

If you need help to understand this information, please ask someone to phone 0161 912 2000 to let us know how we can best provide this information.

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ARABIC

如果您需要帮助才能看懂这份资料，可以请人致电：

0161 912-2000，告诉我们如何最好地给您提供这些信息。

CHINESE

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GUJARATI

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ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਲਈ ਸਹਾਇਤਾ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਸਾਨੂੰ 0161 912-2000 ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰਕੇ ਇਹ ਦੱਸਣ ਲਈ ਬਤੋਂ ਕਿ ਅਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਭ ਤੋਂ ਅੱਡੇ ਢੰਗ ਨਾਲ ਕਿਸ ਤਰ੍ਹਾਂ ਦੇ ਸਕਦੇ ਹਾਂ।

PUNJABI

Hadii aad dooneeysa in laaga taageero garashada macluumaadkaani, tadiin qof uun ka codso inuu waco telefoonka 0161 912 2000 oo noo sheego sida ugu fican oo aanu macluumaadkaani kuugu soo gudbin karno.

SOMALI

اگر آپ کو یہ معلومات سمجھنے میں مدد کی ضرورت ہے تو براہ مہربانی کسی سے کہیں کہ وہ ہمیں 0161 912-2000 پر ایفون کرے تاکہ ہمیں معلوم ہو سکے کہ آپ کو یہ معلومات فراہم کرنے کا بہترین طریقہ کیا ہے۔

URDU

This booklet was given to you by

Who can be contacted on



# Parenting Handbook

Trafford CYPS brings together council and health services to improve outcomes for children, young people, their families and schools.

# Introduction

## **W**elcome to Trafford Children and Young People's Service Parenting Handbook.

### **To all parents and carers**

Being a parent is one of the toughest and most important jobs there is, yet it comes with very little training or preparation for what lies ahead.

Raising a family can be both rewarding and challenging, as a parent you will gain much enjoyment from your child or children but equally there will be moments of worry when advice and support would be welcomed. Every family experiences difficulties from time to time and these can test the best of parents.

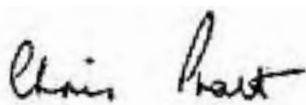
There is no such thing as the perfect parent. However, there are ways in which it can become a less stressful and more rewarding experience. The purpose of this handbook is to highlight some of these.

### **What is the handbook about?**

The parenting handbook guides you as a parent through what can be a maze of issues as your child grows and develops. Advice, information, ideas and helpful tips are provided on a range of topics that parents frequently struggle with. Support is available from a wide range of sources and details are given about who to get in touch with.

This handbook will be made available to parents across Trafford and in particular to new parents via children's centres and health services. It has been produced with the support of a wide range of professional agencies working together to promote positive parenting.

I hope you find the handbook helpful and worth keeping for future reference. You may also wish to visit the Children and Young People's Service website [www.cyps.org.uk](http://www.cyps.org.uk) where you will also find our Parenting Strategy and a summarised version.



**Chris Pratt**

**Corporate Director**

**Trafford's Children and Young People's Service**



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*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.*

# 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!

**P**ositive 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 which 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 exercise 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.



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



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.



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?



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.



- Your doctor or school nurse
- Young Minds  
Parents Information Service  
0800 018 2138  
[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)
- Parentline Plus  
0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)





*Since my girlfriend died, I've had to bring up Louise on my own. Being a single dad is hard, but I am so much closer to my daughter.*

# All kinds of parents

## WHAT IS A FAMILY?

- Families and parents are special they can consist of a Mum and Dad or same sex parents
- Single parents can be Mum or Dad
- Different people handle change in different ways
- Children need stability; change can make them feel especially vulnerable
- Family change takes time to get used to - for Grandparents, Uncles and Aunts too!
- Whatever kind of family you have, you're not alone. If you need help, make contact!

# **T**here's no such thing as an 'average' family - they come in all shapes and sizes.

Every family has its own strengths and special challenges, so it's important to understand what's happening for you and how changes can affect your child.

## **Going it alone**

Growing up with one parent can be a good thing, leading to a close relationship between parent and child. If your child does spend time with their other parent, it's important to help them understand how both of you will be part of their lives and that it's okay to love both their parents and not feel guilty.

## **Coping with a death in the family**

When we are coping with our own grief at the loss of a partner it is sometimes hard to see how children might react when a parent dies. Every child will act differently, some will feel guilty about still living while one of their parents is dead, others will think about death and loss and who else could 'leave' them. Patience and the support of family and friends are key at this time. Support agencies such as CRUSE have a helpline to help parents cope and useful advice on their website.

## **Teenage parents**

As a young parent, you'll face many extra challenges. However, all new parents struggle at times, so don't be embarrassed to ask for support and advice. Your education may have to be cut short, but don't give up on all your plans for the future as there's still plenty of time. Remember to think about your own needs and try to enjoy some of the things that other teenagers do like meeting up with friends or going to a club. Make sure that you have good childcare if you leave your child at home.

## **New families**

If you enter into a new relationship, everyone will need time to get used to the new family, this could be more difficult if your new partner has children of his or her own or you are adopting or fostering a child. Change can make us all feel unsafe, so it's important to make sure everyone feels comfortable with new arrangements. Take things slowly and carefully and try to see things through each other's eyes, imagining everyone's feelings in this time of change.

## **Grandparents as parents/new grandparents**

Grandparents can give a welcome extra pair of helping hands and are an important link to family histories and a sense of belonging. But they may need help to come to terms with changes in your family too. They may lose access to much-loved grandchildren when relationships break-up, or have to adjust to new family members when new relationships start. Be aware that grandparents may sometimes have health issues of their own; don't ask them to do too much as they still have their own busy lives.

## **Make contact**

Whatever kind of family you are, there are many organisations especially set up to help you cope. Don't feel you have to struggle on alone. Make contact and get the help that you and your kind of family need.



Talk through any changes in family life early - children are quick to pick up "vibes" and so may know if you're keeping something from them. Keep talking to your child about the new things that are happening to you and your family. Take things slowly and be patient.



Talk about how you feel about each other as much as you can. A stable family life is important to children, however unusual the make-up of your family. Remind them that they are loved, whatever is happening.



Changes in the way your child acts may signal that they are not feeling secure about the changes going on around them. Watch out for feelings of blame or guilt if your relationship with your partner is not working. Changes in how you act can also have a direct affect on your child.




Consider counselling, mediation and support agencies as they can often help to spot possible problems before they arise. Know your rights with regard to your role as a partner and a parent. Talk to your child's school.



- Parent Partnership Service  
Helps parents or carers through the assessment process for children who have special educational needs  
0161 912 3150
- Youth Inclusion Support project  
0161 912 1646
- Unity Project (The Children's Society - Partington) 0161 775 6719
- FASNET  
Holds a directory of voluntary and community organisations working with children and young people  
0161 973 5741
- The Parenting Co-ordinator  
0161 911 8652
- Relate 0161 872 0303





*My son's learning fast. He doesn't need me to tell him that everybody's different. But I do want him to understand that everybody's equal too.*

# Equality & diversity

## DIFFERENT & EQUAL

- Your child is protected by the Human Rights Act, the Disability Discrimination Act, the Race Relations (Amendment) Act, the Sex Discrimination Act
- Your local Council, Education and Health authorities are there to help
- Ask your child's school how they deal with racism and other forms of harassment, and ask them to talk through their policies with you
- Support groups, parent groups and other organisations are out there to help you

**D**iversity is all about differences. We are all different - physically, socially, culturally and sexually. Diversity means variety; it means a rich and vibrant culture.

But not everyone values and respects the differences in society. Discrimination is when you are treated differently just because of who you are. You could experience discrimination from an individual or from a business, a service, an agency or even a school. Although we're all different we all have the right to equal respect, opportunity and justice, so there are laws in the UK to prevent discrimination on all levels. If you feel you or your child has experienced discrimination, your local authority, local organisations and the legal system are there to help you.

### Racism

Thanks to the Race Relations (Amendment) Act 2000 all public bodies have a clear duty to stop unlawful racial discrimination and to promote equal opportunity and good relations between 'racial groups'. This includes schools, so the curriculum and the teaching in our schools should reflect racial diversity and should have clear processes for handling, reporting and watching out for racist incidents.

### Homophobia

We live in a diverse country with a lesbian, gay, bi-sexual and transgender community; diversity should be welcomed and reflected across all services. It is not acceptable that anyone is targeted for abuse or discrimination because of their sexuality or the sexuality of their parents, carers or family members.

Sex Education in schools helps young children understand and respect sexual orientation - whether lesbian, gay, bisexual or transgender.

### Disability

The Disability Discrimination Act 1995 says it is against the law for any service provider (including schools, businesses and organisations) to treat disabled people less well than other people because of their disability. It also means they should make reasonable adjustments to make their services suitable for disabled people to use.

### Sexism

Sexism arises out of common stereotypes that exist regarding male and female roles in society. It can be based on experiences some people have of relationships between adults of both genders. Sexism can be experienced in the home, in social situations or in the workplace, leading to discrimination in a variety of situations, including serious forms of physical or psychological abuse. The Sex Discrimination Act is there to provide a legal framework for promoting equality between the sexes.

### Make contact

You and your child have the right to be different and equal, so make contact today and get the support you need.



You should expect every place your child is in to have made a visible commitment to equality and diversity. All should listen and act at once if discrimination happens or you have worries.



There are many organisations specially set up to give support and advice to parents, including parents of vulnerable children or children from overseas. Contact them.



Children notice difference all the time in things, people and places. They need to know that we are all different but that we are all equal, and that difference should not be met with suspicion, envy or fear.




All parents have a right to expect a safe place and support for their child whatever their individual needs, experiences or background. Schools are becoming more inclusive with diversity and equality expected in all areas of school life.



- Ethnic Minority Achievement Service  
0161 911 8678
- Equalities and Diversity  
The council is committed to encouraging equality of access to its services by all residents and communities 0161 912 4605
- Autistic Society Greater Manchester Area  
For parents and carers of people with autism and aspergers syndrome  
0161 866 8483
- Dyslexia Association Cheshire  
01270 668600





*I was new to the area and had a small child, my health visitor told me about my local Children's Centre. There is lots of activities for my child and me and I have made lots of new friends.*

# Surestart Children's Centres

GIVE YOUR CHILD THE BEST START

- **SureStart is all about achieving better outcomes for young children and their families**
- **You can get support with health, education, childcare and other family needs, all designed for your local area**
- **SureStart Children's Centres can help your child get the best start in life**



# Trafford has ten Children's Centres.

## Where will the Children's Centres be?

- Partington and Carrington
- Old Trafford (known as Khushi North)
- Gorse Hill and Firswood (known as Khushi South)
- Stretford and Lostock
- Broomwood and Timperley
- Sale
- Davyhulme and Urmston
- Broadheath and Dunham
- Flixton and Woodsend
- Sale West

Some of our Centres are attached to Primary Schools or Libraries.

## Who works in a Children's Centre?

Lots of people who work with children and families work in Children's Centres. These include Children's Centre Workers, Midwives, Health Visitors, Teachers, Speech and Language Therapists, Dieticians, Social Workers. Other organisations also deliver services from the Centres, for example Jobcentre Plus.

## What goes on in a Children's Centre?

Children's Centres offer a broad range of activities from 'stay and play' activities and groups which promote health and well being with a crèche, to services which are aimed at supporting those parents who want to go back to work or training. Some parents may also wish to access specific one-to-one support and advice and this is also available. Below is a taste of some of the things on offer:

- Baby Massage.
- Stay & Play.
- Parenting Groups.
- Toddler Gym.
- Keep me Safe courses.
- Toy and Book Library and Story Sacks.
- 'Mums and Bumps'.
- Advice on weaning, healthy eating and 'throwing away the dummy'.
- Childminder Drop In.

Activities are designed to promote play and learning, physical development and health and safety. Children's Centre services are offered locally and many activities are often held in community centres, church halls and primary schools. When families are in need of that extra bit of support Children's Centre workers will often come out and work with the family in their own homes.

Parents can access information about Child Care and Nursery Education through the Children's Centres. Two centres offer day care sessions whilst the others will be able to put you in touch with local providers.

## How do I find out more?

If you would like to ask any questions about Children's Centres generally, or about your nearest Centre then you can contact the Children's Information Service on 0161 912 1053 and they will pass your questions on to the relevant manager.



As soon as you find out you are pregnant, or you move into an area with a young child, contact your local Children's Centre to see what activities or support you can access. Children's Centres are there for every child from minus nine months to their fifth birthday you don't need to wait until you have a concern to contact them.



Tell your child who will be looking after them, where they are going, how long for, and who to ask when they need something. Find out about what a typical day or session consists of. Be prepared and ask plenty of questions.



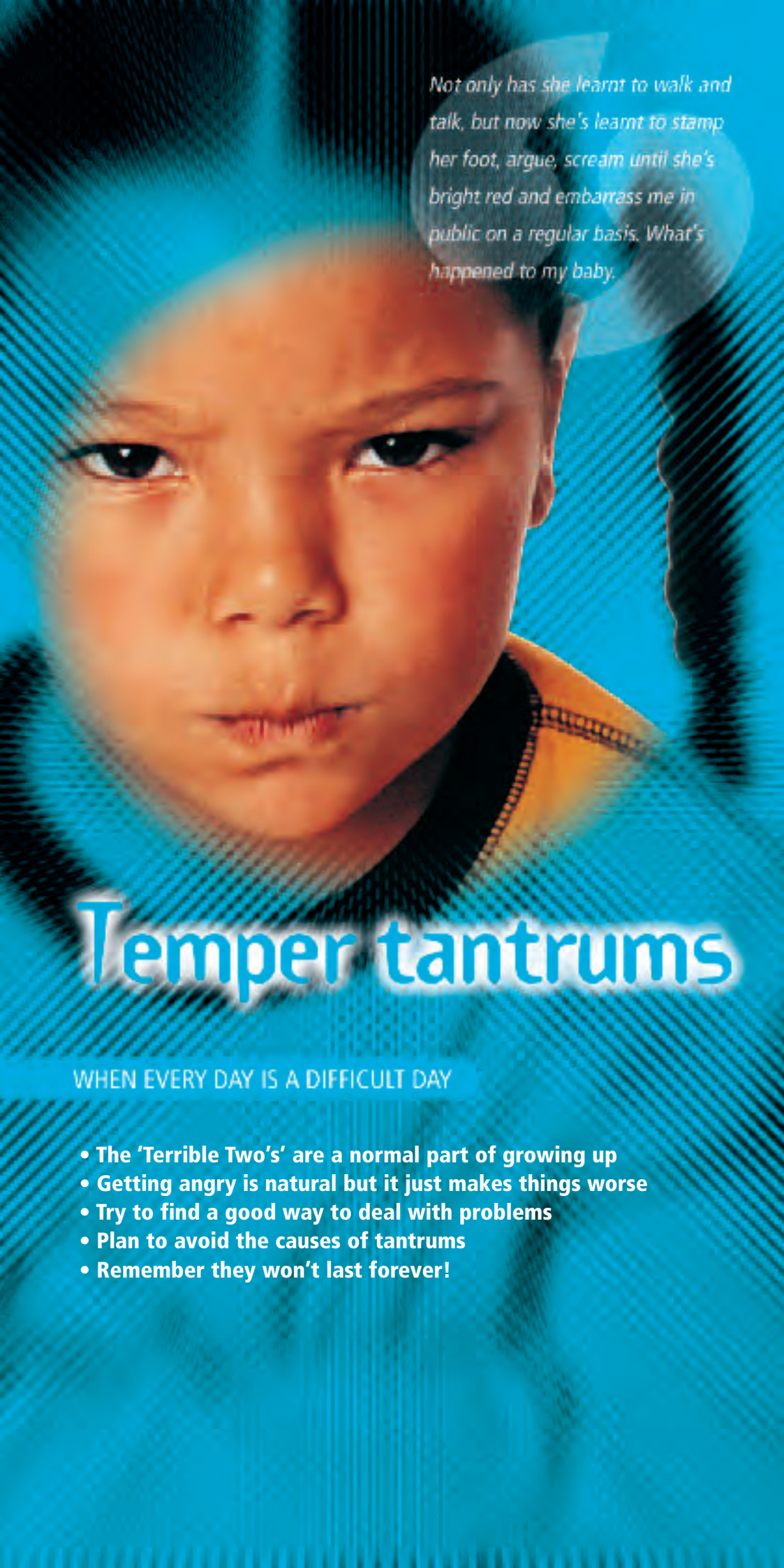
Sometimes children are not always able to tell you if something is wrong, so note changes in behaviour and physical appearance.



Take up references from others who have used the early education or childcare service. Look for trained and experienced staff. Visit the facilities and look for busy and relaxed children. Check how you will be informed about your child's progress and in case of an emergency.



- Children and Young People's Information Service (CYPIS)  
0161 912 1053



*Not only has she learnt to walk and talk, but now she's learnt to stamp her foot, argue, scream until she's bright red and embarrass me in public on a regular basis. What's happened to my baby.*

# Temper tantrums

WHEN EVERY DAY IS A DIFFICULT DAY

- The 'Terrible Two's' are a normal part of growing up
- Getting angry is natural but it just makes things worse
- Try to find a good way to deal with problems
- Plan to avoid the causes of tantrums
- Remember they won't last forever!

**T**antrums may start around 18 months, are common at two years old and are much less common at four. Very young children are often not able to tell you things as much as they want to and their frustration may come out as a tantrum.

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

If you are worried about the way your child is acting talk to your health visitor or doctor.

### 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 a cuddle.
- Try to find something else interesting to do or look at. If you're in a busy or noisy place try to go somewhere quieter.
- If none of these work, try to see things from your child's point of view and understand what they actually want. Try giving them a choice, as this gives your child a sense of control and can be better than simply saying "no". Always try to offer a positive way out.
- If you do say "no" don't 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, or maybe walking away into another room if it's safe to do so. Get 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.

### Avoid temper tantrums

Tantrums are less likely if you plan ahead.

- Try to stop your child getting hungry or overtired.
- Make sure your child has enough attention and affection.
- Make sure your time together is quality time together especially if you work long hours.
- Keep shopping trips and outings as short as possible.
- Try to plan a method that you'll use to deal with tantrums when they 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 every day life.



Keep calm, think about whether your child needs food or rest. Give your child attention and try to find a quiet place or some way of getting his or her attention. Don't give in, but try to understand your child's feelings.



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



It could happen anywhere, but watch out for a tired or hungry child at a time when he or she wants something that you have said "no" to, like when out shopping or during a day out.




Avoid long shopping trips or tiring days out. It often helps to give your child extra cuddles or talk to them more. Try to see causes for tantrums in the day ahead and think of ways to avoid them.



- Health visitor or doctor
- Parentline Plus  
0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)





*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.*

# Education

## A LIFELONG EXPERIENCE

- All registered childcare in England must meet national standards set down by the Government
- There are many provisions for young children under the age of five, childminders, day nurseries, pre-schools etc
- If your child, or a child that you are responsible for, is between 5 and 16 you will need to ensure that they attend school regularly
- Having a good education will help to give your child the best possible start in life
- Children learn all the time, not just at school, you can help
- Give children lots of praise and encouragement, read with them and encourage them to observe and talk about their surroundings

# C

## hoosing which school you would like your child to go to is an important decision.

We recommend that you and your child visit all of the schools you are considering on open evenings where you can get information and have a general look around. You may want to consider the following:

- Does the school have a welcoming atmosphere?
- Does the school emphasise the importance of working with parents?
- Do staff have high expectations of the children and is there an emphasis on each child's achievements?
- Does the school provide good support to meet special needs?
- Is a wide range of out-of-school activities available for pupils of all ages and abilities?
- Is the school well led by the head teacher and governors?
- Is there a plan showing how the school hopes to develop over the next few years?

### School admissions

Starting school is a very important stage in the life of your child. Trafford has an excellent selection of schools catering for a wide range of needs. Information is available from the Trafford School Admissions Team or online at [www.trafford.gov.uk/EducationAndLearning/SchoolsAndColleges/SchoolAdmissions](http://www.trafford.gov.uk/EducationAndLearning/SchoolsAndColleges/SchoolAdmissions)

You can apply online for places at both Primary and Secondary Schools in Trafford.

A child becomes of compulsory school age when he or she reaches the age of five and, where parents wish a child to attend school, the child must start school in the term following his or her fifth birthday.

Children usually move into secondary education at the beginning of the Autumn Term following their eleventh birthday. The transfer from primary to secondary school is an important milestone in your child's life.

### Attendance

Regular attendance at school is important to help children achieve and reach their potential. You are responsible for making sure your child goes to school. If your child cannot attend school for any reason then contact the school straight away giving the reason for absence. The Education Welfare Service is there to monitor attendance and to support you with any problem you may have with your child's attendance.

### Home schooling

Parents may choose to educate their children at home instead of school if they wish. The Local Authority will need to be satisfied that a child is receiving suitable education at home, and will ask to talk to the parent and child, and to look at examples of work.

### Exclusions

Schools will work with you and your child to improve their behaviour and will only use exclusions as a last resort. There are two types of exclusion:

- Fixed period exclusion: These exclusions are usually for a short period and include lunchtime exclusions.
- Permanent exclusion: This means that the pupil cannot return to the school unless the decision is overturned by the School Governors.



If you have any worries or concerns about your child and their education you need to discuss this with your child's teacher or the Head teacher.



Support your child with their education and let them know how important education is for them to succeed as far as they can at school. There are many people who are able to offer support to you and your child if they are experiencing any difficulties.



There may be none; sometimes children are not always able to tell you they are having difficulties at school. Are you sure they are not truanting or spending too much time at home feeling ill with no obvious symptoms?




The most important thing you can do is to make sure your child goes to school regularly, arrives on time and keeps to the school's rules of attending all lessons. Keep talking to your child and their teacher, show your child that you have a good relationship with their teacher and let them know who they can talk to at school if they are having difficulties.



- Free School Meals  
Available for children of families in receipt of certain benefits  
0161 912 3265
- Schools (for a full list of schools)  
0161 911 8686
- School Admissions 0161 912 5007
- Appeals 0161 912 4221
- Special Educational Needs Assessment  
0161 912 5122
- SEN Families Support Group  
0161 755 3482
- [www.ofsted.gov.uk](http://www.ofsted.gov.uk)
- [www.dcsf.gov.uk](http://www.dcsf.gov.uk)
- Advisory Centre for Education (ACE)  
0808 800 5793 [www.ace-ed.org.uk](http://www.ace-ed.org.uk)



A young boy with dark, curly hair, wearing a white shirt, is looking down at a book. Next to him, a young man with dark hair, wearing a dark sweater over a white collared shirt, is also looking at the book. The background is a soft, out-of-focus indoor setting. The overall color palette is dominated by teal and blue tones, with a large, stylized number '6' in the upper left corner.

*When Liam moved to secondary school it was an exciting time for him - and us, too! He wasn't the only one who had to get used to a whole new routine - there were big changes for the whole family.*

# Transition

## HELPING CHILDREN & PARENTS COPE

- **Moving from primary school to secondary school will be a huge change for your child**
- **Start thinking about which secondary school you'd like them to go to well in advance**
- **Find out as much as you can about their new school**
- **It can sometimes be a difficult time for parents, too**



**T**here are many changes in children's lives. Most children move smoothly from one stage to the next, but some children find it difficult.

### Home to nursery

For some children, being in a large group of children can be a scary experience. You can help them by going to a Parent and Toddler group, other activities where other small children are around, inviting children from nursery to play, helping in playgroup or nursery so that you get to know their friends and your child gets used to being with other children.

### Nursery to primary school

Prepare your child for what will happen in school, encourage their independence by teaching them to dress themselves. If you can help in their class. Talk to their teacher, share information about your child that may help. If your child has a problem, talk to school, they will be able to help. Talk to the Education Welfare Officer, they are there to help you, too.

### Primary school to secondary school

Go to the secondary school's open evening with your child. Find out what they will be doing there, what support is there for them. Talk to the school's pastoral team if your child is having difficulties, they are there to help you.

### Connexions - a service for 13 to 19 year olds.

As parents we will all have our own memories of leaving school and what the options were at that time.

If we assume that things are still as they were and advise our sons and daughters on that basis, they may miss new opportunities.

Connexions Personal Advisers are qualified in Guidance and can talk through options offering the support, information, advice and guidance necessary to help make the right choices. Connexions Personal Advisers are available in all schools and will begin to look at preferred options during years 10 and 11, also helping with decision making and applications.

Connexions provides information and advice on: Careers; Personal development; Education; Employment; plus many more issues affecting young people.

The majority of young people now stay in education after Year 11. Others tend to enter the work based route, which includes apprenticeships and jobs without training. Try to encourage your teenager to choose a route that includes training, as this will improve their future prospects.

For more details about courses and areas of work, please contact us on 0161 911 8600.



Be prepared, think ahead for your child. Think about how you can help them make friends and settle in to school. Make sure they know you are on their side and want to help.



Contact school if you need support, talk to your child about what they would like you to do to help them.



There may be none at all. Things to watch out for could include: unwillingness to go to school, complaining of tummy ache in the morning, feeling sad.



Help your child make friends, invite other children to play. Show an interest in what your child is doing in school, their hopes, dreams and ambitions. Help them find out about what they want to do as they grow up, go to Parent's Evenings and meetings at school for them.



- Children and Young People's Information Service 0161 912 1053
- Connexions  
0161 911 8600  
[www.connexions-trafford.gov.uk](http://www.connexions-trafford.gov.uk)
- Education Welfare  
0161 912 2353/2323
- School Admissions  
0161 912 5007
- School Terms and holidays  
0161 912 4427/4456/4081/4539
- Special Education team  
0161 912 5122/5126/5165/5143
- Trafford Youth Service 0161 911 8601

*It took me a long time to accept  
it when my son told me he was gay.  
I still don't like it, but if that's the way  
he is, then I want him to know I'm  
here for him.*



# Coming out

IS YOUR SON OR DAUGHTER GAY?

- 'Coming out' is a big step for young people
- Accept your own feelings
- Discuss your worries
- Your child needs your support

**H**owever much you love and think you know your child, you may find yourself feeling a range of emotions when finding out that they are gay or bisexual.

You may feel shocked, worried, ashamed or horrified. Even if you had an idea they may be gay, it can still be difficult to accept the truth.

Many young people start to become aware of their feelings at age 11 or 12, but may take years to admit it to themselves or anyone else. They often feel lonely and scared. People often do not accept others who are 'different'. It will have taken a lot of courage for your child to tell you and now is the time they need your understanding and support.

### Your concerns

It is normal as a parent to have concerns. You may feel you no longer know your child and that they are not the person you thought they were. You may feel you have to give up the hope of grandchildren. You may worry about the problems they may have to face in their lives. You may also feel embarrassed or ashamed to tell family, friends and neighbours. All of these concerns are natural. These are things your child may be worried about too.

### Common misunderstandings

There are many things people do not understand about homosexuality. One is that it's 'just a phase'. While many young people experiment with their own sex, if your child tells you they are gay, accept it, as they won't have said it lightly. Another is that homosexuality is an illness that can be cured. It's not - it's the way your child is. Some parents also believe their child has been 'turned' by mixing with gay friends, but it is unlikely your teenager would tell you about their feelings unless they were sure. Parents should not worry that it is something they have done (maybe being an over-caring mother or absent father) that has 'made' their child gay.

### Giving support

It may take some time for you to get used to the fact that your teenager is gay or lesbian, especially if it goes against your culture or religion. But your child still needs your support. Let them know you are there for them, as they may want to discuss issues or problems they are facing. You may find it easier to understand and support your child if you contact one of the help groups aimed at parents of gay, lesbian and bisexual young people. Make sure your child knows how to protect themselves against sexual diseases. Don't make your child feel that they need to keep their friendships and partners secret from you. The more you find out about homosexuality, the more you will understand your child's lifestyle and be able to support them.



If you believe your child is gay and having difficulty either coming to terms with this or telling you, start up conversations that will give them an opportunity to bring up the subject.



It may be hard to accept your child is lesbian or gay, but their sexuality doesn't change the person you have brought up and loved. Let them know you will be there for them and support them as they find their way.



Younger teenagers may not yet be aware of their sexuality. Older teens may feel confused about their feelings for their own sex and try to ignore them. Their actions may change as they try to come to terms with their sexuality. Others may try to give you signs that they are lesbian or gay without having to tell you outright.

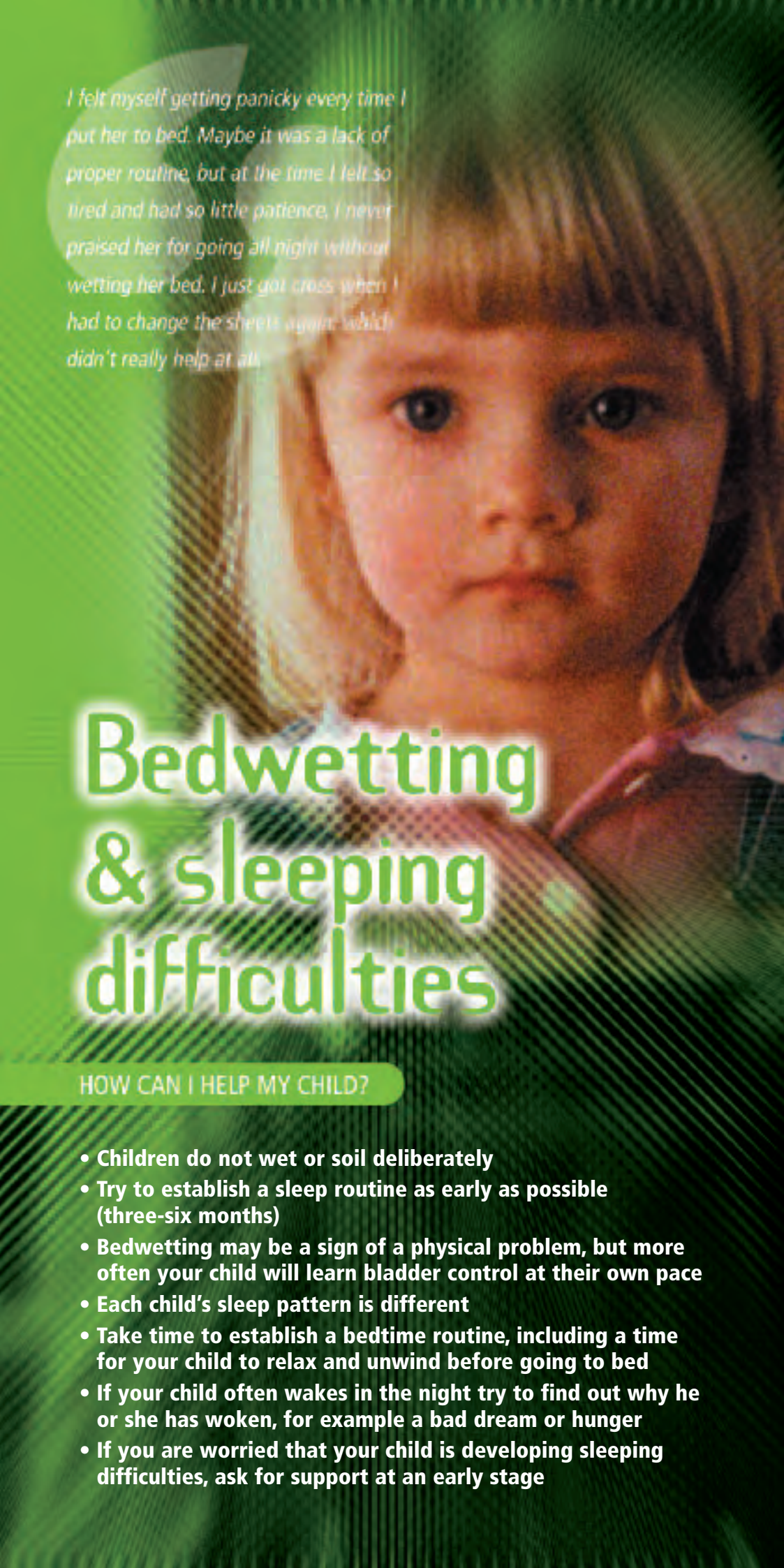


There is nothing you can do or should do to try and stop your child from being what they naturally are. Hiding feelings can only do long-term damage to their self-confidence. Encourage your child to be who they are and to be proud.



- Families and Friends of Lesbians and Gays (FFLAG) Helpline  
0845 652 0311  
[www.fflag.org.uk](http://www.fflag.org.uk)





*I felt myself getting panicky every time I put her 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 her for going all night without wetting her 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?

- Children do not wet or soil deliberately
- Try to establish a sleep routine as early as possible (three-six months)
- Bedwetting may be a sign of a physical problem, but more often your child will learn bladder control at their own pace
- Each child's sleep pattern is different
- Take time to establish 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 hunger
- If you are worried that your child is developing sleeping difficulties, ask for support at an early stage

# Potty training.

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

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. Some children, in fact up to one in six seven year olds bed wet. Although this may be stressful for both you and your child, try not to lose patience; it is rare for a child to wet or soil deliberately. If, after the age of seven, your child continually wets his bed, the problem may be caused by a number of factors. Talk to your child about it and reassure them that other older children experience this too. Discuss any concerns about your child with your doctor, health visitor or school health adviser.

## Sleeping difficulties

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

- Try to establish a sleep routine as early as possible (three-six months).
- Feel confident in yourself to know whether your child is really distressed or just restless.
- If your sleep is frequently disrupted by your child's restlessness, arrange for a trusted relative or friend to care for your baby or child so that you can get some sleep.

## Establishing a routine

It is important to establish a regular bedtime routine by putting your child to bed at a regular time each night and by following the same set of events. This may include bath time, putting on nightclothes, having a drink, brushing teeth and reading a story to create a feeling of well-being. You must encourage your child to go to sleep where you want them to sleep for the night, not downstairs, on your lap or the settee. Sleeping habits need to be learned and can take time. Be firm, calm and consistent. If you are concerned about sleeping difficulties discuss your concerns with your doctor, health visitor or school health adviser.



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 immediately before going to bed. If you are worried discuss your concerns with your health professional. Seek support for yourself.



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



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?

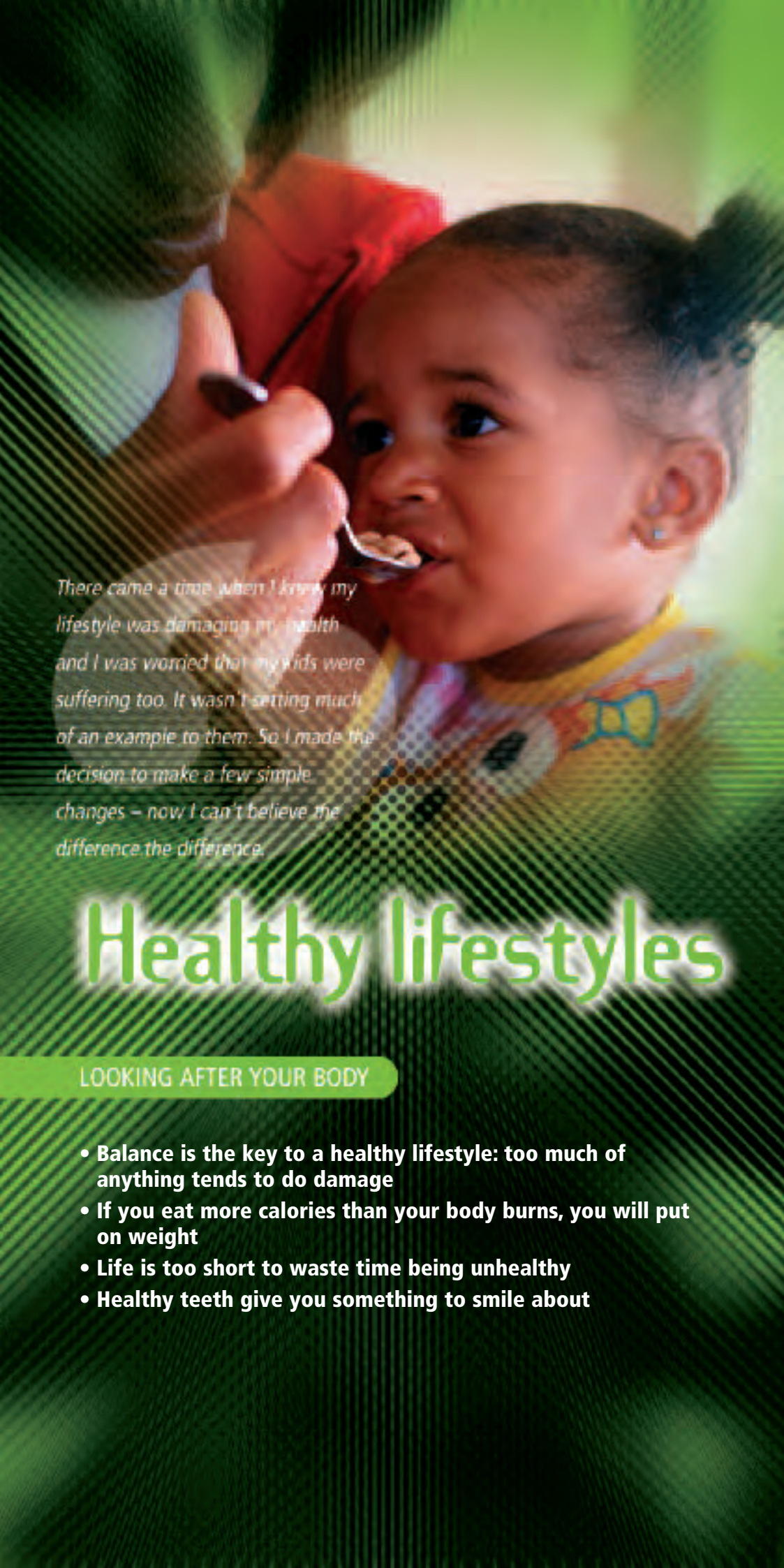


Make sure your child is aware that they can share any worries with you. If you want advice about things you can do to try to prevent wetting, discuss your concerns with your health visitor, doctor or school health adviser.



- Education and Resources for Improving Childhood Continence (ERIC)  
0845 370 8008  
[www.eric.org.uk](http://www.eric.org.uk)
- Health visitor, school health adviser, your doctor
- Homestart (Trafford)  
0161 865 4222





*There came a time when I knew my lifestyle was damaging my health and I was worried that my kids were suffering too. It wasn't setting much of an example to them. So I made the decision to make a few simple changes – now I can't believe the difference the difference.*

# Healthy lifestyles

## LOOKING AFTER YOUR BODY

- **Balance is the key to a healthy lifestyle: too much of anything tends to do damage**
- **If you eat more calories than your body burns, you will put on weight**
- **Life is too short to waste time being unhealthy**
- **Healthy teeth give you something to smile about**



# What you eat.

These days 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 you eat a good variety of foods in sensible amounts. Variety is particularly important for children as they are learning to enjoy different tastes. Keep trying with those healthier foods they don't seem to like as much, eventually they will learn to enjoy them. But what you put into your body is only half the story.

## Exercise

You can get plenty of exercise just by walking to the shops or to school and so can your child. Playing sport is another great way to keep fit and there are often after school clubs where your child can take part in activities such as football or dance class. Perhaps you could go swimming or cycling with your child so that you are both having fun and keeping fit together.

## Smoking

Unfortunately some of us are still deliberately choosing to damage our bodies by smoking. Moreover, smoking also puts the health of those around us at risk. You have to decide whether to smoke or to stop. If you choose to smoke you should protect your child from second hand smoke and reduce the risk of them becoming ill. The health problems associated with cigarettes are well known, which is why more and more smokers are giving up each day. If you smoke, your doctor will be happy to offer you a range of services and products that could help you kick this damaging habit for good.

## Teeth

If you keep a healthy lifestyle, most parts of your body will take care of themselves. But 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 check-ups and help them look after their teeth in-between times. Children are especially at risk from tooth decay because of the sugary things they eat. Wherever possible, avoid sugary snacks and drinks, or find non-sugar alternatives and always make sure they brush regularly (twice a day) with a family fluoride toothpaste.

## Overall care

A healthy balanced lifestyle should help your child enjoy life to the full. If you have any questions or concerns about your family's health, use the contacts supplied to get the information you need.



Ask your doctor for diet, exercise and general advice on a healthy lifestyle. Avoid faddy diets wherever possible. Give up smoking. Go to the dentist regularly.



Remind yourself that you can change your general state of health. Ask your friends and family for support in your decisions to change.



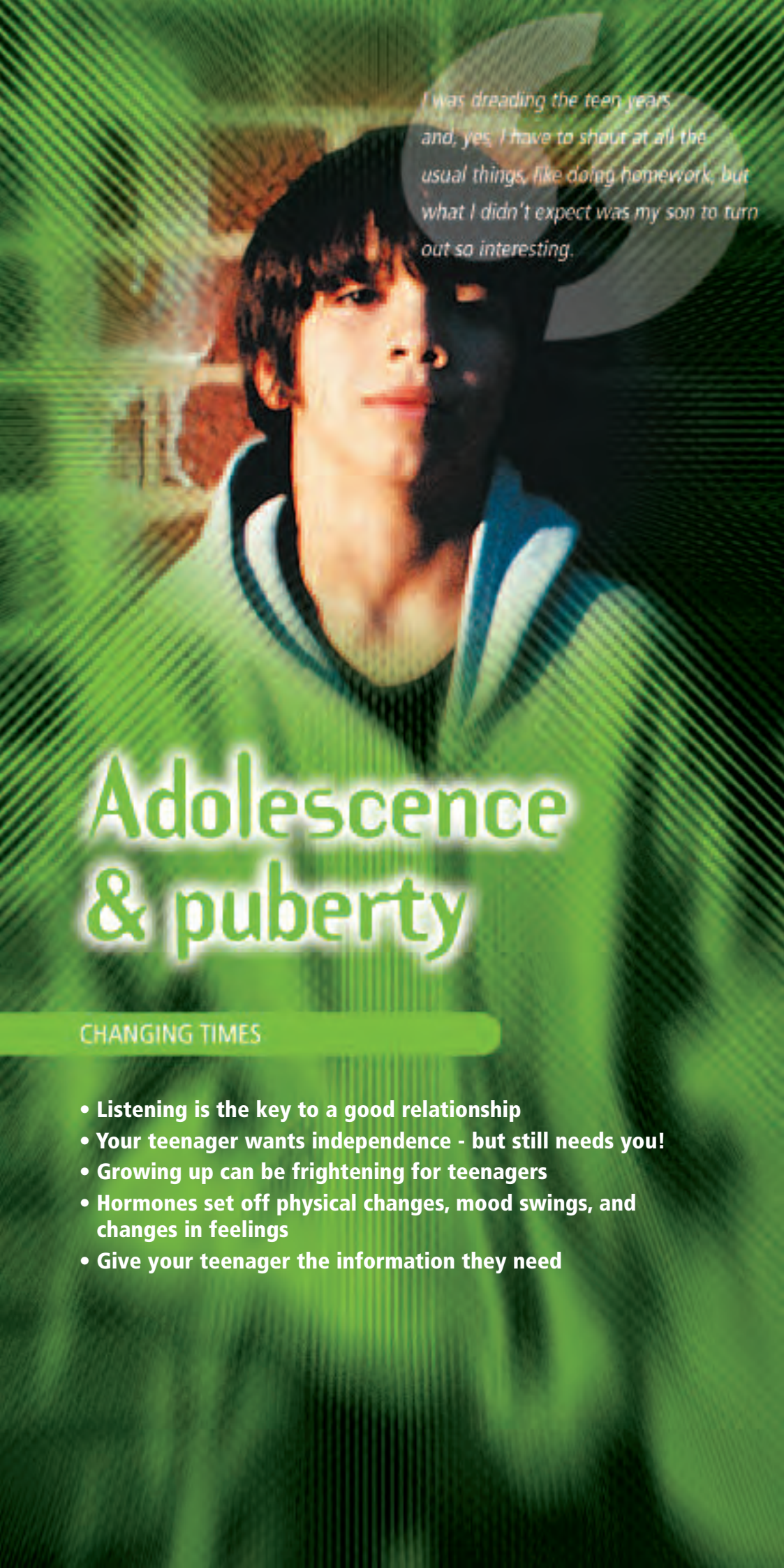
A healthy person should eat a balanced diet, be active, sleep well, have sufficient energy and generally feel that they enjoy life. If this isn't you and your family, perhaps some basic improvements could make a big difference.



Too much saturated fat, salt, sugar, alcohol are bad for the body. Prevent ill health by balancing your lifestyle. Stop smoking.



- Your doctor
- Health visitor
- Midwife
- School nurse
- Leisure Centre



*I was dreading the teen years  
and, yes, I have to shout at all the  
usual things, like doing homework, but  
what I didn't expect was my son to turn  
out so interesting.*

# Adolescence & puberty

## CHANGING TIMES

- **Listening is the key to a good relationship**
- **Your teenager wants independence - but still needs you!**
- **Growing up can be frightening for teenagers**
- **Hormones set off physical changes, mood swings, and changes in feelings**
- **Give your teenager the information they need**

**A**dolescence is a time of change. It is the time in a young person's life when they develop from a child into an adult. While teenagers may be excited about some changes they may be less happy about others.

For many parents the teenage years can seem like a time of arguments and bad family relationships.

Puberty in both boys and girls is starting earlier. At the start of puberty, hormones are triggering physical changes and emotional feelings that are not only hard to deal with, but hard to talk about.

Hormones cause many changes in a teenager's body, and your teenager is also developing deeper and more complicated relationships. All sorts of pressures - for example pressure from friends to do things they may not feel comfortable with, can affect their sense of well-being and confidence. They will be having new sexual feelings that are difficult to cope with, and may be worried about their looks.

They will also be trying to work out who they are. Your teenager is learning about views, opinions and beliefs that may not be the same as those they have grown up with. On top of all this, they also have to cope with school or college work that can make them worried and stressed.

And teenagers will take it out on those closest to them - you!

### Supporting your teen

How you deal with your teenager can make the difference between a close relationship and a difficult one.

Untidiness, not doing homework, not letting you know where they are or not helping around the house can cause arguments. Negotiation with your teenager works better than making demands: 'If you tidy your room, I'll put this in the wash for you.'

Talking with your teenager about what's going on in their life will help you understand them and help build up their confidence. Listen to their ideas and try to understand their thoughts and feelings. Respect your teenagers' privacy - remember you were a teenager once! Be open-minded and do not judge your teenager, so they feel they can trust you and turn to you when they need help.

The teenage years can be tough and your child needs to know they have your support. It's common for them to argue or even ignore you at times, because they know that, on the whole, you will take the bad moods with the good. If they upset you, don't forget a lot of it is just for show and that when things go wrong, the person they'll often turn to for comfort is you.



Listening and talking to your teen will help you understand what they are going through emotionally and physically. One of the best things you can do for your child is to let them know that you are there for them.



Teenagers can be clever, interesting and thoughtful as well as having set ideas, being sarcastic and sulky. Bring out the best in them by talking things through rather than arguing. You will probably have to answer lots of questions about puberty. Don't be embarrassed and be well prepared with simple facts.



Mood swings, arguments, talking back, an 'over-the-top' interest in hygiene, or a complete lack of it is quite normal. Difficulty in saying what they feel calmly and untidiness are all warning signs that your child has become a teen! As well as coping with emotional changes brought on by hormones, your child will have to deal with physical changes.




Remember you are the adult! All too often you may find yourself having temper tantrums! Being flexible and negotiating works better than rules and demands.

The more information your teenager has the better he or she will be able to cope with the changes that come with puberty. Talk together to stop any worries or problems getting out of control.



- Connexions 0161 911 8600  
[www.connexions-trafford.org.uk](http://www.connexions-trafford.org.uk)
- Children and Young People's Service (CYPS)  
[www.cyps.org.uk](http://www.cyps.org.uk)
- [www.rights4me.org](http://www.rights4me.org)  
Information on young people's rights
- Trafford Youth Service Talkshop  
0161 912 2453





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

# Mental health & well-being

## HELPING THEM COPE

- 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, this turns into depression. Watching your child experience adolescence can also be tough for parents.

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. What may seem like small problems or worries to an older person can seem like a much bigger problem to a young person. Teenagers can be really troubled and distressed by: parents separating; feeling ignored or unloved; or not being listened to; losing friends; worries about their looks, sexuality or health; pressures at school.

In order to help young people stay healthy, you need to be able to distinguish between normal problems we all encounter growing up and behaviour that suggests something is wrong and perhaps leads you to ask for outside help.

## What are the signs?

While young people can sometimes seem unhappy, moody 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, extreme 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 feelings or let them out in the only way they know how, young people may start taking drugs or drinking, not going to school, becoming violent or injuring themselves on purpose. Self-injury can be a way of dealing with very difficult feelings that build up inside.

## How to help

Parents can help by:

- Recognising signs of distress, and finding some way of talking about how they are feeling.
- Listening to worries and problems and taking them seriously.
- Offering sympathy and understanding.
- Helping with solving any problems.
- Staying calm and in control of your feelings.

If they don't feel they can talk to you, there are a number of helplines and counselling agencies that they or you can contact. When all else fails - look for help. Teenagers who experience turmoil or distress for more than a few months generally require outside help. 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).



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.



Listen to and talk to your teenager. 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.



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.




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.



- YoungMinds Parents' Information Service 0800 018 2138 [www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)
- Parentline Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- Doctor
- NHS Direct 0845 4647 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- Mind Info Line (mental health) 0845 766 0163



A composite image featuring a glass of beer with ice cubes on the left, a wine glass filled with white wine on the right, and a white ashtray with cigarette butts in the foreground. The background is dark and textured.

*She keeps hinting that she's tried drugs once or twice. I'm trying to keep cool about it, but I am worried that she'll end up trying something addictive.*

# Drugs, alcohol & substance misuse

## SPOTTING THE SIGNS

- It's natural for young people to experiment
- Being informed leads to safer choices
- Recognise the signs that there's a problem
- Be supportive not judgmental



**If you find out that your child has or may have taken drugs, it can be frightening because of the potential effects. This can be due to your lack of knowledge about drugs and not feeling confident about talking about them. Most young people who experiment with drugs do not go on to use them on a permanent basis. Therefore, addiction, crime and death are not as usual as the stories in the media can lead us to believe.**

It is vitally important, however, that children are aware of the risks of using drugs, alcohol, volatile substances (e.g. solvents) and smoking. More young people experience problems caused by too much drinking than through drug use. It is a known fact that young people are more likely to have risky sex (e.g. without contraception, with lots of different partners and unintended sex) when under the influence of alcohol.

Parents, carers and families have been identified as having a key role in preventing problematic drug use among young people. Young people are more likely to delay or avoid drug taking when they talk openly with their parents. Research also shows that where young people do develop serious problems with drugs, the involvement and support of parents and families can contribute greatly to improved outcomes (Every Child Matters).

It is important to discuss drug use early. Some parents/carers worry that doing this encourages their sons or daughters to use drugs. Avoiding talking about drugs 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, they will be more responsive to being told about the risks of drug-use. Accurate information and support will help them decide what to do. It does not guarantee non-use but will increase the chance of an informed choice. Keep talking to and with your children; statistics show they prefer discussing drugs issues with their parents.

It is also sensible to lead by example. If your son or daughter sees you getting drunk or using drugs, it increases the chances of them doing the same.



Encourage your child to talk to you about their activities, without prying. If you think there is a serious problem, discuss the issue without being judgmental, as they will need your help and understanding.



A good relationship between you provides a good basis for your child to make informed choices. Make sure they know about alcohol and the different drugs they may come across and their dangers. The more informed you are, the more you will be able to help them.



In general terms, if your child's appearance, behaviour or financial situation changes dramatically you should consider drug and alcohol use in your list of "I wonder if ..." questions.



Research shows that being educated about drugs and alcohol and their dangers from an early age means it's less likely experimenting will lead to a serious drug or alcohol problem.



- National Alcohol Helpline  
0800 917 8282
- FRANK 0800 77 66 00  
[www.talktofrank.com](http://www.talktofrank.com)
- NHS Smoking Helpline 0800 169 0169  
[www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)
- Families Anonymous 020 7498 4680
- In-Volve Trafford young persons  
Alcohol and Drugs Service  
0800 783 4608  
Office 0161 968 2820



*I thought there was nothing I could do about his disruptive behaviour. But now the school and I are working together to improve his attitude at home and in the classroom.*

# Behaviour at school

## RECOGNISING PROBLEMS

- Identify the problems your child is facing
- Recognise the effects of disruptive behaviour at school
- Work with the school to encourage positive changes
- Understand the value of school for your child
- Get support to learn effective ways of helping your child



# R

## ecognising problems

Children can be disruptive in the classroom in many ways: playing up when they should be working, refusing to carry out requested tasks, talking back to the teacher and distracting other children from their work by their behaviour. Often parents do not recognise this disruptive behaviour in their child at home, but a recent survey found that 80% of secondary school teachers blamed poor discipline at school on a lack of parental control at home. While this may be the case, research also shows that early intervention by parents and the school in dealing with difficult behaviour, can bring long-term beneficial results.

### The effects of disruptive behaviour

A child's disruptive behaviour at school not only affects their own schoolwork, it affects the concentration and behaviour of other children in the class. It also means the teacher has to spend time controlling poor behaviour rather than teaching.

While bad behaviour may seem amusing to other children, in reality a disruptive child tends not to have close friends, or doesn't keep friends for long and they may find other children avoiding them at break-times. Teachers, too, may find it difficult to keep a balanced view of the child.

### Future consequences

If a child is not taught how to become a considerate and active member of the class, then they are more likely to become disaffected with school and start to play truant. This means not only are they missing out on the social interaction gained from peers, but are less likely to do well in exams and gain employment in the future. As a result of a child's behaviour they may be excluded from school for a fixed period of time or permanently.

### Getting support for your child

A recent Ofsted report stated that pupil's behaviour in one in ten secondary schools was unsatisfactory. However, all schools have strategies in place to help control behaviour. The school may suggest a written action plan, agreed by you, your child and them on how to deal with disruptive behaviour. They may impose sanctions, such as the withdrawal of break or giving a lunchtime detention. Your child may be mentored by an older pupil or supportive adults. If a child can see themselves as others see them and understand how their behaviour affects others, it can help them to behave in a more responsible way.

Your child may be referred to an educational psychologist, employed by your local authority, to assess the best way of helping them.

There are also parenting support programmes available which can help you to build on your parenting skills and open the lines of communication between you and your child. Knowing that they have solid support at home will help your child to deal with problems at school.

\*Survey by ICM for Teachers' TV on website  
[www.behaviouruk.com](http://www.behaviouruk.com)



Ask to have a meeting with you, your child and the school to discuss the problems and to try and work out solutions.



It can be difficult to accept that your child is being difficult, but it is important to remember that it is your child who will benefit from guidelines and support.



Parents are often surprised it is their child being disruptive at school, but if a teacher feels the need to point it out to you, listen and take action.




Research shows early intervention is the best way to prevent your child's behaviour from getting worse - and to give them the chance of a good education.



- Parentline Plus 0800 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- [www.dfes.gov.uk/behaviourandattendance](http://www.dfes.gov.uk/behaviourandattendance)
- Advisory Centre for Education (ACE)  
 0800 800 5793  
[www.ace-ed.org.uk](http://www.ace-ed.org.uk)
- Speak to your child's school





*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 complex & additional needs

## YOU'RE NOT ALONE

- **Your child is protected by the Disability Discrimination Act**
- **The Government, your local Council, Education and Health authorities 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**

**T**rafford's Children and Young People's Service, along with other agencies, provides activities, support and advice for children with disabilities, their families and carers.

### **Affordable child care**

On 1st April 2008 new duties came into force in the Child Care Act 2006 to ensure families with disabled children can access affordable child care. Please contact the Children and Young People's Information Service email on [cypis@trafford.gov.uk](mailto:cypis@trafford.gov.uk) or 0161 912 1053.

### **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.

### **Make contact**

Get the support that you need by making contact today. Talking to other parents in your area is always useful. Get in touch with Contact a Family helpline 0808 808 3555 for local contacts and information on tax credits, Direct payments and how to find the best childcare.

### **Special Educational Needs**

Most children with special educational needs attend mainstream schools. Specialist help is available to make sure your child receives the appropriate educational provision. A very small number of children have special needs which are more severe or complex that they cannot be supported properly in mainstream schools and may attend one of our special schools. All pupils in special schools have a Statement of Special Educational Needs and this is a condition of entry.

If you think that your child has special needs, you should talk to their class teacher. If your child is under school age, you can discuss your concerns with your health visitor, doctor or Early years setting.

### **Disability Discrimination Act (DDA)**

Disabled children and young people should have the same opportunities in accessing services and education as non-disabled children and young people, where possible. Disabled children and young people are protected from discrimination by the Disability Discrimination Act (DDA).



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.



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.



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.



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.



- Trafford's Multi-Agency Referral and Assessment Service 0161 912 5125
- Child Protection line 0161 912 5124
- Link newsletter [www.cyps.org](http://www.cyps.org) click onto Families. The Link newsletter is free and provides information about services, organizations, activities and local resources for children with complex and additional needs and their families/ carers. The newsletter is circulated widely four times a year. 0161 912 5777
- Children with complex and additional needs team 0161 912 2060
- Contact a Family 0808 808 3555





*I know my son is worried about what the future holds for him - his friends all seem to be making plans.*

# Young people with complex & additional needs

## YOU'RE NOT ALONE

- Disabled teenagers have the same concerns as any other teenager
- Encourage your teenager to meet people
- Find out about local activities for disabled young people
- Meet your teenager's educational needs

# T

## rafford's Children with Complex and Additional Needs Service is a borough wide service.

The service aims to promote the inclusion of children and young people who are disabled, or have specific health needs in their local communities. At the same time it aims to provide a quality service to those disabled young people most in need in order to maintain them in their own families and communities.

### What does the Children with Additional Needs Service do?

The multi-agency service consists of a wide range of professionals from health, education and social care, for example speech and language therapists, sensory impairment teachers and social workers, to mention but a few. Together they offer and provide:

- Advice and information
- An assessment of your child's needs and the family as a whole and help you to access the right services and support, for example:
  - Short breaks.
  - Support in the home.
  - Leisure activities in the community.
  - Benefit advice.
  - Playschemes.
  - Behaviour management and social skills.
  - Help with particular child issues e.g. toileting and sleep.
  - Speech and language development.
  - Mobility.
  - Transition planning.

### Transition

Your child's educational needs will be reviewed in Year 9 at the 'transition review'. This is the time to think about your teenager's interests and what opportunities there are for them in the future. Young people with a disability have a right to education until they are 19. Your teenager may want to continue his/her education at a Further Education College, or seek work. A Connexions Personal Adviser will attend the Transition Review to look at options with the young person, along with Professionals from social care and health and school staff.

Check what benefits and allowances you and your teenager are entitled to, so that they can get the most out of their teenage years.

### Children and Young People's Information Service

Contact Children and Young People's Information Service or LINK Newsletter to see what local activities or clubs are available to meet your teenager's needs. Talk to your child about what they would like to do after they leave school.



Encourage your teenager to go out with friends. Ask if there are local 'befriending' schemes and local organisations offering teenagers the chance to get out and meet other people without parents.



Talk to your teenager about their interests. Ask your social worker what local activities or clubs are available to meet your teenager's needs. Talk to your child about what they would like to do after they leave school.



The teenage years can be difficult for your child. They see their friends socialising more, going to parties and starting new relationships. They can feel lonely and cut off from their friends if they are not able to do the same things.

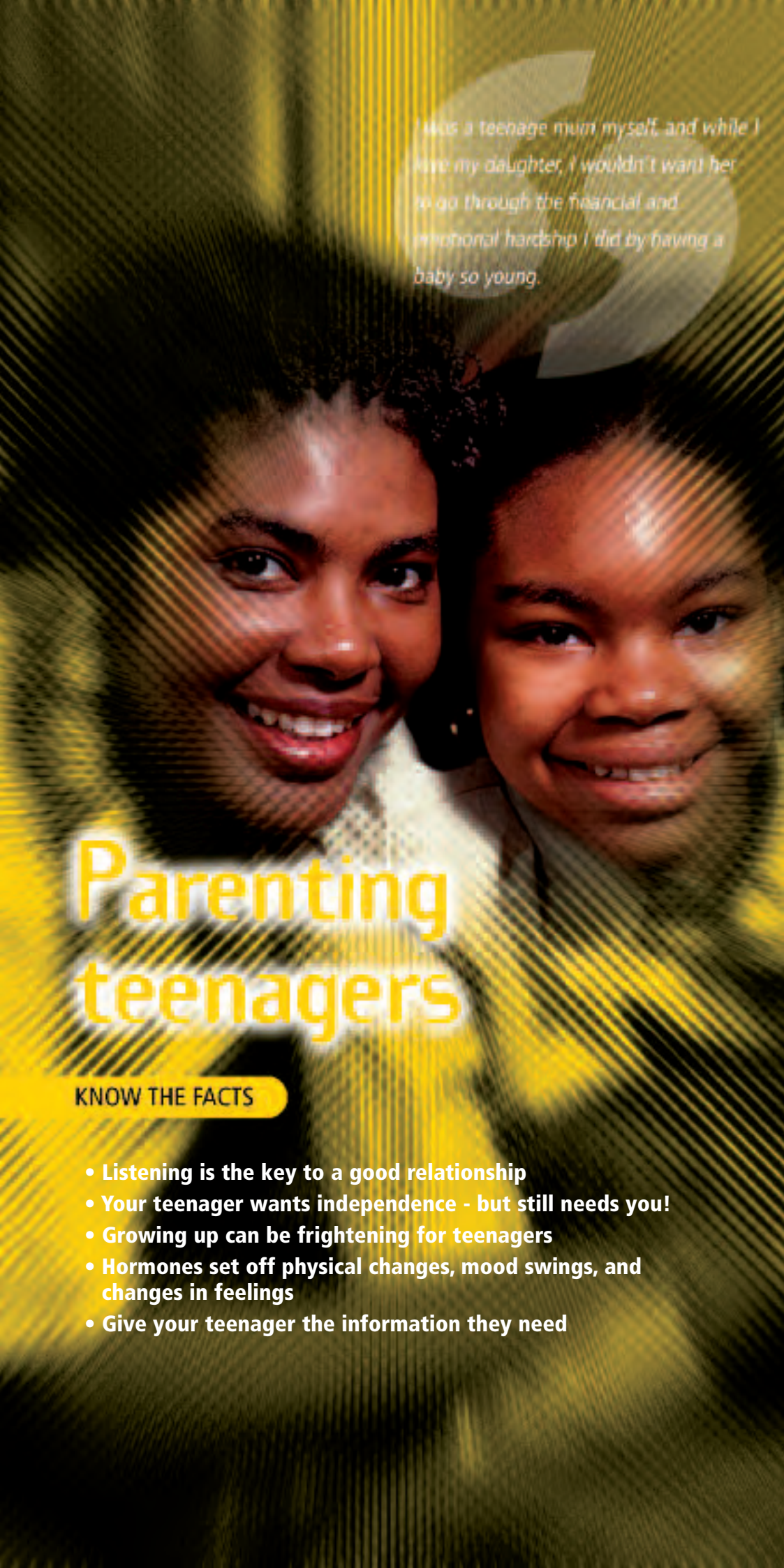


Your teenager is going through the same worries as any other. Ask what kind of clothes they like wearing and how they like their hair. Ask what activities they'd like to do to prevent them feeling different to their friends.



- Children with Additional and Complex Needs Service 0161 912 2060
- Benefit advice line 0161 912 2735 (Monday to Thursday 9.30am-12.30pm)
- Growing Up - A guide for young disabled people and their families
- Council for Disabled Children [www.ncb.org.uk/cdc](http://www.ncb.org.uk/cdc)
- Mencap 020 7454 0454 [www.mencap.org.uk](http://www.mencap.org.uk)
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- National Parent Partnership 020 7843 6334





*I was a teenage mum myself, and while I love my daughter, I wouldn't want her to go through the financial and emotional hardship I did by having a baby so young.*

# Parenting teenagers

## KNOW THE FACTS

- Listening is the key to a good relationship
- Your teenager wants independence - but still needs you!
- Growing up can be frightening for teenagers
- Hormones set off physical changes, mood swings, and changes in feelings
- Give your teenager the information they need

# C

## hildren and young people want their parents to talk to them about sex.

They may get information from TV, magazines, friends or PSHE (Personal, Social, Health Education) classes at school, but it is still their parents they trust.

It's important that your child learns about sex and relationships and using contraception before they have sex. This means they will understand the male and female body and what happens during sex. They also need to understand the dangers of getting STIs (Sexually Transmitted Infections) and how to stop unwanted pregnancy. It is important to explain that relationships are about love and friendship as well as sex.

### How to tell them

It may be hard to talk to your teenager about sex, let alone imagine them having sex! Even though it can be difficult it is important to talk. Young people who understand sex and relationships are less likely to have sex too early. They are also more likely to use contraception when they start having sex which reduces the risk of pregnancy and STIs.

The risk of not having the right information is very real. One in nine people in this country has an STI and sometimes there are no clear signs so they might not even know. The most common STIs are HIV, Chlamydia, Herpes and Gonorrhea. Chlamydia affects teenage girls more than any other age group and if not treated can lead to not being able to have children in the future.

The younger your child is when you start to talk about sex, sexual health and relationships and the more facts they have, the more natural and less difficult it will be for both of you.

Answer questions teenagers have about sex or their bodies with simple, clear answers and make sure you get all the facts right! Talk about relationships as well as sex and how using protection is up to both people. You don't have to know the answer to all the questions they might ask and if you're not sure, say so and maybe find out together.

There are plenty of useful books and leaflets, as well as websites for both parents and teenagers that can help.

The law says that both boys and girls can have sex at 16 even though one third of young people under this age are already having sex. The law says under 16s can get advice, contraception and abortion without telling their parents, if they are seen as sensible enough by their doctor, health visitor or clinic.

Make sure that your child knows where they can get information about local services so that they can make the right choices about their health.



There are many leaflets, books and websites that can give you advice on how to tackle the subject of sexual health with your teenager. The more you read, the more comfortable you will be talking to them about it.



Rather than sitting down and having a one off talk about sex, STIs and relationships it may be better to have regular chats, like when doing the washing up, for example. Use magazines and TV programmes to help bring up subjects and to use as examples.



Young people are starting to have sex younger and younger. Don't think that this won't happen to your teenager. By the time you see the warning signs it may be too late to give them the help they need. Make sure they learn about sex early on.




One third of under-16s are already having sex. The more your teenager knows about sex, the longer they are likely to wait for their first time. They are also more likely to use contraception to stop STIs and pregnancy. Young people want their parents to talk to them about sex so make sure you have the information to help them.



- Young Parents Midwife  
0161 746 2858 (24 hours)
- Trafford Youth Service Talkshop  
0161 912 2453





*'There is a nice atmosphere in school and I know the community feels as if the school is changing. We've had lots of positive comments from them and also from other outside agencies'*

# Extended services in & around schools

## MEETING THE NEEDS OF CHILDREN & THEIR FAMILIES

- **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 consulting with parents and involving them in the planning of services, schools will be able to develop the package of services which best meets the needs of their community**
- **The government expects all secondary schools to open from 8am to 6pm 48 weeks a year, offering a range of activities for young people by 2010**

# C

## ore Services

The government have set out a core offer of extended services that they want all children to be able to access through schools by 2010.

The core offer for mainstream and special schools is:

- High quality 'wraparound' childcare provided on the school site or through other local providers, with supervised transfer arrangements where appropriate, available 8am-6pm 48 weeks a year.
- A varied menu of activities to be on offer such as homework clubs and study support, sport, music tuition, dance and drama, arts and crafts, learning a foreign language.
- Swift and easy referral to a wide range of specialist support services such as speech therapy, child and adolescent mental health services, family support services, intensive behaviour support, and (for young people) sexual health services. Some may be delivered on school sites.
- Providing wider community access to ICT, sports, and arts facilities, including adult learning.
- Parenting Support (Including Family Learning) - Research shows that good parenting in the home makes an enormous difference to children's outcomes - the government wants services in extended schools to support parents in this key role. Many parents say that there are times in their children's lives when they would benefit from more information, advice and support in their parenting role - the government wants all extended schools to offer access to:
  - Information sessions for parents at key transition points in their children's lives, particularly starting school and moving to middle and high school.
  - Parenting groups, using structured manual-based parenting programmes.
  - More specialised support for parents who might need it, for example parents whose children have problems with attendance or behaviour at school and who need targeted support as part of a parenting contract.
  - Through the Parenting & Family Support Strategy your school will have access to a qualified practitioner who can deliver these sessions in your local school.
  - Information on the advice and support available to parents- through national helplines and websites as well as through local family support service.
  - Family Learning involves adults and children learning together. It is a great opportunity for parents and carers to discover how their child learns and ways in which they can support their child's learning. This is not about teachers running these services or taking on additional responsibilities. Schools will need to work in partnership with other providers to complement and support access to existing services in the community. Trafford Council's Community Learning Team are able to offer family learning courses in extended schools and other community venues that are tailored directly to the learners' needs. Family Learning includes subjects such as Literacy, numeracy, storytelling, healthy families, family robotics and musical workshops.



Get involved with activities in your school and community.  
Find out what's on offer in your area.



Ask at your school what services are available for you and your community.



For some people, going to school may be difficult. Schools have changed a lot and are there for you and your community!




Say what you want and need.



- Family learning provided by Community Learning Trafford  
0161 912 1350



A close-up photograph of a woman with dark hair and a young girl with dark hair, both looking directly at the camera. The woman is on the left, smiling slightly, and the girl is on the right, looking more serious. They are both wearing light-colored clothing.

*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.*

# Young carers

## WHO CARES?

- One in five of young carers misses school because of their caring responsibilities
- The Government and Education and Health Services are there to help and become involved, once concern is raised
- There are many forms of support to help you both cope with their caring responsibilities
- You care about your young carer! So make contact with the support groups and organisations that are out there to help

**M**any people need special care provided in their homes. They may be ill, disabled or elderly, or they may be experiencing drug or alcohol problems.

Receiving care from a member of the family can be one solution. However, when the carer is a young adult, it is especially important to make sure that their needs are properly cared for too.

If your child carries out any caring role, either for yourself or another member of their immediate family, it is essential that their well-being does not suffer as a result of their responsibilities. Most importantly, tell Social Services, Education or Health Services about your situation. You don't have to cope alone; they can help you both get the support and advice you need.

### Education

Naturally you will want your child to do well at school. Whilst many young carers achieve good results, national research has shown that caring can have a negative effect on education. To prevent this, it is normally helpful if your child's school or college are informed of their caring role. That way they can allow for the needs and pressures that your child may be under and offer sensitive advice and support.

### 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 Centre. Let them know all about your individual situation so that they can provide the help and advice that you both need.

### Extra support

This can include special breaks for carers and additional support services for particular needs. There are local and national organisations, specially set up to help young carers and their parents.



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



Make sure Social Services, Education, Health Services or your doctor know about your situation - keep them up to date if things change.



Late homework, absence from school, over-tiredness and behavioural problems may be signs that your child is struggling with their caring role. It is vital that you talk to, and listen to your child and take the action needed to help them cope.

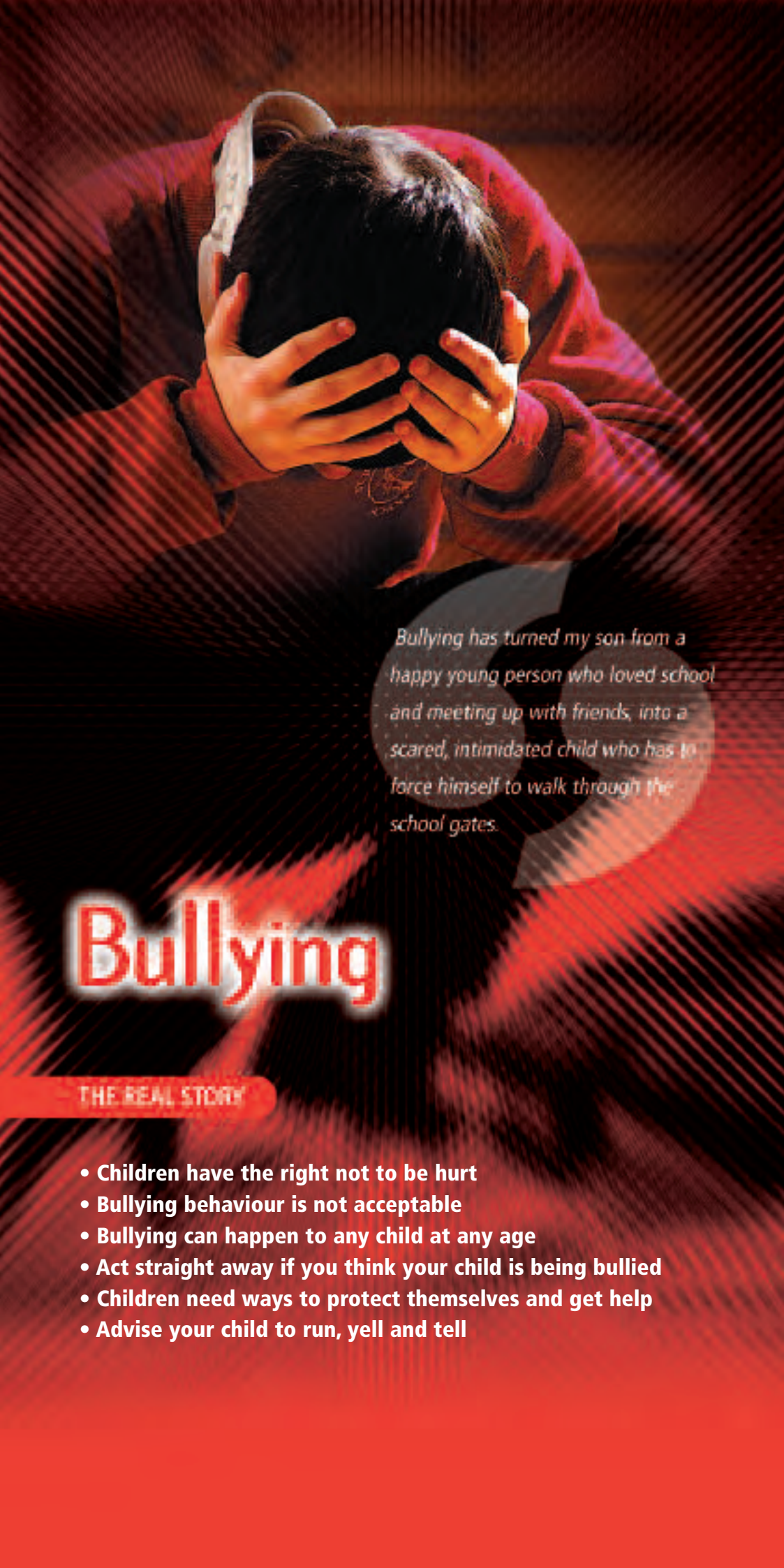


The Government and Education and Health Services are there to help and become involved, once concern is raised.



- NCH Trafford Young Carers  
0161 972 0090
- Carers UK (National)  
0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)
- Careline (National)  
020 8514 5444
- [www.youngcarers.net](http://www.youngcarers.net)





*Bullying has turned my son from a happy young person who loved school and meeting up with friends, into a scared, intimidated child who has to force himself to walk through the school gates.*

# Bullying

## THE REAL STORY

- Children have the right not to be hurt
- **Bullying** behaviour is not acceptable
- Bullying can happen to any child at any age
- Act straight away if you think your child is being bullied
- Children need ways to protect themselves and get help
- Advise your child to run, yell and tell

**B**ullying is frightening. It can make a child feel very alone and damage their self-confidence. Bullying can have bad long-term effects on children, leading to depression and even suicidal thoughts and actions.

School-days are a time when what other children say and do is very important and being one of the crowd is very important. If children are thought of as different for any reason, they can be picked on and bullied. Sadly, we still live in a society in which to be different in any way can lead to bullying. Try not to pass on any racist or prejudiced thoughts to your child.

It is important to be alert to the possibility of bullying and make sure you know the tell-tale signs.

You may think that your child will not be bullied but the reality is that bullying can happen at any time and to any child.

Bullies who harm other children need support and help as well. They may have difficulties of their own at home, which may have led to their actions. Speaking up about your concerns may help them to get help too.

- Bullying can happen anywhere but often it happens in school.
- Bullying can take many forms, from verbal abuse to violence.
- Bullying is 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 who are 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 and so it is important that parents and schools work together.

If you are not satisfied with the way your child's school is dealing with the matter, you can contact your local education authority.



See someone at the school for their support and action. If bullying is happening outside school think about contacting the family of the child who is bullying and try to find a way to work together to sort it out.



Do not put up with bullying. Walk away, tell an adult or friend and do not get into a fight. Parents - listen to your child, reassure and be there for them.



Running away, not turning up for school, other difficulties with learning or acting unusually for no clear reason. Your child has injuries but cannot tell you why.




Talk to your child about their school day. Teach your child to respect others from a young age. Teach your child that judging others and bullying is not acceptable.



- Contact your child's Headteacher
- Kidscape  
08451 205 204  
[www.kidscape.org.uk](http://www.kidscape.org.uk)
- Victim Support  
Trafford Victim Support and Witness Service offer practical and emotional support to all victims of crimes, even if not reported to police  
0161 912 3238
- ChildLine  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



A close-up, slightly blurred image of a hand reaching out to smack a child's face. The child's face is in the foreground, looking away from the hand. The background is a dark, textured surface with a grid-like pattern.

*Smacking is the only thing that works.  
I get so angry with him sometimes.  
Besides, I was smacked when I was a  
child and it never did me any harm.*

# 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 better things to do than to smack
- 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 their behaviour as they get older. Parents have a very important job as a role model 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 smacking usually has to become harder in order to have the same impact on your 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 teaching 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 much more helpful and safer 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 or maybe because the pressures of being a parent can sometimes overwhelm.

In this 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 abuse of children, so that they can understand, stop it and explain the result of it happening again.

Smacking is against the law if it causes bruises, reddening of the skin or mental harm. It is not always easy to see the harmful effects of smacking and all children are different therefore impact, particularly emotional and psychological, may be significantly more damaging for some children than for others.

If you would like support or advice regarding smacking you may find information through your doctor or Health Centre about Positive Parenting courses.



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.



Tell your child they have gone too far or broken family rules. Use your tone of voice and your face to help them understand they have reached a limit. Explain your reasons why. Be consistent in your expectations of behaviour so that your child is not confused about the rules.



A child who flinches or moves away when they fear they will 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.




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).



- Barnardos 020 8550 8822  
[www.barnardos.org.uk](http://www.barnardos.org.uk)
- NSPCC 0800 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)
- Talk to your doctor, school nurse or health visitor
- Police 0845 113 5000 or 999 in an emergency
- Parentline Plus 0800 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- NHS Direct (24 hours)  
0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)





*Greg is ten - 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 looks like*

# Internet abuse & exploitation

## NEW TECHNOLOGY, OLD PROBLEM

- Child exploitation has bad effects on children
- People who pose a serious risk to children have been quick to use the Internet as a tool, they are very well practised in how they approach children
- Children are interested in the 'adult' world, but there are measures you can take to protect your child from online risks and help them make the most of the Internet in a safe way
- Be sensitive to changes in how your child acts. It is up to adults to look for the signs of sexual exploitation.
- Research from the NSPCC shows that one in five 9 to 16 year-olds use Internet chat rooms
- Being there for children and taking an interest avoids a lot of problems including internet exploitation

# Risks from the Internet

The Internet is a useful tool for people wishing to exploit children. Recent cases in the news have shown that Internet chat rooms can be used by adults to make relationships with children. They then 'groom' children to become victims, either on the Internet itself, or by arranging to actually meet with them. Often victims believe that they are chatting to other children online, as they cannot see who they are talking to.

Abusive images on the internet can cause damage to children who see it. But worse still, the Internet is a way in which abusive images of children are obtained and exchanged. Sadly such images are in high demand, so adults will go to great lengths to get children involved against their will.

## Making it safe to surf

There are ways in which you can help to protect your child online and make sure that the Internet is a safe way to learn and have fun.

Ask your Internet Service Provider or local computer specialist about parental controls, which can stop your child seeing websites with sexual or other harmful content. These methods cannot give a total safeguard but do offer some degree of protection.

Learn all you can about the Internet. In the same way that you would teach your child about the dangers from strangers, warn your child about dangers on the Internet and lay down some ground rules regarding the time they spend online. If possible avoid your child going online in private, or at least make sure you have access to their computer. Make sure that they know they should never arrange to meet a new friend made on the Internet without a trusted adult going with them.

Watch out for possible signs of exploitation or abuse. Some of these signs are often completely innocent, but look out for changes in your child's mood or how they act, not sleeping or bedwetting, bruises or marks, problems at school, going missing or hurting themselves on purpose, or having any abusive images themselves. Be especially aware of any new friendships between your child and older people, whether male or female.

If your child is harmed, whether mildly or severely, it is vital to be 100% supportive, make it clear that it is not their fault and that you are there to help and protect them no matter what happens.

## Make contact

Local police and the Children and Young People's Service have specialist teams who are specially trained to deal with these forms of exploitation and offer support to children and their families.



If you think your child has been exposed to any form of exploitation try to get them to tell you. Assure them that they've done nothing wrong and that you will support them. Contact Social Services, Young Peoples Services or other appropriate organisations for further advice and support.



Make sure your child knows that you believe what they are telling you to create trust between you. Explain in your own way why these things happen and avoid making them feel ashamed or foolish about what they have experienced. Let them know that you will protect them from further harm.



Spending a long time in secret on the Internet, changes in how they act or moods, unusual sexual behaviour, asking questions about sexual experiences or words, leaving pornographic material, diaries, letters or emails where they can be found.




Know where your child is, know their friends and daily activities. Teach your child to trust their own feelings and assure them that they have a right to say NO to what they sense is wrong. Listen carefully to your child's fears and be supportive.



- [www.kidsmart.org.uk](http://www.kidsmart.org.uk)
- [www.ngfl.gov.uk](http://www.ngfl.gov.uk)
- [www.chatdanger.com](http://www.chatdanger.com)
- [www.parentsonline.gov.uk](http://www.parentsonline.gov.uk)
- [www.ceop.org.uk](http://www.ceop.org.uk)
- [www.iwf.org.uk](http://www.iwf.org.uk)





*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.*

# Safeguarding children

## MYTHS & REALITIES

- **Parents are responsible for their children's safety**
- **Social Care professionals become involved once a concern is shared**
- **Decisions about children and young people who have been harmed in some way need careful assessment**
- **Children are best cared for by their own families**
- **Professionals want to work in partnership with families**
- **Very few children are removed from home following social work intervention**

**Very few adults harm children on purpose and most often, when harm does happen, families need support, rather than being punished or their children being taken away.**

Social workers and other professionals get involved when parents may be unable to protect their child from harm and need some help. In some cases the Police Public Protection Investigation Unit will work with social workers to help protect children and decide whether legal action needs to be taken.

There have been lots of worrying reports on TV or in the papers about social workers and what happens when people report that they think a child is being hurt. Social workers are professional people and will always act in the child's best interest.

- Child abuse is not easy to recognise or stop.  
It is not often possible to say 100% that a child has been harmed or who did it. A careful assessment is needed in order to find out what has happened and what support and protection will best help the family. As a result it can be hard to avoid some intrusion into family life. A social worker will ask questions about the family, consider how often and how serious the incident is and the effect on the child. All of these things will help to decide what should happen next to support and protect the child and family.

Social workers and the police have a duty (they have no choice about this) under The Children Act 1989 & 2004 to look into concerns about a child who may have been or is likely to be harmed.

- Professionals are not just there to protect children.  
Social workers have always been expected to make sure that children are safe. In order to do this well, they rely on information from parents, family, other professionals and the local community who all play an important part in looking into concerns about those close to them. This helps to make sure that they are offered support before things get worse.
- Reporting possible harm to children and young people hardly ever results in the child being taken away from home.

This is not the main aim of Child Protection Investigations and rarely happens. Social workers can only remove children from home with a court order, having shown that there is significant risk. In emergency situations the police have the power to remove a child from home for 72 hours. During this time, professionals have a duty to assess the risk and consider whether it is safe for the child to return home or stay with relatives or friends while their enquiries are being undertaken.



A social worker (and sometimes a police officer) will meet with the family when harm is reported. They will also talk with other professionals in order to make a plan about how to help.



If you are worried about your own or someone else's treatment of a child, get advice about what kinds of practical and emotional support is available.



Social workers will get involved when they believe that there is physical injury, neglect, or sexual or emotional abuse. Contact the helplines in the Contacts section for more information.



It is important that children know what to do when they do not feel safe. Do they know who to talk to and how to get to a safe place or person?



- Child Protection Line 0161 912 5124  
Advice Line 0161 912 5125
- Multi Agency Referral and Assessment team 0161 912 5125  
Out-of-hours 0161 912 2020
- NSPCC 0800 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)
- Parentline Plus 0800 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- Police helpdesk
- Emergency Duty Team  
The contact point for all social care emergencies outside office hours  
0161 912 2020



*I kept 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

IT COULD BE HAPPENING AT HOME

- In most cases, children are in the same or next room when it happens
- Domestic violence causes damage to children
- Get advice, support and help to stop the violence

# **D**omestic Abuse is a serious social and criminal issue and children can become at risk as well, if living in an abusive household.

Domestic abuse can take many forms and can last for many years. It includes physical assault, sexual abuse, psychological abuse and financial exploitation. Anyone in society can suffer from this type of abuse, regardless of your age, gender, sexual orientation, financial position, culture or beliefs.

Victims can find it hard to seek help as they feel confused, disempowered, suffering from low self-esteem and isolated. There is a high correlation between domestic abuse and child abuse. The impact of the violence can be long-term and directly affect the direction of a child's life, their educational achievement, career prospects and attitudes to relationships and future security.

The children's charity, ChildLine, say that in nine out of ten cases of violence, children are in the same or next room when the violence is going on. In half of all reported domestic violence cases, children get hurt too.

Children who live with domestic abuse can feel powerless, because they can't stop the violence. They can feel confused because it doesn't make sense and angry because it shouldn't be happening. They feel guilty because they think they've done something wrong and afraid because they may be hurt. They may lose someone they love, and others may find out what's happening. They can feel alone because they think it's only happening to them. It's a lot scarier for children when no one ever talks to them about the violence.

## **How to get help**

There are laws to protect you and any children you have living with you. Local specialist services are available in Trafford to provide you with free, confidential advice and explain your options.



Recognising that you are a victim of domestic abuse can be a gradual process and take a long time, especially if your abuser isolates and confuses you by saying it's normal and not a problem. Contact one of the helplines to talk to someone about your options.



Children cope with difficult situations better when they understand what is going on. Even if they are not in the room when violence occurs, they will know it is happening. You are not protecting them by saying nothing as this only leaves them confused, so explain what is going on and what steps are being taken to change what is happening.



Domestic abuse is the power and control one person has over another. Violence of any form is unacceptable and excuses for this behaviour must not be tolerated. Domestic abuse can start or escalate during pregnancy and a victim is more at risk at the point of leaving their abusive partner therefore planning to leave safely is very important.




You can't stop a partner from being violent as it's not your fault, but you can limit the bad effects this will have on you and your children. No-one has to cope with this alone. Support is available locally.



- Trafford Women's Aid Outreach Service  
0845 4500 789
- National Domestic Violence Helpline  
0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)
- Trafford Housing Trust - Housing Options  
0161 968 0343
- Trafford Victim Support and Witness Service  
0161 912 3238
- Police Domestic Violence Unit  
0161 856 7574
- MALE Men's Advice Line & Enquiry  
0808 801 0327
- [www.thehideout.org.uk](http://www.thehideout.org.uk)





*All children need someone to care and guide them. As a foster parent you can make a real difference to a child's life.*

# Foster care & adoption

## COULD YOU MAKE A DIFFERENCE?

- You don't need to be superhuman!
- Foster carers and adopters come from all walks of life
- There are many different ways that you can make a difference to a child's life
- You'll receive excellent support and training

# Y

## ou don't have to be superhuman to be a foster carer! Foster carers come from all walks of life.

We are looking for ordinary people who can do an extraordinary job. You do need to enjoy being with children and young people, to be patient and tolerant with plenty of energy. You'll almost certainly need a sense of humour too!

These days you don't need to be married, have children of your own or any direct previous experience but you will need room in your home for a foster child to have their own space. We need flexible and reliable people who are up for a new challenge with the capacity and personal qualities to look after a child. We also need carers who reflect children's ethnicity and can promote their religious and cultural heritage. We particularly need foster carers who could look after teenagers or family groups of brothers and sisters.

We can't promise anyone an easy time but we CAN promise that you will make a real difference in a child's life.

### Who needs foster carers?

Children who need foster carers vary in age from babies to teenagers; they have a variety of needs. Children need to be looked after for all sorts of reasons. Many of the children have been through difficult and distressing experiences and will need your time and support in adjusting to ordinary family life.

### Types of foster care

Some children need to stay for a few days, others a few months and some older children need to be with a family until they become adults. Foster carers can also offer short breaks to children with disabilities and their families through our 'Home from Home' scheme. We have also recently established our pioneering Me2 fostering scheme for older children to complement our existing fostering services.

### What support is available?

Help and support is provided by Trafford Family Placement Team. You will have your own Family Placement Officer and be given training. We also run a foster carer support group which meets every month and Trafford Foster Carers Association is available to offer advice and support. Foster carers receive an age related allowance and are paid a weekly fee for the children they look after.

### Adoption

There are many children who are unable to grow up in their birth families, who need the chance to grow up in a loving and secure home.

Adoption is a way of providing families for children who cannot be brought up in their own family. It is a legal process which permanently transfers parental responsibility from birth parents to adoptive parents.

Choosing to adopt is not a decision to be taken lightly, and it's vital that your reasons for wanting to do it are right. It is a process that will take time, effort and commitment on your part.

You will have the help and support of Trafford's Adoption Team every step of the way. Our experienced workers will guide you through the adoption process and give advice and assistance.



Contact our Fostering and adoption teams and find out more about how you can make a difference to the lives of children



Discuss fostering and adoption with your friends and family. Could YOU make a difference?



Research tells us that children who are unable to live with their own families are generally happier and do better at school, if they are in family-type placements, rather than children's homes. That's why we need more foster carers and adopters.



Prevent children from falling behind, by providing a safe, supportive and nurturing home environment.



- Family Placement Team  
0161 912 5050
- Adoption  
0161 912 3971
- Me2 Fostering  
0161 912 3969
- Home from Home  
0161 912 2060  
[www.trafford.gov.uk/fostering](http://www.trafford.gov.uk/fostering)



# Helpful organisations

## **Adoption Service**

0161 912 3971

## **Adult Abuse Line**

If you think a vulnerable adult has been abused or is at risk of abuse contact the Adult Abuse Line  
0161 912 5135

## **After Care**

Offers service for looked after children who are preparing to or have left care  
0161 912 3506

## **Alcoholics Anonymous**

0845 769 7555

## **Anti-Social Behaviour**

Trafford's ASBO reporting helpline automated service  
0870 050 7373

## **Area Services Team**

If you want to find out how Trafford works on a neighbourhood basis  
0161 912 1173

## **Benefit Advice**

(Welfare rights) We offer an independent, specialist advice service  
0161 912 2735

## **Benefits (Housing Benefit and Council Tax)**

0161 912 2220

## **Benefit Fraud**

To report fraud  
0161 912 2852 or helpline  
0800 328 6340

## **Bereavement**

Help and advice for funerals, burials, cremations and memorials  
0161 928 7771

## **Child Protection Line**

0161 912 5124  
Advice Line 0161 912 5125

## **Children and Young People's Information Service (CYPIS)**

0161 912 1053

## **Children's Rights**

The Children's rights service provides help and support to children and young people looked after by Trafford Council  
0161 912 5094

## **Citizens Advice Bureau (Helpline)**

0845 345 4345  
0844 499 4103 (Stretford office)  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

## **Connexions**

A service for all 13 to 19 year olds offering information, advice and guidance on careers, training, education, employment and personal issues  
0161 911 8600

## **Contact a Family**

is the only UK-wide charity providing advice, information and support to the parents of all disabled children - no matter what their disability or health condition. We also enable parents to get in contact with other families, both on a local and national basis. Each year we reach at least 275,000 families 0808 808 3555  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

## **Crimestoppers**

To report information confidentially  
0800 555111 (freephone)

## **Disability Advisory Group**

Meeting are held bi monthly for disabled residents to help improve services in and around Trafford  
0161 912 1379  
Minicom 0161 912 2102

## **Drugs/Alcohol Team**

Helping people tackle drug and alcohol problems and associated crime  
0800 783 4608

## **Early Years Advisory Support**

Working with providers of early education 0161 911 8252

## **Emergency Duty Team**

The contact point for all social care emergencies outside office hours  
0161 912 2020

## **Ethnic Minority Achievement Service**

0161 911 8678

## **Equalities and Diversity**

The council is committed to encouraging equality of access to its services by all residents and communities  
0161 912 4605

## **Fostering/Family Placement Team**

0161 912 5050

## **Freedom of Information**

0161 912 1324

## **Free School Meals**

Available for children of families in receipt of certain benefits  
0161 912 3265

**In-Volve**

Trafford young persons Alcohol and Drugs Service  
0161 968 2820

**Learning Disability Service**

Provides a range of social care and other services. The service aims to promote independence, choice and well-being to adults with a significant degree of learning disability 0161 912 5199

**Manchester Lesbian & Gay Foundation**

0161 235 8000  
[www.lgfoundation.org.uk](http://www.lgfoundation.org.uk)

**Multi-agency Referral and Assessment Team (MARAS)**

0161 912 5125  
Out-of-hours 0161 912 2020

**Neighbourhood Fora**

Your opportunity to talk to councillors and officers about issues that effect your area for dates and venues call 0161 912 1173

**NHS Direct**

0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Positive Activities for Young People**

Provides key support to young people aged 10-17 years who are at risk of offending and education non attendance  
0161 911 8236

**Samaritans**

08457 90 90 90  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

**Sibs**

For people who grow up with a brother or sister with special needs, disability, chronic illness. This group of people are often referred to as 'siblings'. There are at least 2 million of these siblings in the UK. Many siblings need support and information at different stages of their lives 01535 645453  
[www.sibs.org.uk](http://www.sibs.org.uk)

**Schools**

For a full list of schools  
0161 911 8686

**School Admissions and appeals**

0161 912 5007

**Special Educational Needs Assessment**

0161 912 5122

**The Parenting Co-ordinator**

Is responsible for evaluation, support and delivery of parenting support services in Trafford. Also runs parent training classes which are designed to give parents strategies to prevent, reduce and improve behaviour difficulties among children and young people and to improve parent/child relationships and communication and promote social skills  
0161 911 8652

**Trafford 'Cancer and You'**

0161 746 2080

**Trafford Carers Centre**

Supports all informal carers and former carers with advice, information, advocacy and emotional support  
0161 861 0101

**Trafford Direct**

0161 912 2000

**Trafford Teenage Pregnancy Co-ordinator**

0161 912 5069

**Trafford Women's Aid Outreach Service**

0845 4500 789

**Victim Support (Trafford)**

Trafford Victim Support and Witness Service offer practical and emotional support to all victims of crimes, even if not reported to police  
0161 912 3238

**Voluntary (VCAT)**

Voluntary Community Action Trafford is the umbrella organisation for local community and voluntary groups  
0161 905 2414

**Young Parents Midwife**

The Teenage Pregnancy Midwives, Antenatal Clinic, Trafford General Hospital 0161 746 2858

**Youth Service (Trafford)**

0161 911 8601

**Youth Offending Service (YOS)**

The YOS provide parenting support groups and one to one intervention and guidance to parents of Young People involved in or at risk of becoming involved in the Criminal Justice System 0161 911 8201

**Women's Domestic Violence Helpline**

0161 636 7525