

Useful Parenting Support Links



Helpful & Practical

<https://maudsleycharity.org/familiesunderpressure>

8 Short videos to help families with : Motivating your child; Expectations; Building Confidence ; Getting your child to follow Instructions; Promoting good behaviour; Limiting Conflict; Keeping calm when kids act-up and Using Sanctions Carefully.



Support and tips about how to keep children safe and strong

With advice on lots of areas including children's mental health; keeping children safe on line ; support for parents and what to do if you are worried about a child.

<https://www.nspcc.org.uk/keeping-children-safe/>

NSPCC



<https://www.youngminds.org.uk/parent/>

'We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone. ' **Help-line and webchat**



BBC Parents' online Toolkit: Supporting your child's wellbeing

Really useful health and wellbeing advice for parents to support their child - from food and sleep, to anxiety and the online world.

An accessible and online easy read. <https://www.bbc.co.uk/bitesize/>

Place 2 Be

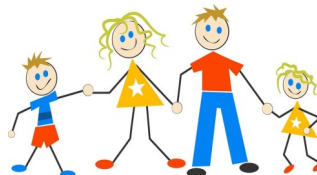
Videos and Easy Reads on all sorts of things, including —
Bedwetting —Coping with Relationship Breakdowns - Friendships — Meal times - Social media— Getting ready for secondary school —Bullying <https://parentingsmart.place2be.org.uk/>



Getting Family Help & Support Locally . . .

The Cardiff Family Gateway team can help you find support services including money advice, housing, welfare benefits, child behaviour, childcare, school attendance, health and well-being, parental support and much more.

Contact the Family Gateway on 03000 133 133, via email ContactFAS@cardiff.gov.uk or social media.



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