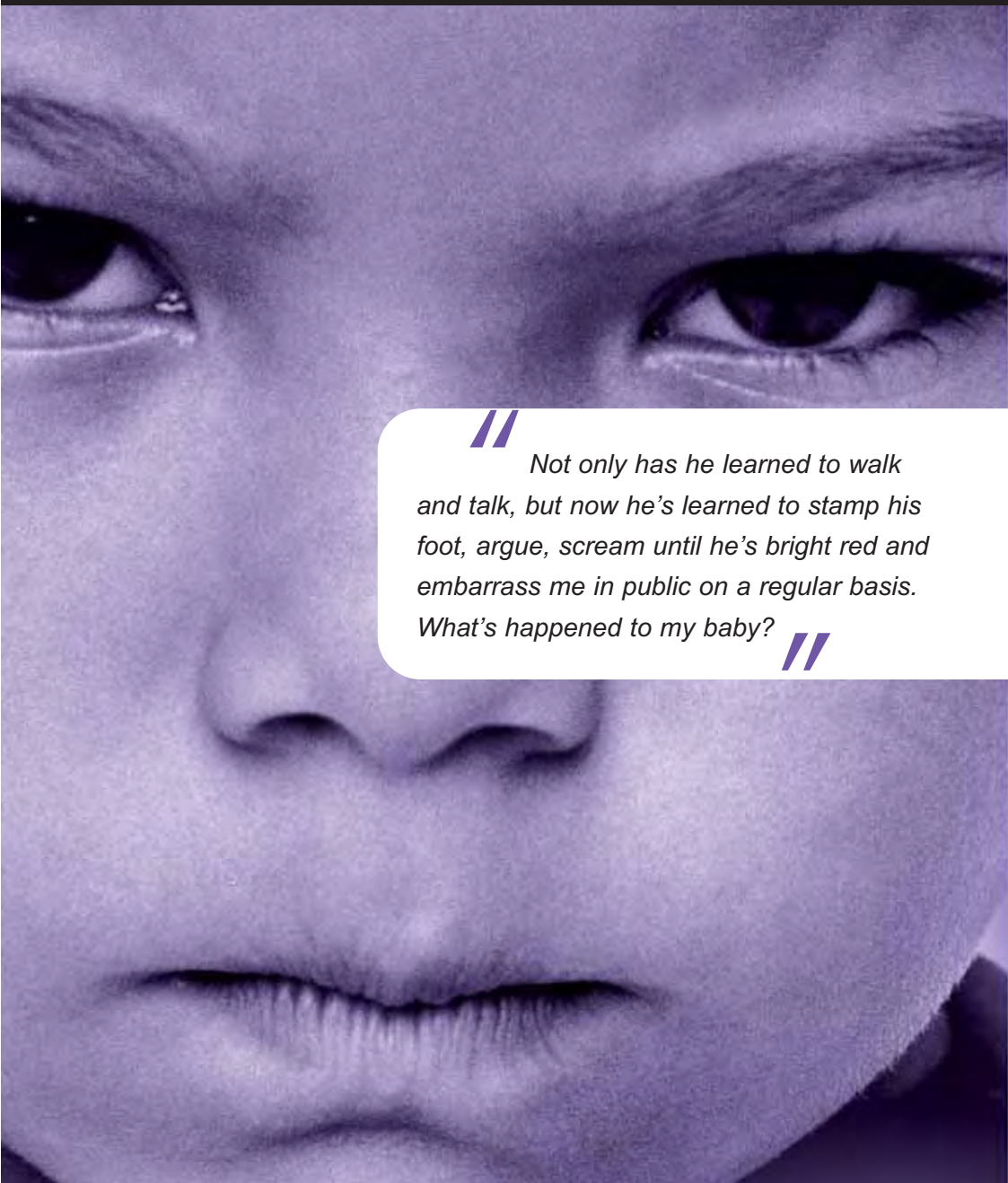
You might feel worried that by talking about sex and relationships you will encourage your children to start having sex when they're very young. Research has proved that the opposite is true. Teenagers from families where parents talk openly about sex wait until they are older than others before they start having sex. And when they do have sex for the first time, they are more likely to use protection.

Most teenagers are having sex before they finish college. It is shocking to know that some young

people are having sex as young as 11 or 12, although the average age for first sex is 16. The fact is that you can't always stop your teenagers from having sex and many of them will do it anyway. What you can do is to tell them about sex, pregnancy, sexually transmitted infections, HIV/Aids and how to use protection.

If you feel uncomfortable or unsure talking about sex with your children, don't worry - this is common. Don't let it put you off. Sex education shouldn't be a one-off talk. If your children grow up knowing it's okay to talk about sex and their feelings with you, they are much more likely to come to you for help when they need it.

Hospitals and a number of pharmacists can provide Emergency Hormonal Contraception (EHC) to girls aged 18 years and under free of charge. Ask the school about Young People's Advisory Services (YPAS), or school-based services.



//
Not only has he learned to walk and talk, but now he's learned to stamp his foot, argue, scream until he's bright red and embarrass me in public on a regular basis. What's happened to my baby?
//



Warning Signs

It could happen anywhere, but watch out for a tired or hungry child in any situation when he or she wants something that you have said "No" to, especially when out shopping, or during a social event or a day out.



Action

Stay calm; consider whether your child needs food or rest. Give your child attention and if possible, find a quiet place or some way of distracting his or her attention. Don't give-in, but do try to understand your child's feelings.



What to say

Try to offer your child a choice or a positive way out. Be calm and understanding. Keep it simple and clear. Praise your child for calming down afterwards.



Prevention

Avoid long shopping trips or tiring days out. It often helps to give your child extra attention and affection. Try to foresee possible causes for tantrums in the day ahead and find ways to avoid them.



Contacts

- Salford Family Information Service 0800 195 5565
- Health visitor or doctor
- Parentline Plus 0808 800 2222

WEBLINKS www.parentlineplus.org.uk

Temper tantrums

When every day is a difficult day

- **The 'Terrible Twos' are a normal part of your child's development**
- **Getting angry is a natural reaction but it just makes the situation worse**
- **Be firm but find a positive way to deal with the problem**
- **Plan to avoid the causes of tantrums**
- **Remember, they won't last forever!**

Why temper tantrums happen

Tantrums may start around 18 months, are common around two years old, and become much less common at four. Very young children are often not able to express themselves as much as they want to and their frustration may come out as a tantrum.

Tantrums are especially likely to happen if a child is tired, hungry or uncomfortable. Tantrums also often happen in busy, public places, which can be highly embarrassing and add to the parents' stress.

If you are worried about your child's behaviour discuss your concerns with your health visitor or doctor.

- If you do say 'no' don't be tempted to give in later to calm them down. If you give in your child will learn that tantrums work!
- If you're at home you can try ignoring the tantrum, perhaps walking away into another room if it's safe to do so. Encourage your child to cool down on their own and talk more calmly about what they want.
- After the tantrum, praise your child for settling down. Even though they may no longer be angry they may still be upset, so give them a cuddle and make it clear that you still love them no matter what.

Dealing with temper tantrums

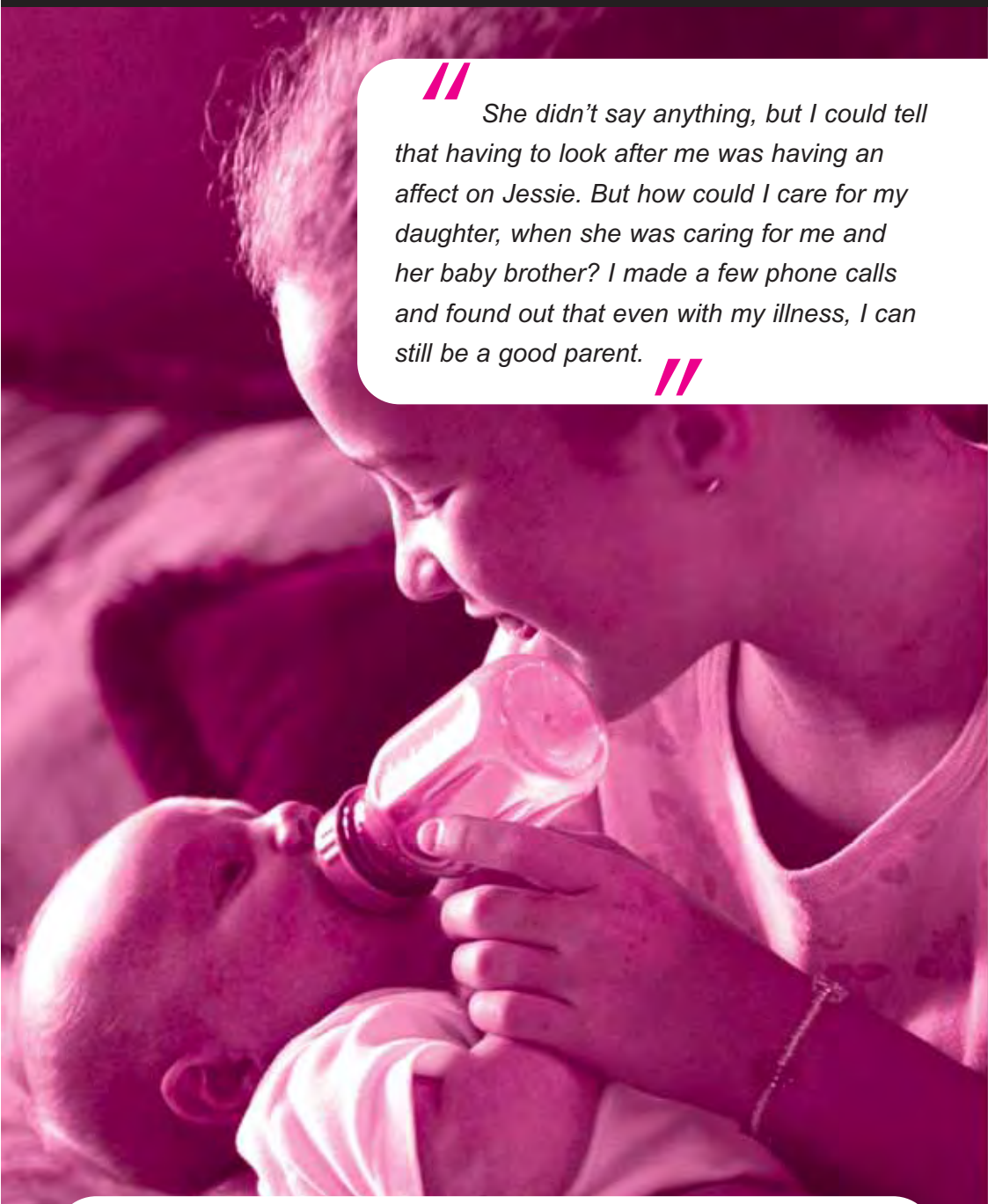
- Keep calm. Getting angry and shouting at your child will only make things worse.
- Your child might be tired or hungry so rest or food might help, or they might just need some attention or comfort.
- Try to find a distraction. Finding something interesting to do or look at can help. If you're in a busy or noisy place try to go somewhere quieter.
- If none of the above works try to see things from your child's point of view and understand what they actually want. Try offering them a choice, as this gives your child a sense of control and can be more effective than simply saying "no". Always try to offer a positive way out.

Avoiding temper tantrums

You can reduce the likelihood of a tantrum by planning ahead.

- Try to avoid your child becoming hungry or overtired.
- Make sure your child is getting enough personal attention and affection.
- Make sure your time together is quality time especially if you work for most of the day.
- Keep shopping trips and outings as short as possible.
- Try to plan a regular method that you'll use to deal with tantrums when they do happen.

Remember, temper tantrums are normal and do not usually lead to serious problems. As your child gets older they will learn to deal more calmly with the stresses of everyday life.



// *She didn't say anything, but I could tell that having to look after me was having an affect on Jessie. But how could I care for my daughter, when she was caring for me and her baby brother? I made a few phone calls and found out that even with my illness, I can still be a good parent.* //



Warning Signs

Late homework, missing school, feeling tired all the time and acting unusual may be signs that your child is struggling with their caring role. It is very important that you talk and listen to your child so you can take action to help them cope.



Action

Don't think that you and your child have to deal with things alone. Get as much information as you can and find out what services, support, benefits and advice are available. You're not alone - make contact!



What to say

Make sure your local Department of Social Services, your local education and health authorities, and your doctor know about what is happening and keep them up to date if things change.



Prevention

Being a young carer could have a bad effect on your child's health, education and well-being. You can help stop this by making sure that they get the best support and advice available.



Contacts

- Salford Carers Centre 0161 833 0217
- Benefit Enquiry Line for People with Disabilities 0800 88 22 00
- Carers UK 0808 808 7777

WEBLINKS www.carersuk.org

Young carers

Who cares? You care. They care

- **Young carers are protected by the Children Act 1989; Carers (Recognition and Services Act) 1995; and Carers and Disabled Children Act 2000**
- **The Government, your local council, and education and health authorities are there to help and will act once concern is raised**
- **There are many types of support to help you and your child cope with their caring**
- **You care about your young carer! So make contact with the support groups and organisations that are there to help**

Many people need special care in their homes. They may be ill, disabled or elderly, or they may have drug or alcohol problems. Care from a member of the family can be a help. When the carer is a child or a young adult, it is very important to make sure that they too are getting everything they need.

If your child has any caring role, for yourself, or another member of their family, it is most important that they do not suffer because of their caring. Most importantly, tell your local Department of Social Services, and your local education and health authorities about this. You don't have to cope alone; they can help you and your child will get the support and advice you both need.

Education

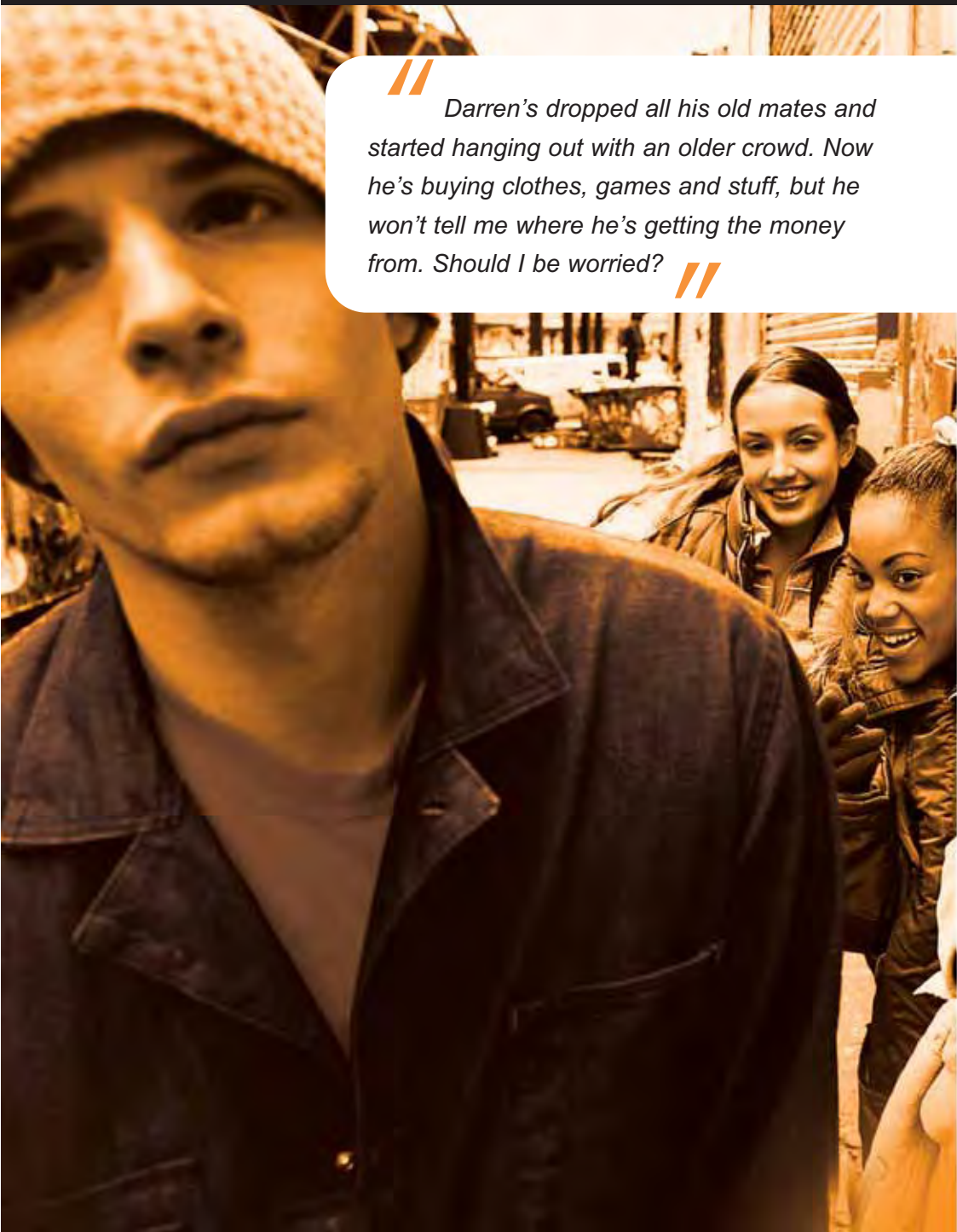
You will want your child to do well at school. Many young carers achieve good results but research has shown that caring can have a bad effect on a child's education. To help stop this, it is important that your local education authority and your child's school are told about their caring role. This way they can give your child extra help if needed and will understand and support them.

Health

Sometimes young carers can be so busy looking after others, that they forget to look after themselves, and can become ill, stressed or depressed. The best way to avoid this is to get help from your doctor and local health authority. Let them know about what is happening so that they can give the help and advice that both you and your child need.

Extra support

Your council can give extra support to carers. This can include special breaks for carers and extra support services for particular needs. There are also many local and national organisations set up to help young carers and their parents.



// Darren's dropped all his old mates and started hanging out with an older crowd. Now he's buying clothes, games and stuff, but he won't tell me where he's getting the money from. Should I be worried? //



Warning Signs

There are many signs which might show something is wrong. Your child may be influenced by others, stay out late, have new clothes or other items which cannot be explained, or use drugs and alcohol.



Action

Talk to your child about your worries. You can get help and advice from the local Youth Offending Team. Don't ignore the problem. Spending more time with your child doing other things can help.



What to say

Try to stay calm; all children break the rules from time to time, some more than others. If you do make rules, stick to them.



Prevention

It is important that you take an interest in your children. Know who their friends are and how they are doing at school. If you think that something is wrong do something sooner rather than later.



Contacts

- Youth Justice Board for England and Wales 020 7271 3033
- Youth Offending Team 0161 607 1900

WEBLINKS www.yjb.gov.uk

Young people in trouble

How widespread is it?

- The main reasons young people give for carrying out crime are boredom and pressure from friends
- Young people from a supportive family home are less likely to offend
- If you think something is wrong, talk to your child sooner rather than later

Stopping young people offending

Young people also say that the two main things that stop them from carrying out crime are:

- Fear of being caught.
- Their parents' reaction.

Research into the lifestyles and experiences of young offenders tells us that the following factors matter most in keeping young people out of trouble:

- A stable and supportive family home.
- Good parenting.
- Going to and making good progress at school, in training or at work.

The Youth Justice System

The Youth Justice System in England and Wales is made up of all the places and services that work with young people that commit crime, this includes courts, police, probation and prison services, and local councils. The Government completely changed this system in 2000. The overall aim is to stop young people carrying out crime. The new system delivers justice faster and makes sure young people are both punished for their behaviour, and helped to start leading better lives without committing crime.

Youth Offending Teams

Youth Offending Teams (YOT) are a one stop shop for all young offenders. Each young person who has carried out a crime will be looked at by the YOT, and decisions will be made by the team as to what steps should be taken to make sure the young person keeps out of anymore trouble. There is a YOT in every local authority in England and Wales, made up of police officers, victim liaison officers, probation officers, social workers, health and drugs advisors and housing support officers. The team liaises directly with young people and families to:

- Try and stop them committing crime in the first place.
- Work with them if they have committed crime and are subject to a court order or police final warning.
- Work directly to make sure that young people who have been sent to custody have the best chance of a good future after they are let out.

To help with this work the YOT works closely with volunteers who are trained to work with young people to help them stay out of trouble.

Helpful national organisations

-  **Adfam**
Advice for Families and friends of Drug and Alcohol Users
020 7553 7640
www.adfam.org.uk
-  **Advisory Centre for Education (ACE)**
0808 800 5793
www.ace-ed.org.uk
-  **Barnardo's**
020 8550 8822
www.barnardos.org.uk
-  **Beating Eating Disorders**
0845 634 1414 (helpline)
0845 634 7650 (youthline)
www.b-eat.co.uk
-  **Brook Advisory Centres**
0800 0185 023
www.brook.org.uk
-  **Child Accident Prevention Trust**
020 7608 3828 www.capt.org.uk
-  **ChildLine**
0800 1111 www.childline.org.uk
-  **Childcare Link**
0800 096 0296
www.childcarelink.gov.uk
-  **The Children's Legal Centre**
0845 120 2948
www.childrenslegalcentre.com
-  **Contact a Family**
Supports families caring for children with a disability or special needs
0808 808 3555
www.cafamily.org.uk
-  **CRY-SIS Helpline**
08451 228 669
www.cry-sis.org.uk
-  **Day Care Trust**
020 7840 3350 (parents helpline)
www.daycaretrust.org.uk
-  **Family & Friends of Lesbian & Gays (FFLAG)**
0845 652 0311 (helpline)
www.fflag.org.uk
-  **Family Matters Institute**
www.dadtalk.co.uk
-  **Family Planning Association (FPA)**
0845 122 8690 (helpline)
www.fpa.org.uk
-  **Family Rights Group**
0800 731 1696 www.frg.org.uk
-  **Kidscape**
08451 205 204
(Parents helpline)
www.kidscape.org.uk
-  **National Alcohol Helpline**
0800 917 8282
-  **National Domestic Violence Helpline**
0808 200 0247
www.womensaid.org.uk
www.refuge.org.uk
-  **National Drugs Helpline (FRANK)**
0800 77 66 00
www.talktofrank.com
-  **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
-  **One Plus One**
www.oneplusone.org.uk
-  **Parentline Plus**
0808 800 2222
www.parentlineplus.org.uk
-  **Police (in an emergency)**
999
-  **Relate**
www.relateforparents.org.uk
-  **Royal Society for the Prevention of Accidents (RoSPA)**
0121 248 2000
www.rospace.co.uk
-  **Samaritans**
08457 90 90 90
www.samaritans.org
-  **Sexwise**
0800 28 29 30 (helpline)
www.ruthinking.co.uk
-  **Single Parent Action Network (SPAN)**
0117 951 4231
www.singleparents.org.uk
www.onespace.org.uk
-  **Victim Support**
0845 30 30 900
www.victimsupport.org.uk
-  **Youth Justice Board for England & Wales**
020 7271 3033 (enquiry line)
www.yjb.gov.uk
-  **Young Minds**
0800 018 2138
(Parents Information Service)
www.youngminds.org.uk

Helpful local organisations

-  **Anti-Social Behaviour**
To report any form of anti-social behaviour
0845 605 2222
-  **Children's Services**
0161 778 0123
-  **Duty Social Work Teams**
To report concerns about child abuse or neglect
0161 603 4500
-  **Family Support**
Professional help for parents struggling with children and family life
0161 909 6530
-  **Connexions**
0161 743 0163
www.connexions-salford.com
www.salford.gov.uk/learning
-  **Fostering**
To find out different ways to foster children
0161 799 1268
family.recruitment@salford.gov.uk
-  **NCH Family Mediation and Children's Support Service**
0161 798 8202
-  **Police Domestic Violence Unit**
0161 856 5171
-  **Salford Carers Centre**
0161 833 0217
-  **Salford City Council**
0161 794 4711
www.salford.gov.uk
-  **Salford Drugs Team**
0161 787 7343
-  **Salford Drug and Alcohol Team**
0161 909 6525
-  **Salford Family Information Service**
0800 195 5565
-  **Salford Families Project**
Support, advice and services for children with disabilities and their families
0161 707 0222
salford-families.project@barnardos.org.uk
-  **Salford Family Learning**
0161 778 0331
www.salford.gov.uk/family-learning
-  **Salford Primary Care Trust**
For doctors, dentists, opticians, pharmacists, district nurses, midwives, and community therapists
0161 212 4800
-  **Salford Teenage Pregnancy Team**
0161 206 4472
-  **Salford Watersports Centre**
0161 877 7252
www.salford.gov.uk/leisure
-  **Salford Women's Aid Outreach**
0161 736 0737 or 0800 587 4761
www.salford.gov.uk/enough
-  **Special Educational Needs**
Advice and support for parents/carers have special educational needs
0161 778 0349
-  **Women's Domestic Violence Helpline**
0161 636 7525
-  **Young Carers**
Support, advice and social activities for children and young people who look after a relative or friend
0161 833 0217
carers.centre@salford.gov.uk
-  **Youth Offending Team**
0161 667 1900
-  **Youth Service**
Youth centres, projects and networks for young people to get involved in their communities
0161 603 6830
youth.service@salford.gov.uk



This document can be provided in large print, audio, electronic and Braille format. If you need help in understanding it, please call Salford's Family Information Service on freephone 0800 195 5565

Jeśli potrzebujesz pomocy w zrozumieniu tego dokumentu, skontaktuj się z nami na 0800 195 5565.

Si vous avez besoin d' aide pour comprendre ce document, veuillez nous contacter sur ce numero: 0800 195 55 65

إذا احتجت مساعدة لفهم هذه الوثيقة، فضلاً اتصل (ى) على هذا الرقم: 0800 195 55 65

如果你需要幫助來明白這文件，可致電 0800 195 5565 聯絡我們

اگر آپ کو یہ دستاویز سمجھنے میں مدد چاہئے تو ہمارے ساتھ ٹیلی فون نمبر 0800 195 5565 پر رابطہ کریں

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਪਰਚਾ ਪੜ੍ਹਣ ਲਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਸਾਨੂੰ ਇਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ: 0800 195 5565

এ দলিলটি বুঝতে হলে আপনার যদি কোন সাহায্যের দরকার হয়, তাহলে টেলিফোনে 0800 195 5565 নম্বরে আমাদের সাথে যোগাযোগ করুন

જો તમારે આ દસ્તાવેજ સમજવા મદદની જરૂર લાગે, તો અમારો નંબર 0800 195 55 ૫૨ સંપર્ક સાધો.

