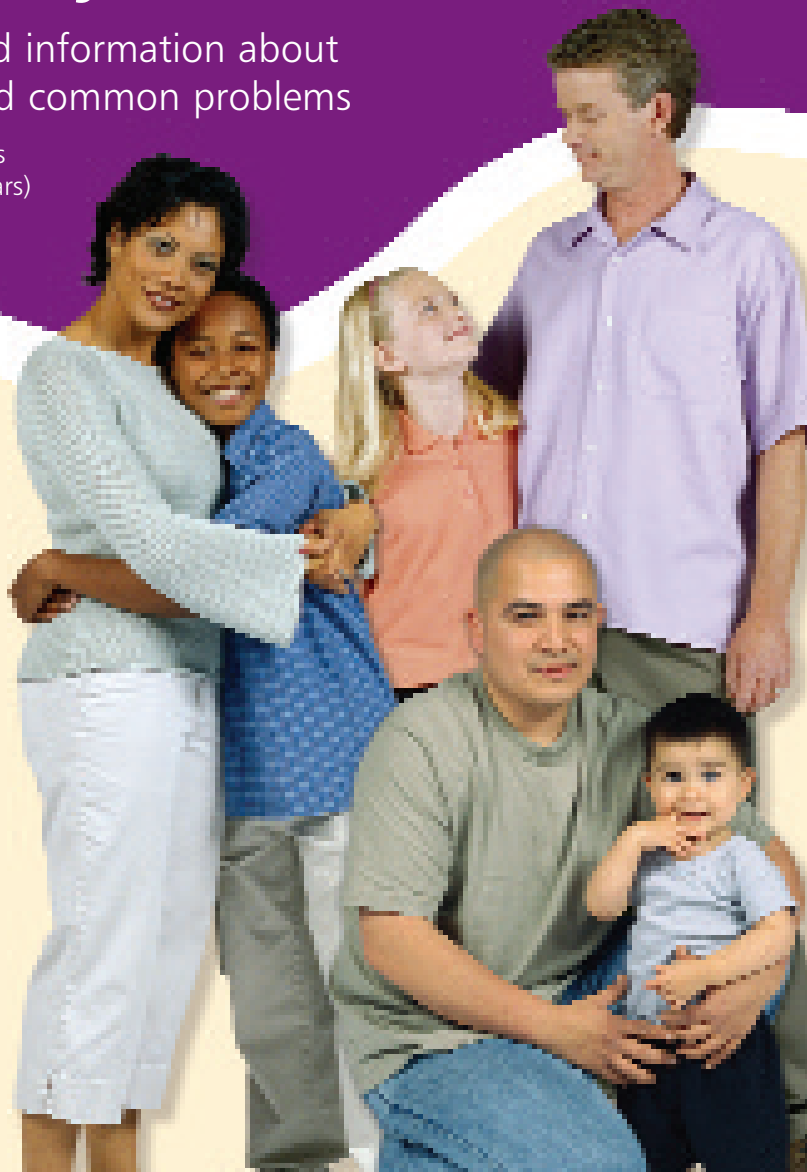


Safe parenting directory 2006

Where to find information about
parenting and common problems

(Suitable for parents
of children 0-18 years)



Introduction

Dear parent / carer

I hope you will find the information in this safe parenting directory useful and relevant as you face the challenges of raising children and young people today.

You will see that each of the 15 subjects chosen for this directory contains up to three leaflets and websites. These have been carefully selected by lead professionals on the basis of relevance, accessibility, user-friendliness, availability of translations, cost and local information /contacts.

Information is also included about where free internet access can be obtained at local libraries, in order to help you access leaflets available to download and recommended websites.

Every effort has been made to ensure the information provided was current at the time of this directory going to press, however please be aware that some publications and websites may be updated.

The directory is available online at:

www.lbhf.gov.uk/lscb/safeparentingdirectory

and further copies are also available via the local safeguarding children's board on 020 8753 3358.

May I wish you every success in your parenting.



Andrew Christie

Director of children's services for
Hammersmith & Fulham Council

Chair, local safeguarding children's board
for Hammersmith & Fulham

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Attendance at school

Name of leaflet: Is your child missing out?

Available from: Department for Education and Skills (DfES)
Tel: 08456 022 260
Email: dfes@prolog.uk.com

Cost: Free

Translations: Albanian, Arabic, Bengali, Chinese, Farsi, French, Greek, Gujarati, Hindi, Kurdish, Portuguese, Punjabi, Turkish, Serbian / Croatian, Urdu and Vietnamese

** Information for parents regarding children's school attendance and tips for solving truancy problems*

Useful websites: www.dfes.gov.uk/schoolattendance

Bedwetting, toilet training and sleeping difficulties

Name of leaflet: Birth to five

Available from: Health Visitors, Hammersmith & Fulham Primary Care Trust (PCT)
Tel: 020 8846 6790
Web: www.dh.gov.uk (downloadable)

Cost: Provided free to all first time patients by health visitors

Translations: English only

** Extremely useful source of advice for parents regarding all issues related to child health, development and wellbeing*

Useful websites: www.eric.org.uk
www.cry-sis.org.uk
www.understandingchildhood.net

Bullying

Name of leaflet: Preventing bullying! A parent's guide

Available from: Kidscape
Tel: 020 7730 3300
Web: www.kidscape.org.uk

Cost: 35p

Translations: English only

** To enable parents to recognise and help children who are being bullied and bullying*

Name of leaflet: You can beat bullying

Available from: Kidscape
Tel: 020 7730 3300
Web: www.kidscape.org.uk

Cost: 35p

Translations: English only

** For pupils who are being bullied and bullying. Also includes assertiveness techniques*

Name of leaflet: Bullying online

Available from: Bullying Online
Post: PO Box 552,
Harrogate, HG1 9BF
Email: help@bullying.co.uk

Cost: Free (postage)

Translations: English only

** Leaflet for parents and pupils with examples of problems and solutions*

Useful websites: www.dfes.gov.uk/bullying
www.anti-bullyingalliance.org
www.bbcllc.com

Childminding and daycare

Name of leaflet: Hammersmith & Fulham children's information service

Available from: Children's information service (CIS)
Tel: 020 8735 5868
Email: cis@hafed.org.uk

Cost: Free

Translations: Available in community languages

** Information on childcare, early years and play in the borough, and also how to work or train in childcare*

Name of leaflet: Looking for childcare?
A Sure Start guide to help you make the right choice

Available from: Department for Education and Skills (DfES)
Tel: 08456 022 260 (Ref: LEA -1252-2005)
Email: dfes@prolog.com
Web: www.surestart.gov.uk

Cost: Free

Translations: Bengali, Chinese, Greek, Gujarati, Hindi, Portuguese, Punjabi, Somali, Turkish, Urdu and Vietnamese

** Childcare options, flexible working rights, and help paying for childcare costs*

Useful websites: www.lbhf.gov.uk - see parenting pages
www.childcarelink.gov.uk/london

Child protection

Name of leaflet: Do you think a child needs help?

Available from: Children's trust
Tel: 020 8825 2500

Cost: Free

Translations: English only

** Information about how local children's services work with families*

Name of leaflet: Are you worried about the safety of a child?

Available from: National Society for the Prevention of Cruelty to Children (NSPCC)
Tel: 020 7825 2500
Web: www.nspcc.org.uk

Cost: First copy free

Translations: English only

** Help for those who are concerned about a child's welfare or safety*

Useful websites: www.worriedneed2talk.org.uk
www.everychildmatters.gov.uk

Children left alone

Name of leaflet: Home alone

Available from: National Society for the Prevention of Cruelty to Children (NSPCC)
Tel: 020 7825 2500
Web: www.nspcc.org.uk

Cost: First copy free

Translations: English only

** Dangers of leaving children home alone - and contacts to help*

Useful websites: www.worriedneed2talk.org.uk
www.everychildmatters.gov.uk

Disabled children

Name of leaflet: A Sure Start for every child
A Sure Start for every young person

Available from: Sure Start
Tel: 08456 022 260 (Ref: ASFEC)
Email: dfs@prolog.uk.com
Web: www.parentscentre.gov.uk

Cost: Free

Translations: Arabic, Bengali, Chinese, Greek, Gujarati, Hindi, Punjabi, Somali, Turkish, Urdu, Vietnamese and Welsh

** Care options for parents with disabled children and young people or those with special educational needs*

Name of leaflet: When your child has additional needs

Available from: Contact A Family
Tel: 08088 083 555 / 020 7608 8700
Email: info@cafamily.org.uk
Web: www.cafamily.org.uk

Cost: First copy free; £1 for further copies

Translations: Arabic, Bengali, Chinese, Farsi, Somali, Urdu
Also available on CD

** A guide for parents who care for a disabled child*

Name of leaflet: Help available for children with special educational needs

Available from: Department for Education and Skills (DfES)
Tel: 08456 022 260 (Ref: PKHFM16)
Email: dfes@prolog.com

Cost: Free

Translations: English only

** To understand and help children with special educational needs*

Useful websites: www.lbhf.gov.uk - see disabled children's directory

Domestic abuse

Name of leaflet: You don't have to live in fear of domestic violence

Available from: Home Office
Tel: 08702 414 680 (Ref: DVL)
Email: homeoffice@prolog.uk.com

Cost: Free

Translations: Arabic, Bengali, Chinese, Gujarati, Hindi, Punjabi, Somali, Turkish and Urdu

** Encouraging those experiencing domestic violence to seek help*

Name of leaflet: Domestic violence: where to go for help

Available from: Domestic violence forum coordinator
Tel: 020 8753 2817

Cost: Free - may charge for larger quantities

Translations: English only at present

** Information / advice about seeking help for domestic violence victims*

Name of leaflet: A service for MEN who want to end violent and abusive behaviour towards a partner

Available from: Domestic Violence Intervention Project (DVIP)
Tel: 020 8563 7983

Cost: Free - may charge for larger quantities

Translations: Arabic (this is a slightly different leaflet produced by DVIP's Al-Aman project)

Useful websites: www.refuge.org.uk
www.thehideout.org.uk
www.lgbt-dv.org

Drug and alcohol misuse

Name of leaflet: Drug and Alcohol services directory

Available from: Drug and Alcohol Action Team
Tel: 020 8753 2816

Cost: Free

Translations: Albanian, Arabic, Farsi, French, Gujarati, Hindi, Polish, Punjabi, Russian, Somali, Spanish and Urdu

** Information on local agencies who assist with drug/alcohol problems*

Name of leaflet: A parent's guide to drugs and alcohol

Available from: Department of Health (DOH)
Tel: 08701 555 455
Web: www.dh.gov.uk

Cost: First 200 free; thereafter £23 per 200

Translations: English only

** Types of drugs and alcohol including dangers, laws and advice*

Name of leaflet: The score: facts about drugs

Available from: Department of Health (DOH)
Tel: 08701 555 455
Web: www.dh.gov.uk

Cost: First 250 free; thereafter £23 per 250

Translations: English only

** Detailed information about drugs including laws, advice, dangers*

Useful websites: www.talktofrank.com
www.drugscope.co.uk
www.portman-group.org.uk

Health advice

Name of leaflet: Never shake your baby

Available from: Health Visitors, Hammersmith and Fulham Primary Care Trust (PCT)
Tel: 020 8846 6790

Cost: Free

Translations: English only

** Advice about crying babies, how to handle babies and the dangers of shaking them*

Name of leaflet: Reduce the risk of cot death

Available from: Health Visitors, Hammersmith and Fulham PCT
also from
Department of Health Publications
Tel: 08701 555 455
Email: dh@prolog.uk.com

Cost: Free - routinely given to all new parents by health visitors

Translations: Audio version, Bengali, Braille, Gujarati, Punjabi, Urdu

** Advice for parents on safe sleeping position, temperature control and health*

Name of leaflet: A guide to immunisation for babies up to 15 months

Available from: Health Visitors, Hammersmith and Fulham PCT
also from
Department of Health Publications
Tel: 08701 555 455
Web: www.immunisation.nhs.uk (downloadable)
Email: dh@prolog.uk.com

Cost: Free - routinely given to all new parents by health visitors

Translations: English only

** Information regarding the current immunisation programme*

Useful websites: www.nspcc.org.uk
www.sids.org.uk

Home and road safety

Name of leaflet: Get across road safety

Available from: Department of Transport
Tel: 08701 226 236 (REF T/INF/803)
Email: dft@twotenpress.net

Cost: Free

Translations: Audio version, Bengali, Braille, Gujarati, Punjabi, Urdu

** Information for parents about road safety and children*

Name of leaflet: I'm only a baby but...

Available from: Child Accident Prevention Trust (CAPT)
Tel: 020 7608 7368 (Ref: BKT005 03.05)
Web: www.capt.org

Cost: First copy free then £22.50 for 50

Translations: English only

** Possible dangers to babies at home and while out - various topics*

Useful websites: www.rospea.org.uk
www.thinkroadsafety.gov.uk
www.nhsdirect.nhs.uk

Internet safety

Name of leaflet: Keep your child safe on the internet

Available from: Think You Know
Tel: 020 7035 4848
Web: www.thinkuknow.co.uk/parents

Cost: Free

Translations: Welsh

** Dangers of internet for children and how to safeguard against risks*

Positive parenting and self esteem

Name of leaflet: Encouraging better behaviour

Available from: National Society for the Prevention of Cruelty to Children (NSPCC)
Tel: 020 7825 2500
Web: www.nspcc.org.uk

Cost: First copy free - then 20p

Translations: English only

** Practical guide to positive parenting*

Useful websites: www.understandingchildhood.net
www.youngminds.co.uk
www.parentlineplus.co.uk

Sexual exploitation

Name of leaflet: Hands Off!

Available from: National Society for the Prevention of Cruelty to Children (NSPCC)
Tel: 020 7825 2500
Web: www.nspcc.org.uk

Cost: 50p each

Translations: English only

** Information about sexual abuse - user-friendly for young people*

Useful websites: www.barnardos.org.uk

Teenage pregnancy

Name of leaflet: The real picture - parents and teenagers "time to talk"

Available from: Parentline Plus
Tel: 08088 002 222
Web: www.parentlineplus.org.uk

Cost: Free

Translations: English only

** Advice to parents about how to talk to teenagers*

Name of leaflet: Talking to your child about sex

Available from: Teenage pregnancy team
Tel: 020 8753 1806

Cost: Free

Translations: English only

** Advice to parents about talking to their child about sex*

Name of leaflet: Sex, relationships education (SRE) and parents

Available from: Department for Education and Skills (DfES)
Tel: 08456 022 260 (Ref 0706/2001)
Email: dfes@prolog.com

Cost: Free

Translations: English only

** Leaflet for parents and carers relating to SRE*

Useful websites: www.ruthinking.co.uk
www.fflag.org.uk
www.fpa.org.uk

For more information about sexual health, local services or what support is available to you or your child in this area, please call the Teenage Pregnancy Team on 020 8753 1806

Free internet usage at libraries

If you are a library member you can book a computer at any of the six borough libraries and get free internet access.

Library members may book one session per day up to one day in advance. Bookings may be made by visiting the library or by phone.

If a computer has not been booked in advance it will be made available on a first come, first served basis.

There is no charge for using computers. Charges are made, however, for printing at 15p per A4 sheet.

Hammersmith & Fulham libraries can be found at:

Library	Address	Telephone
Askew Road	87/91 Askew Road, W12 9AS	020 8753 3863
Barons Court	North End Crescent, W14 8TG	020 8753 3888
Fulham	598 Fulham Road, SW6 5NX	020 8753 3877
Hammersmith	Shepherds Bush Road, W6 7AT	020 8753 3823
Sands End	Sands End Community Centre 59-61 Broughton Road, SW6 2LA	020 8753 3885
Shepherds Bush	7 Uxbridge Road W6 8LJ	020 8753 3853

Further information and advice

Health visitors and school health advisors provide a universal service to all children and families and will be able to support parents with most of the issues highlighted in this directory

If you would like any part of this document interpreted into your own language, please phone 020 8753 4040.

Russian

Если вы хотите, чтобы любая-либо часть этого документа была точно переведена на ваш язык, пожалуйста, позвоните по телефону 020 8753 4040.

Polish

Jeśli chciałbyś jakkolwiek część tego dokumentu przetłumaczoną na język ojczysty, to proszę zadzwonić pod numer 020 8753 4040.

French

Si vous souhaitez qu'une partie de ce document soit traduite dans votre langue, veuillez appeler le 020 8753 4040.

Spanish

Si desea alguna parte de este documento en su propio idioma, llame al 020 8753 4040.

Albanian

Nëse do deshironi ndonjë pjesë të këtij dokumenti të përkthyer në gjuhën tuaj, telefononi 020 8753 4040.

Azərbaycan

Əgər siz istəyirsiniz ki bu sənədin bəzi hissələri öz dilinizə tərcümə edilərsə, zəhmət olmasın 020 8753 4040 nömrəsinə zəngin.

Português

Se desejar qualquer parte desta documento Interpretada no seu idioma, telefone por favor para 020 8753 4040.

Somali

Haddii aad jeclaan lahayd in qayb dukumentigan ka mid ah luqaddaada ama afkaaga laguugu turjumo, fadlan teleefoon u soo dir 020 8753 4040.

Punjabi

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦੇ ਕਿਸੇ ਵੀ ਹਿੱਸੇ ਦਾ ਆਪਣੀ ਮਾਂਘੀ ਭਾਸ਼ਾ ਵਿੱਚ ਅਨੁਵਾਦ ਕਰਵਾਉਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਟੈਲੀਫੋਨ ਕਰੋ 020 8753 4040.

Gujarati

જો તમને આ દસ્તાવેજની કોઈપણ ભાગનું કોઈ ભાષામાં તમારી માਘੀ ਭਾਸ਼ਾમાં સੋਢਕੇ છે તો, અભેરબની 020 8753 4040 કਰી ટેલિફોન કરો.

Hindi

यदि आपको इस दस्तावेज के किसी भी हिस्से का किन्हा कुछा अनुवाद अपनी भाषा में चाहिए, तो कृपया टैलिफोन करें 020 8753 4040.

Urdu

اگر اس دستاویز کے کسی بھی حصہ کا ترجمہ آپ کو اپنی زبان میں چاہیے تو براہ کرم 020 8753 4040 تک فون کر کے۔

Farsi

اگر شما میخواهید هر بخش از این سند به زبان شما برآید ترجمه شفاهی بشود لطفاً با شماره تلفن 020 8753 4040 تماس بگیرید.

Arabic

إذا كنت ترغب بالعصول على ترجمة هذوية لأي جزء عن هذه الوثيقة فيرجى الاتصال بـ 020 8753 4040.

Further copies of this safe parenting directory can be obtained from:

Hammersmith & Fulham local safeguarding children's board

Tel: 020 8753 3358

Email:

safeparenting@lbhf.gov.uk



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