

# Tameside Parental Handbook



# Welcome

From our personal experience parenting is challenging, frustrating, frightening at times but most often really wonderful and rewarding! It's probably the most important job in the world, but we get very little training to help us cope.

All families experience difficulties from time to time, especially when extra pressures come along, such as redundancy, bereavement and ill health. This handbook offers support about a range of topics that parents may come across with their children. It provides some basic information, helpful tips and importantly, gives contacts you can follow up if you feel further help would be useful.

Use the quick links on the left side to browse through the different sections of this handbook.



# Contents

Parenting Information	4	Missing from home and school	38
Breastfeeding	6	Parenting roles and responsibilities	40
Bullying	8	All kinds of parents	42
Child-minding, day-care and babysitting	10	Private Fostering	44
Children with a disability/SEN	12	Safeguarding	46
Coming out	14	Safer Sleeping	48
Early Help Assessment	16	Sleeping Difficulties	50
Dads matter	18	Smacking	52
Domestic abuse	20	Stress and anxiety	54
Don't shake the baby	22	Teenage pregnancy and STIs	56
Drug, alcohol and substance misuse	24	Young Parents	58
E-safety	26	Temper tantrums and mood swings	60
Exploitation of children and young people	28	Young Carers	62
Growing up and managing behaviour	30	The Youth Offending Team	64
Healthy lifestyles	32	Emotional Wellbeing and Mental Health	66
Keeping safe	34	Useful Contacts (Local)	68
Loss and bereavement	36	Useful Contacts (National)	69





# Parenting Information

It is a parent's job to provide the best care they can for their children. This does not mean you have to cope alone. There are support services available to offer help whenever it is needed.

## Parenting Support

There is plenty of parenting support available via online or face to face courses. We would recommend, The Solihull Approach Understanding your Child course. It is a parenting group available to all Tameside parents and carers with children aged 0-18 years. It is based on the model of containment, reciprocity and behaviour management and uses social learning theory in the design of the programme. The programme is evidence based and is fully inclusive regardless of need as its messages are adaptable to the families' specific situations and it supports families as a whole.

There is also a Solihull Approach Online offer for those families who would prefer to complete the course in this way.

The Incredible Years programme is a parenting group available to all Tameside parents and carers with children aged 2-8 years. The programme has a focus on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems.

The Parenting Team runs clinic sessions called 'ParentSpace' twice a week. This provides one to one parenting support for those families in Tameside that need this function.

For more information on any of the parenting support indicated above please contact [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)





# Breastfeeding

Giving your baby a healthy diet is one of the most important things you can do for them.

Breastfeeding is good for babies because breast milk contains antibodies that help protect against illnesses. Breastfeeding isn't just good for your baby. It can be really rewarding for you and is a chance to bond with your child and feel close to them. The other benefits to mums breastfeeding include reducing the risk of breast cancer, ovarian cancer and osteoporosis.

Breastfeeding can sometimes take a little while for you and your baby to get used to, but once established, breastfeeding is easy for most mothers and babies. It is important your baby learns to attach properly to the breast as this will help mother and baby to breastfeed well. It is important to feed your baby whenever they seem hungry.

Talk to your midwife, health visitor or volunteer breastfeeding counsellor if you have any concerns.

For more information about breastfeeding support please call HomeStart on **0161 344 0669**.



## Midwives say:

Until your baby is six months old, breast milk has got everything they need.

When your baby is six months old, they will still need to breastfeed but now is the time to offer your baby some solids. This period is called 'weaning', which means 'trying'. Remember that babies can't drink cow's milk until they're a year old.





# Bullying

The Anti-Bullying Alliance defines Bullying as the “repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.”

There are many forms of bullying which include; Physical, Verbal, Emotional, Sexual, Cyberbullying and Indirect Bullying, for example spreading rumors. Most bullying is done by children who are the same age as the victim.

You may think that your child is unlikely to be bullied but the reality is that bullying can happen at any time and to any child. If your child tells you about a ‘friend’ who is being bullied listen carefully and take them seriously. They may be trying to tell you it’s happening to them.

Bullying is a frightening experience. It can isolate, damage self-confidence and can have negative effects on children. It can have an impact on the child’s peer relationships. It is important that you can pick up on some common signs of a child being bullied.

All schools in Tameside have an Anti-Bullying Policy. School action alone cannot guarantee it stops, so it is important that you work together with your child’s school.

## What to do if you suspect your child is being bullied

- If you suspect bullying is happening, speak to school or professional if it’s outside of school.
- Listen and reassure them that coming to you was the right thing to do.
- Try and establish the facts.
- Assure them that the bullying is not their fault.
- Do not encourage retaliation.
- If you say that you are going to do something, ensure that you do.



### Here are some common signs:

- Missing or broken belongings.
- Injury without explanation.
- Increase sick days or faking illness.
- Loss of confidence.
- Being nervous.
- Feeling tired or irritable.
- Keeping to themselves (more than usual), or becoming less social with peers.

If bullying is through text messages, instant messaging or email, advise them not to respond to the messages. Save the messages or take a screen print as evidence. There are ‘report abuse’ facilities on many websites.





You are responsible for the safety and well-being of your children. It is important that you think carefully about the person you are going to leave them with, whether this is a babysitter, child-minder, nursery, relative or friend. Local Children's Centres can offer fantastic support and advice. When choosing childcare, take your time and visit a number of different settings. Do not be afraid of asking to see qualifications and registration certificates. Talk to other parents. Babysitters do not need qualifications or certificates and it is recommended they are over 16 and have a good reputation locally. Even with family and trusted friends you should establish rules and let them know your childcare routines. Also let them know about any allergies and leave a number to contact you in an emergency.

For more information about registered Childminders talk to the Tameside Families Information Service on **0161 342 5434**. If you are choosing a Child Minder check qualifications and visit more than once at different times of day. Make sure you feel happy.

# Child-minding, day-care and babysitting

## Free nursery places

### 2 year funding - 15 Hours Free Childcare

The 2 year funding is in place to support our school readiness, ensuring children are going to school with the abilities and social skills that they need to develop a bright future. If you are claiming Income Support, Income Based Job Seekers Allowance, ESA (Employment Support Allowance) Child Tax or Working Tax Credits and have the annual gross income of no more than £16,190, Guaranteed Element of State Pension Credit, Universal Credit and have the net earnings threshold of £15,400, Support Under Part VI of the Immigration and Asylum Act 1999 OR your child is in receipt of Disability Living Allowance, your child has a Current Statement of SEN or Education, Health and Care Plan, or the child is a Looked After Child, left care through an Adoption Order, Residence Order or Special Guardianship. Then you could be eligible for 15 hours of free childcare. You can ring the Family Information Service on 0161 342 4260, or if you would prefer to do this online this can be done via <https://www.tameside.gov.uk/surestart/childcare/2yearolds/OnlineApplication>

### 3 & 4 year old - Universal 15 hours Free Childcare

Did you know that every 3 and 4 year old is entitled to 15 hours of free childcare? If you're wondering how to go about claiming this, the Private Day Nurseries / Pre-schools / Child-minder (as long as registered for the funding with the funding team, which can be checked on our FEF Directory) will have the paperwork there to complete with you. You can also ring the Family Information Service for further information around this.

### 30 Hours Free Childcare for Working Parents

The government have brought in the new 30 hours of free childcare to support you working parents! To apply for the 30 hours or to find information around if you think you may be eligible please go to <https://www.gov.uk/get-tax-free-childcare>, alternatively you can ring the Family Information Service for guidance and support, if you're struggling to apply via the online application, you can ring the Childcare Customer Interaction Centre on **0300 123 4097**. Free part-time places are available at primary schools with nursery classes, nursery schools, playgroups, nurseries and some child-minders. School based sessions and play groups are often available during term time only, but nurseries and child-minders may be flexible and provide sessions throughout the year.

Child-minders are only able to provide free sessions where they are registered to do so, and belong to the local accredited Child-minder Network.



## Types of childcare;

- **Day nurseries** for under-fives during the working day.
- **Playgroups** for children between three and five. Usually four hour sessions.
- **Out-of-school clubs** or kids clubs provide sessional play and care for over three year olds usually before and after school and during school holidays.
- **Child-minders** registered and inspected by Ofsted to care for children in their homes.
- **Nannies, au pairs and home child carers** are employed to provide care in the child's own home. Check they are registered on the Ofsted Childcare Register.





# Children with a disability/SEN

If your child has a disability the future can feel like a real challenge. You can't stop your child's condition, but you can help to reduce the disability impact on your child. There is plenty of support available.

The nature of your child's disability will determine where you access support. Tameside has a local offer to support children and young people aged 0-25 with special education needs and disabilities. The latest information can be found here <https://www.tameside.gov.uk/localoffer>.

You can get additional support from your GP, School and Health services to help you plan treatment, therapy, equipment and ongoing care.

Your child is especially protected by Law. The Disability Discrimination Act makes it unlawful for any service provider like schools to treat disabled people differently because of their disability. We support equal rights.

Every school has a Special Needs Co-ordinator (SENCO) who can discuss any issues with you. You can also contact SENDIASS for impartial information **0161 342 3383** or visit <https://www.tameside.gov.uk/ParentPartnership>



## Benefits

Benefits that you could receive to help you include; Disability Living Allowance, Carer's Allowance, help with extra housing costs, Carer's Blue Badge Scheme, free dental treatment and prescriptions and help with the cost of glasses. In some cases travel to hospital, school meals and road tax exemption. There are organisations and charities that provide further help, advice and support.





### Useful Contacts

There are some useful contacts out there should you or your child need further support

#### **FFLAG (Families & Friends of Lesbians and Gays) Helpline**

0845 652 0311

#### **PACE (Family Therapy Service)**

020 7700 1323

[www.pacehealth.org.uk](http://www.pacehealth.org.uk)

[www.outproud.org/brochure\\_for\\_parents.html](http://www.outproud.org/brochure_for_parents.html)

[www.lgbtyouthnorthwest.org.uk](http://www.lgbtyouthnorthwest.org.uk)

#### **LBGT Young People's Group 'Out Loud'**

0161 336 6615

[www.tameside.gov.uk/youthservices](http://www.tameside.gov.uk/youthservices)

# Coming out

Coming out is defined as telling someone about yourself that isn't immediately obvious, such as your sexuality or gender identification. Telling people that you're gay, lesbian, bi or transgender is a gradual process for most young people. Every child will have their own way of dealing with coming out. It may be easy or difficult for some children. Some children will directly tell you whilst some might try and give you signs without having to tell you outright.

If your child has been giving you signs that they want to come out, but without directly saying. You can start up a general conversation that will allow them to bring up the topic. It will be important that you actively listen to your child and discuss what they are worried about.

### Accepting your own feelings

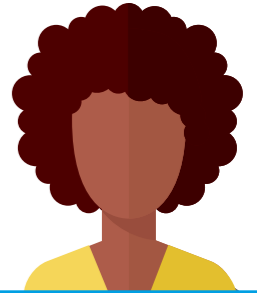
It is important that you deal with your own feelings. As a parent you might be completely comfortable with the idea that your son or daughter is gay, or you might have difficulties in coming to terms with the idea.

If you are struggling with your own feelings here are some tips to help your child.

There are many myths about a person's sexuality. Such as 'it's just a phase', 'mixing in with the wrong people', 'over-caring mother' or 'it can be cured'. These are wrong. If your child tells you they are gay, accept it, as they won't have said it lightly. It is important you understand the facts rather than the myths.

Speak to family, friends, or any professional about how and why you feel the way you do.

There is plenty advice online if you would rather not talk about it.



### What to say?

It will have taken a lot of courage for your child to tell you about their sexuality and now is the time they need your understanding and support.

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





# Early Help Assessment

We all need help sometimes and that's ok. An Early Help Assessment (EHA) starts with a chat with you and a professional who may already be involved with your child such as a nursery, a school or health professional. It can be an opportunity to talk about things that are worrying you such as things at home with your family, health, or finances. There is nothing wrong with asking for help. An EHA is a good way of us working together with you to ensure you receive the right support at the right time.

## What is an Early Help Assessment?

After your first discussion with the professional involved, it may be that an Early Help Assessment is needed, so with your consent, an EHA will be started and completed with you. It will highlight the strengths of your family as a whole, the areas you feel could be better and any worries you may have about you or your family. By deciding together what support you feel you all need, an action plan is drawn up between you and the professional about what happens next. The EHA helps to identify what support you want and helps plan how best we can work together to make changes. It may be that other supporting agencies are referred to and become involved to help you.

Some families can get the support they need from services available to all (e.g. Schools, Health Visitors, and GPs etc.). These are often called '**Universal Services**'.

Sometimes families may need more intense or specialised support during a crisis (maybe just for a short period of time). This is often called '**Targeted Support**'.

For a longer term arrangement for example, when a child is born or diagnosed with a disability or learning difficulty, the service is often called '**Specialist Support**'.

## Tameside's Vision

Tameside's vision is for all children and young people to have positive and safe life experiences, leading to a successful transition to adulthood and fulfilling their full potential. Children, young people, and their families will be supported at the earliest possible point to prevent escalation of problems and difficulties.



## How do I request help and support?

Please ring our Early Help Access Point and speak to our friendly and helpful staff who will listen to you and take some details and where necessary gain your consent to share information if it's appropriate to do so. Self-referrals can be made by contacting The Early Help Access Point on **0161 342 4260**. It's ok to ask for help.

We are currently based at St Peters Children Centre, Trafalgar Square, Ashton-under-Lyne, Tameside, OL7 0LL.





**Useful Contacts:** [www.dad.info](http://www.dad.info) **Health Clinic:** 0161 304 5300 **Family Information Service:** 0161 342 5434 or [www.tameside-sid.org.uk](http://www.tameside-sid.org.uk)

# Dads matter

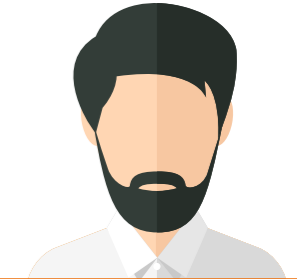
Father's are an important part of a child's life.

Becoming a dad is a fantastic experience, and one that will change your life. However, with it will come lots of questions, and you may find yourself having worries or concerns about becoming a father. You may find that it helps to talk to other fathers about their experiences, as most of them will have asked themselves the same questions.

Fathers play a significant role in the lives of their children, and this is often underestimated. Research shows that children who have a positive relationship with their dads are more likely to do better at school, be more confident, and develop better adult relationships.

Children need to feel that they have unconditional love from both of their parents, and that whatever happens in life their parents will always be there for them. Therefore, try and develop a caring and loving environment for your child and get involved with their schoolwork and their extra-curricular activities.

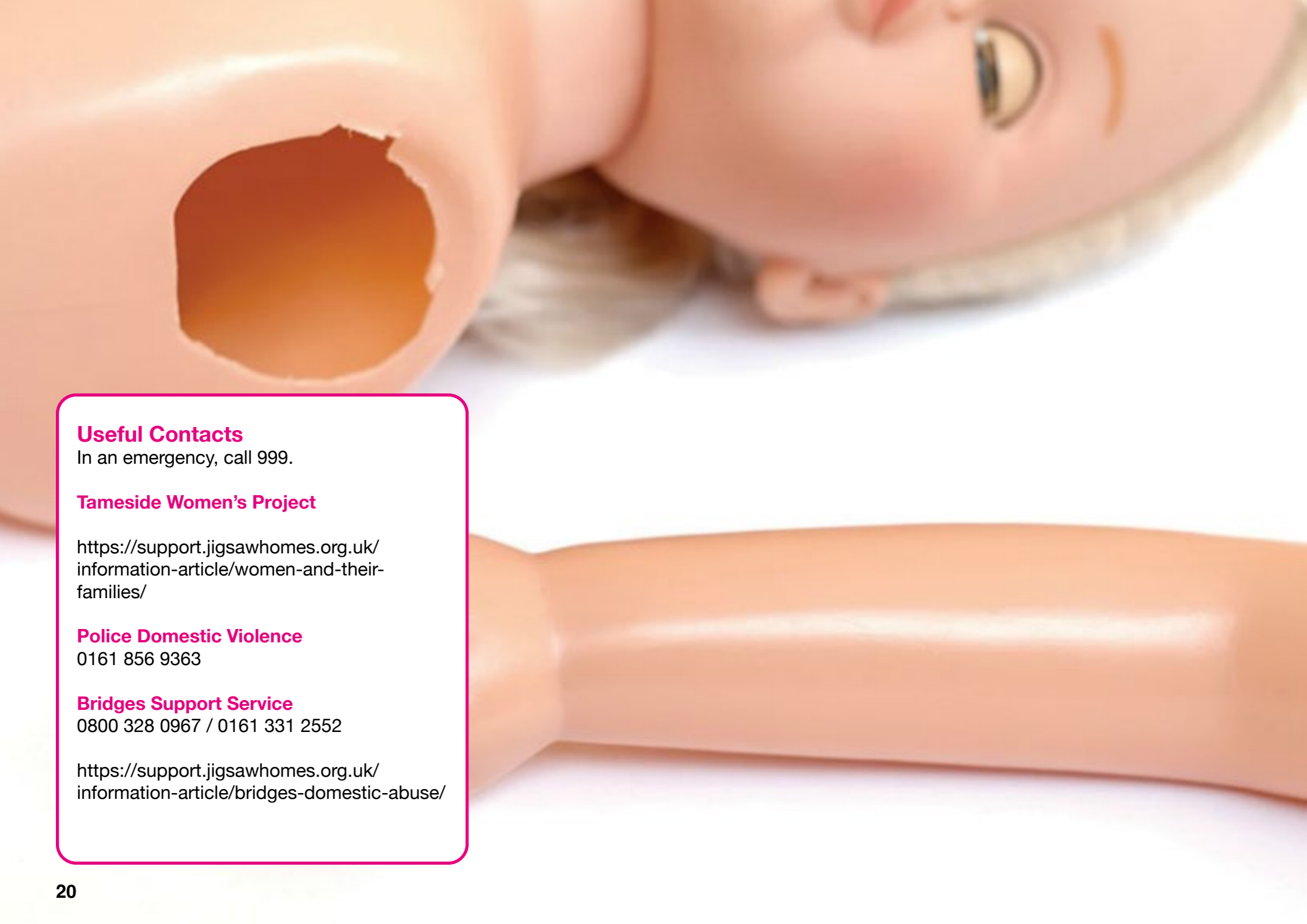
It is important for fathers to get involved as much as possible, as they can have a huge effect on their children's lives. If you are worried or have any concerns then try talking to other fathers about their experiences.



## Tips

Dads can often be forgotten, but it is important to remember that both parents are just as important as each other. Parents need to work together and keep to the same rules. This applies when disciplining your child, and it is also important that you do not take sides in an argument. Parents should avoid arguing in front of a child, and if you are separated, it's important to get on well together.





### Useful Contacts

In an emergency, call 999.

#### Tameside Women's Project

<https://support.jigsawhomes.org.uk/information-article/women-and-their-families/>

#### Police Domestic Violence

0161 856 9363

#### Bridges Support Service

0800 328 0967 / 0161 331 2552

<https://support.jigsawhomes.org.uk/information-article/bridges-domestic-abuse/>

# Domestic abuse

Domestic abuse or domestic violence is defined as any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over or those who are or have been intimate partners or family members, regardless of their gender or sexuality. Unfortunately, domestic violence is common in our society, with an estimated 2 million incidents in England and Wales.

Children do hear, they do see and they are aware of violence at home, even if you think they don't. Children react in different ways to violence and research suggests;

### Short-term effects:

They may feel frightened, become withdrawn, aggressive or difficult, bed wet, run away, have problems at school, lack concentration and suffer emotional upset.

### Long-term effects:

Children witnessing violence are more likely to become abusers or victims later in life. Offer them a positive role model so that they learn other ways of behaving.

Many people find it difficult to understand why people stay in abusive situations. Fear, love, the risk of homelessness and money worries can make it difficult for women with children to leave and some may want to stay put and get their abuser to leave. It is your responsibility to protect your child and remove them from harm. You can seek help from a range of specialist services in Tameside. You can also report incidents to the Police.

It is important to allow the children to discuss the feelings they have about violence or abuse. Children need to know that it is not their fault and that this is not the way relationships should be.

If you are preparator of domestic abuse, there is support for you to stop committing domestic abuse visit <https://respectphonenumber.org.uk>



### What do I do now?

If you want to leave an abusive relationship and are worried about safety, you do not have to suffer alone. There is support out there.

There are three important steps you must take:

- Recognise that it is happening.
- Accept you are not to blame.
- Get help and support.





# Don't shake the baby

It is normal to get frustrated sometimes when a baby will not stop crying. It is the way all babies make sure their basic needs are met. It is neither your fault nor the fault of your baby. A baby with additional difficulties may cry more which can be very stressful.

Shaking can cause death or serious and long-lasting brain damage. Shaken Baby Syndrome is an injury caused as a result of a baby being shaken so that their head wobbles rapidly back and forth. The force of this can tear the blood vessels that connect the brain and skull. A baby's neck muscles are not strong enough to hold their head firmly. Never ever shake a baby for any reason. It is never safe to shake a child, not even in play. It is important for other children at home, your babysitter or any other carer to understand the dangers.

If you're struggling with your baby's crying there is plenty of support from your Health Visitor, Doctor, local Children's Services or Children's Centre's. Do not allow a situation to go on where you feel unable to cope.

## Useful Contacts

### Family Lives

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)  
[www.home-start.org.uk](http://www.home-start.org.uk)

### Health Clinic

0161 304 5300

### Children's Social Work Teams

0161 342 4477 Homestart  
0161 339 9747 Contact ICON at: <https://iconcope.org/>



## There are four important steps to remember

- I** Infant crying is normal
- C** Comforting methods can help
- O** It's OK to walk away
- N** Never, ever shake a baby

More information can be found on ICON at:  
<https://iconcope.org/>





# Drug, alcohol and substance misuse

## Look out for the signs

There are many reasons why young people may start to drink or use drugs. They want to show they are growing up and see it as a sign of maturity. They may also feel under pressure from friends to experiment. It is also seen as a means of escape and having fun.

There are many tell-tale signs that your child may be using drugs or alcohol, refer to the tell-tale signs section. There may be a change in relationships with family and friends, how they act or a change in performance at school.

Other signs can involve changes in a financial situation and personal possessions 'disappearing' and being sold.

It is important to discuss drugs and alcohol early with your child. Some parents worry that doing this may encourage their child to use drugs but avoiding talking about drugs will not protect them. If you or someone at home uses drugs or alcohol you are seriously affecting the care and well-being of your children.

- Children of users are more likely to become addicts.
- Most children will be aware of drugs and alcohol before they leave primary school.
- Children will be more responsive to being told about the risks.
- Provide good information about the dangers. It does not guarantee non-use but will increase the chance of an informed choice.



## Signs to look out for are:

- Appearing panicky or tense.
- Being drowsy and lacking concentration.
- Complaining of sickness.
- Strange eating patterns.
- Has no energy.
- Seem depressed.
- Has skin problems or spots.
- Is aggressive.
- Unable to sleep.
- Seem secretive.

Not all of the signs mentioned mean your child is taking drugs. Look out for changes in their behaviour and relationships.



# E-safety

The internet is part of life nowadays. It opens up many educational and social opportunities, giving access to a world of information and experiences. Whether on a computer at school or at home, a games console or mobile phone, children can access the internet 24/7.

## Understand the devices that your child uses

Modern technology is advancing every year and is often difficult to keep up with technologies. Parents often find that their children know more about the internet than they do. This useful website gives a guide to parental controls:  
<https://www.internetmatters.org/parental-controls/>

## Online Grooming

There are people who can help if you are worried that your child is being groomed online by other children or adults;

The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children. They are part of UK policing and are very much about tracking and bringing offenders to account, either directly or in partnership with local and international forces.

If you are in immediate danger contact the Police on **999**.

You can visit CEOP at <https://www.ceop.police.uk/safety-centre/>

It's easy and fast - making a decision at the click of a button can cause long-term problems.



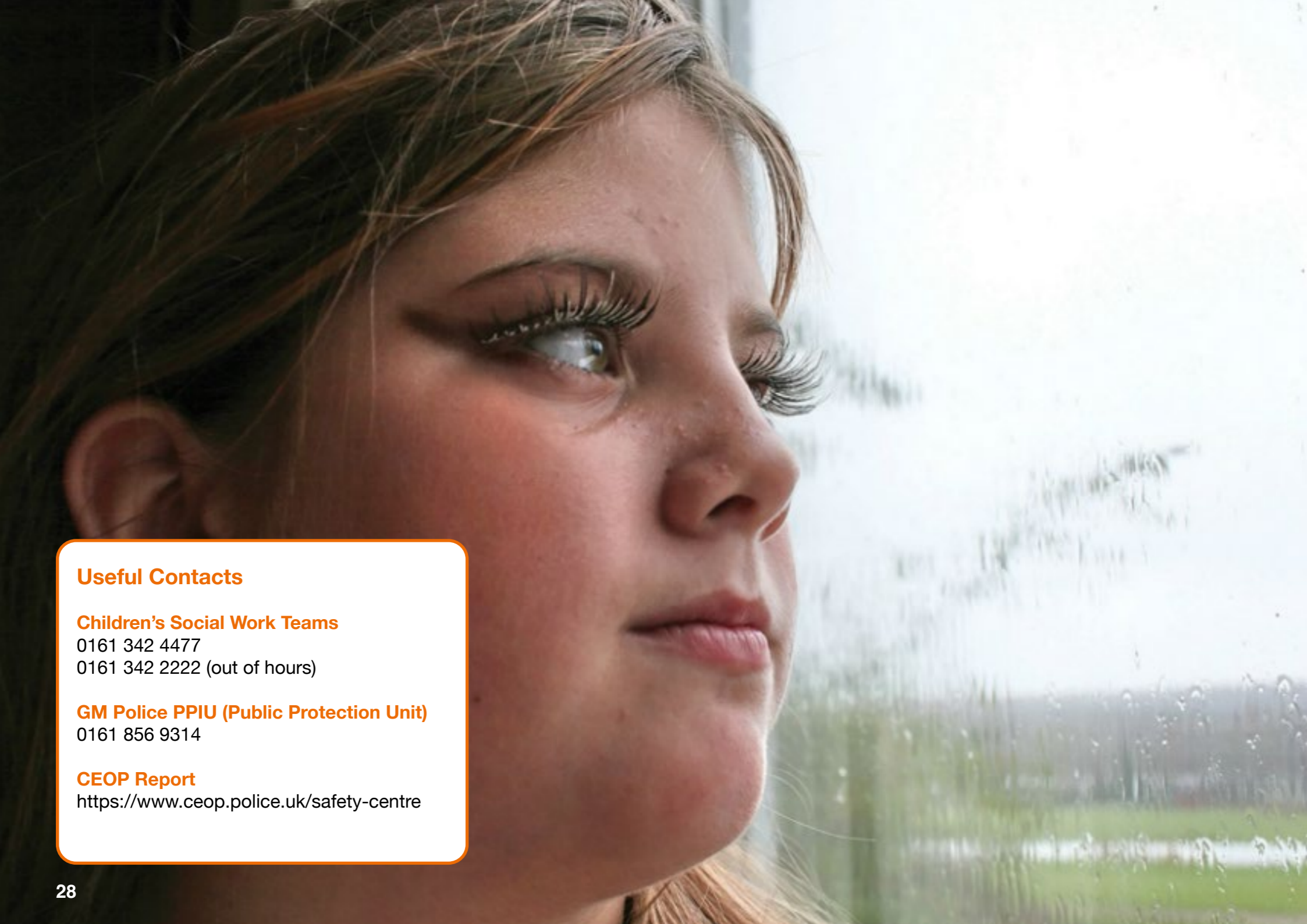
## Setting ground rules:

It is important that you set age appropriate boundaries for your child.

- Limit time spent on the internet.
- Talk about age appropriate websites.
- Tell them to never give out contact details or post photos of themselves on the internet or on their phone.
- They should always let you know if someone is asking questions or wants details they don't feel happy about.
- Ensure social networking profiles are set to 'private' so only friends can view.

Make sure your child understands why there need to be rules and that because they can't see or hear the people they chat to, they may not be who they seem.





### Useful Contacts

#### Children's Social Work Teams

0161 342 4477  
0161 342 2222 (out of hours)

#### GM Police PPIU (Public Protection Unit)

0161 856 9314

#### CEOP Report

<https://www.ceop.police.uk/safety-centre>

# Exploitation of children and young people

It is up to us to protect our children. Children are vulnerable to exploitation. Exploitation takes many forms. A close and positive relationship with your child can reduce their vulnerability. Making sure they have high self-esteem and feel good about themselves can stop them falling into abusive relationships.

All children have a right to be safe from harm, wherever they are. If you both understand the risks of the internet you can make sensible and informed choices online. The Child Exploitation and Online Protection (CEOP) Centre delivers a multi-agency service dedicated to tackling the exploitation of children.

Children involved in sexual exploitation can become victims of serious physical and sexual attacks, which can sometimes lead to death. They can easily become addicted to drugs and alcohol and face a high risk of catching Sexually Transmitted Infections (STIs). The emotional and psychological damage can be huge and can lead to self-harm, severe depression and even suicide.

### Sexual exploitation

Adults who benefit from child sexual exploitation use many different methods to target children. It can begin with an 'exciting' new friendship with an older boyfriend or girlfriend. The child may receive expensive gifts and be given alcohol or drugs. Before long they create a loyal and dependent relationship with the victim. It is against the Law and a form of sexual abuse, which puts the child at risk from physical, emotional and psychological damage.



### Child exploitation

Child exploitation is a broad term, which includes forced or dangerous labour, child trafficking, child prostitution and sexual abuse. The scary truth is that the UK has a serious problem with child exploitation - through the child sex trade, forced prostitution and forced labour in homes, restaurants, factories and farms. These children are denied the rights to attend school and may be separated from their families and friends. Exploitation is wrong.





**Tameside Parenting Support** offers a variety of courses and methods of support, from telephone helplines, online and group parenting courses and one to one support sessions. For more information contact us at [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)

# Growing up and managing behaviour

Every day, your child learns new things. It's what makes childhood such an exciting time. Your child will learn from you and your example. As a parent, you have an important job in teaching them about your values and beliefs. Start this now and you'll see all your hard work, pay off in the future.

Childhood is a good time to teach them good behaviour because they respect and want to be close to you. Using positive feedback is a great idea. Give lots of praise to build up your child's self-esteem by talking about their strengths and not their weaknesses. Your opinion of your child has a huge impact on what they think of themselves, so being too critical can damage confidence.

Growing up can be a challenging time, let them know you are there to support them. Sometimes it can come as a bit of a shock when your child starts to develop and change into a young adult and it can be difficult to 'let go'. Of course, you are still their parent and they still need you. Be there to support them.

## Puberty

Puberty in girls can begin from around the age of nine. Boy's bodies can start to change from around the age of ten with sexual development soon after. Your child will be developing into a young man/woman. They will need your support and trust but they will also need some privacy, respect and encouragement.

## Toddler tantrums

Keep calm and consider whether your child needs food or rest. Don't give in, but do try to understand your child's feelings. Praise your child for calming down afterwards.

## Mood swings

Teenagers are especially prone to mood swings. This is often put down to the surge of hormones produced at the start of and during puberty. Therefore it can be perfectly normal to feel happy one minute, and depressed, angry or frustrated the next. Mood swings usually stabilise as they head towards their late teenage years, but if you are worried contact your Doctor.



## Tips

It's up to you to set boundaries and rules in your child's life - most children are happier living with rules. Be consistent, don't tell your child off for jumping on the table one minute and then let them do it the next. Rules work better if your child knows why they exist. What you say and how you act can affect their behaviour as they grow up. Don't lose your temper and try to develop a good relationship with them before they reach their teens.

Life is often so busy that many parents don't have time to sit down and spend time playing with their child. Play is important because it helps your child feel good about themselves. Having fun with your child and using play, as a way of teaching good behaviour can be fun for both of you.





# Healthy lifestyles

With healthy habits from birth you can give your baby a good start for a healthy future. If you are not as healthy as you could be, now could be a great time to establish good healthy habits for all the family.

Giving your babies and toddlers lots of different and healthy foods to try, means they are more likely to eat healthy foods as they grow up.

As they grow, you can help them by playing with them and helping them make new movements and explore their surroundings. As they develop, encourage them to take up a new sport or activity. The whole family can enjoy a healthy lifestyle together, even simple things like hiking or cycling help our health and allow us time together to relax and get fit.

Here are some basic rules to help you lead a more healthy lifestyle:

- Your good health habits will become your child's good health habits
- Exercise together.
- Eat well.
- Drink alcohol with caution. Know the limits.
- Do not smoke or take drugs. If you do, get help to give up.

Smoking at home can lead to health problems. This is called passive smoking and forces the child to breathe in the smoke. Even smoking outside can damage a child's health. If you smoke and are now responsible for a child consider giving up.

Visit [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) for more information.

Do you drink too much alcohol or take drugs?

There is help at hand to reduce your consumption.

Change, Grow Live, visit <https://www.changegrowlive.org/my-recovery-tameside/ashton>, Contact on **0161 672 9420** or email [tameside.referrals@cgl.org.uk](mailto:tameside.referrals@cgl.org.uk).



## Useful Contacts

### Local Health Clinic

0161 304 5300

[www.tamesideandglossop.nhs.uk](http://www.tamesideandglossop.nhs.uk)

### Change, Grow Live

Contact on  
0161 672 9420

or email  
[tameside.referrals@cgl.org.uk](mailto:tameside.referrals@cgl.org.uk)





**Useful Contacts: Child Accident Prevention Trust (CAPT)** 0207 608 3828 [www.capt.org.uk](http://www.capt.org.uk)

# Keeping safe

## Protecting children in the home

Most accidents happen in the home which is why it is important to ensure that your home is a safe place for all your family, especially for young children. One of the highest reported incidents of accidents at home is children being scalded by hot tea. Make your home as child friendly as you can.

Make sure that all medicines, drugs and cleaning chemicals are locked away out of reach. Certain places are full of danger, such as kitchens, sheds and even garden ponds. Supervise toddlers at all times, an accident only takes seconds. Use safety devices such as door locks, stair gates and bed guards when your child is too young to understand the dangers. Some toys are made up of very small pieces which a baby or toddler could choke on. Be aware!

Make your child aware of the dangers of roads and railways. Always use an appropriate car safety seat for their age and height. Outside the home they should never be alone. Teach them to run, yell and tell if approached by a stranger.

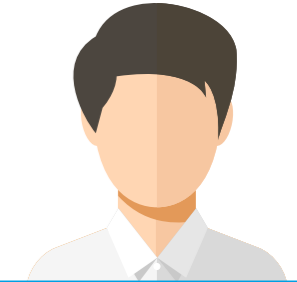
Play is important it is very important that children are allowed to get muddy sometimes, shout and scream and feel free. It is easy to be over protective. Balance is the key. Give them a bit of independence as they grow, as long as they are safe.

## Protecting children in the pub

Signs that your child might come to harm in a licensed premises include: You're drinking a lot; you don't know where your child is; they keep running off; there's adult entertainment available. Adults can buy young people aged 16 or 17 beer, wine or cider (not spirits) to drink with a meal as long as they're with them. It's against the Law for children under 18 to buy alcohol, or for an adult to buy it for them.

It's important to know about any risks there are for children in pubs, as well as other licensed premises, which means anywhere that supplies alcohol or entertainment. For example, restaurants where you're eating a meal and places like nightclubs where you might take your children for an event like a wedding reception or family party. Children have a right to be protected from harm - not just physical but emotional and moral. It's up to everyone to do what they can to protect them.

If you're taking your child somewhere where there's alcohol, remember that the more you drink the harder it will be to look after them. They can wander off or receive unwanted attention from strangers.



## Tips

Exploring is an essential part of a toddler's development.

- Supervise young children, especially near wires and sockets.
- Small children should never be left alone with pets. Even trained and good-natured animals can be tested.
- Make sure that irons, saucepans and hot drinks are kept out of reach.
- Play with age appropriate toys suitable for their age, especially if the pieces are small enough to choke on.

Once your child can crawl around ensure you have child proofed your home using safety devices. Think about the dangers of everyday life.





### Useful Contacts

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)  
0844 477 9400

**The Linden Centre**  
01253 595552

**Snowdrop Centre**  
01253 760636

# Loss and bereavement

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

Loss is losing someone who you are close too, whether it’s a relative’s death, a death of a pet, or their best friend moving away. These can have a real impact on your child.

Young people need a lot of support and understanding to help them work through their grief. There is no right or wrong way to react and everyone handles things in different ways.

Their behaviour may change as they deal with their emotions and try to come to terms with their loss. They may find it hard to cope with day-to-day life. They may take their anger out on you, get into trouble at school, find it hard to do schoolwork or want to go out with friends more. Grief can take many different forms.

There will be a range of feelings your child is likely to go through:

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

### Problematic Grief

Give your child as much time and patience as they need to cope with the loss. Most children and adults will get through the grieving process with support from family and friends. If you think they are having long-term difficulties, think about getting support for your child.

There are people who you can speak to such as your GP, health professionals and school.

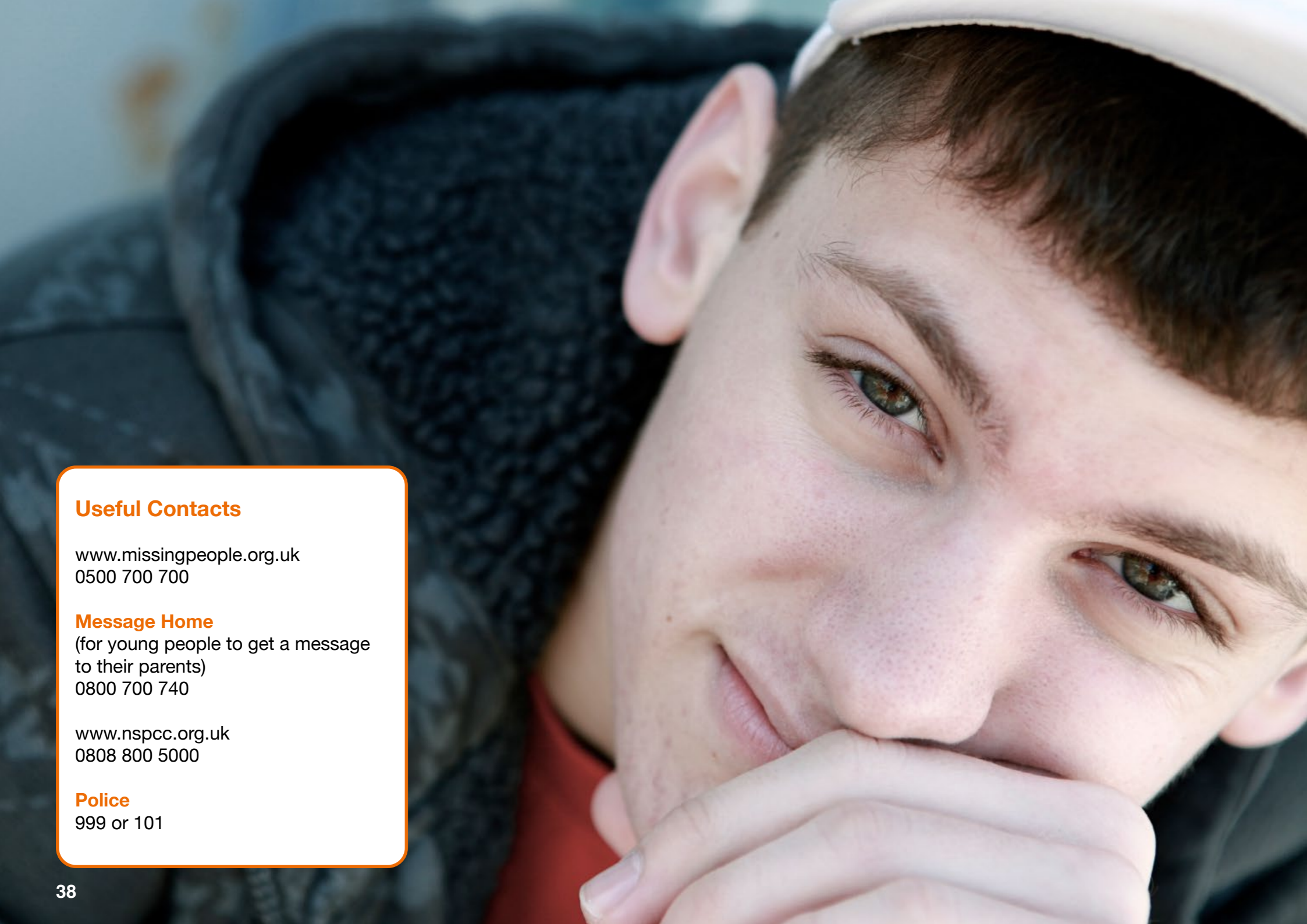


### How you can help

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

Make sure the school knows of their loss and that they will need time and understanding as they work through their feelings. If you too are suffering, then it is going to be especially hard for you to not only deal with your own emotions, but those of your children too. Try to keep talking to each other, so you can share your grief, rather than each of you grieving alone.





### Useful Contacts

[www.missingpeople.org.uk](http://www.missingpeople.org.uk)  
0500 700 700

### Message Home

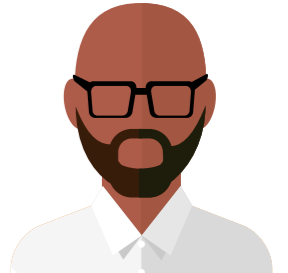
(for young people to get a message  
to their parents)  
0800 700 740

[www.nspcc.org.uk](http://www.nspcc.org.uk)  
0808 800 5000

### Police

999 or 101

# Missing from home and school



*“I was shocked when she ran away although, looking back, she was more of a loner than her brother. I now know she has been missing school quite a bit. We stopped talking when my partner moved in but had been really close before that.”*

- Make time for your child to talk about their worries.
- Let your child know a good education is important.
- Be honest about things that might be happening in your family.
- Look for signs that your child might not be happy.
- Help is available - don't be afraid to ask.

### What the law says

The law says that parents must make sure that their children receive a proper full-time education. It is against the law if your child does not go to school regularly and on time. Children who miss school are much more likely to have problems with their learning and getting the job or college place they would like. They will often find it harder to make friends and they are at much greater risk of getting into trouble in and out of school. If they are missing out on school and lessons, they are much more likely to come into contact with adults or other young people who might want to cause them harm. When children miss school without their parents knowing, this is called “truancy”. Children who truant regularly often do this because they are worried about something. Something might be happening on the way to or from school that is worrying to them. Perhaps someone is bullying them. They might be finding some lessons or subjects too hard (or too easy), or they might be having problems in finishing their homework. Sometimes children will not want to leave home if they are worried that their parent might come to some harm while they are away.

### Reasons for going missing

Children from all sorts of backgrounds run away from home for a variety of reasons. Many of us will remember planning to run away when we were younger because we felt unable to cope with our problems or thought that nobody cared about us. We might have thought we had been treated unfairly. If a child goes missing from home, it is usually for a very short period: generally until they think that their parents have noticed they are not there. Often, they will turn up at the home of a friend or relative. When children run away, they are not being naughty - they are trying to tell us that they are unhappy or trying to find out just how much we do care about them. If your child goes missing and you don't know where they have gone, contact the police.

### Warning signs

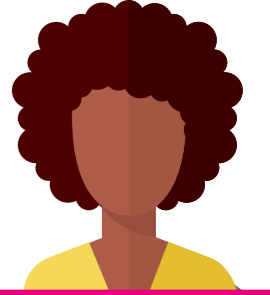
- There may be none.
- Consider whether your child seems to be unhappy.
- Truancy or being bullied at school.

Consider whether anything has happened in the family that you haven't talked to your child about. If you think your teenager is skipping school, talk to the school. Make sure that your child knows how important they are to you. If something has gone wrong in the family, don't let your child think that it's their fault. To prevent this from happening be alert to any unexplained changes in behaviour. Spend time with them. Be interested in their lives and worries. Know who their friends are. Be careful about their access to the internet.





# Parenting roles and responsibilities



## Safety & responsibility

You are responsible for their actions as well as for keeping them safe and well. At this time you are also responsible legally for making sure they go to school every day. Support them and take an interest in their day and go to the school open evenings and events.

Your child will be starting to develop their own interests and hobbies. Show an interest and look out for after school clubs and sessions held locally where they can develop their skills. Make sure you know they will be safe.

Being a parent can be one of the most amazing things we can do in our lives and it can also be one of our biggest challenges. Your child will rely on you in many ways and you are responsible for their safety, health, care and actions. As they grow from toddler into child and then teenager they will develop their own circle of friends. You will notice their independence and interest in the outside world and slowly they will become more independent.

Having a child means a lifelong commitment to someone who will need your care and support. If you are a parent then you are responsible in the eyes of the law for the safety, well-being and upbringing of your child. Your children are a reflection of you and your parenting. The most effective parenting tool we have is the example we set as good role models early on. This will help your child grow into a responsible, healthy and happy adult.

## Parenting programmes

Tameside Parenting support offers a variety of courses and methods of support, from telephone helplines, online and group parenting courses and one to one support sessions.

The groups we offer give you a chance to share experiences and ideas with other parents as well as getting advice and support from professionals. Our groups run over 10 or 12 weeks depending on the support required.

Our one to one sessions offer a more bespoke package to help you with more targeted issues over a short period of time.

For more information contact [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)

**Useful Contacts:** [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk) [www.tameside.gov.uk/sid/parenting](http://www.tameside.gov.uk/sid/parenting)





# All kinds of parents

## Your family is unique

There's no such thing as an 'average' family - every family is different. Growing up with one parent can be a good thing, leading to a close relationship. Encourage your child to spend time with their other parent if it's safe and possible. Help them to understand that it's okay to love you both.

Young parents may face extra challenges. Don't be embarrassed to ask for support and advice. Your education may have to be cut short, but don't give up on plans for the future. Make sure that you have good, reliable childcare. In Tameside our Wrigglers and Giggles is a bespoke support group for young parents for more information contact **0161 368 7722**.

In a new relationship, everyone needs time to get used to things. Change can make us all feel unsafe, so it's important to make sure everyone feels secure. Take things slowly and carefully.

Grandparents can help out and are an important link to family history and a sense of belonging. Their experience can be useful. They have lives of their own so don't ask them to do too much. In family break downs they may lose touch.



## We are all equal

Diversity is all about differences. We are all different - physically, socially, culturally and sexually. You may have a child with Special Educational Needs (SEN) or a disability. But not everyone values and respects the differences in society. Discrimination is when you are treated differently just because of who you are.

Although we're all different we all have the right to equal respect, opportunity and justice.



### Stop

We are separating and my son will be living with me.



### Think

Is he feeling insecure? Have you neglected his feelings?



### Do

A stable family life is important to children. Remind him that you both still love him.





# Private Fostering

If you're thinking about asking someone else to look after your child, be aware of what might happen. Your Local Authority has access to Police records so may know things about them that you don't. So, it's important to tell your Local Authority so they can protect your child. Sometimes, parents ask another family to look after their children. This is called private fostering. Parents might want their children to be privately fostered because they work or study long hours, live abroad or may have separated or divorced.

If you want to be a foster carer, find out about the child you are thinking of fostering from their birth parents - things like if they have any medical problems or require a special diet. Register the child with your own Doctor when they come to live with you.

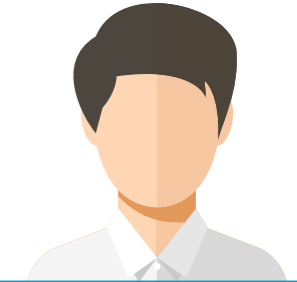
Keep in contact with the birth parents. It's not always easy being a private foster carer, things can still go wrong. It's important you all need to be clear about what you expect from each other.

## What is Private Fostering?

Private fostering occurs when a child under 16 is cared for, for more than 28 days by an adult who is not a close relative, by private arrangement between the parent and the carer.

The Local Authority has specific duties in relation to private fostering arrangements, these include:

- Checking the suitability of private foster carers.
- Ensuring that private foster carers, parents and children are clear about who to contact for advice and support.
- Monitoring the standards of care.
- They must notify the Local Authority, it is an offence not to do so.
- They must inform Children's Services at least six weeks before a planned arrangement begins.
- If it is an emergency placement or the child is already living in private foster care, then Children's Services must be informed immediately.



## Useful contacts

### Private Fostering

0161 342 4101

[www.privatefostering.org.uk](http://www.privatefostering.org.uk)

[www.tameside.gov.uk/fostering/private](http://www.tameside.gov.uk/fostering/private)





### Useful Contacts

#### Children's Social Work Teams

0161 342 4101/4477  
0161 342 2222 (out of hours)

#### Police

999 or 101

#### GM Police PPIU (Public Protection Unit)

0161 856 9314

#### NSPCC

0808 800 5000

# Safeguarding

## Protecting our children

Very few adults harm children deliberately and most often, when harm does happen, families need support, not punishment or the removal of their children. Tameside 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 Tameside Police Family Crime Investigation Unit will work with Social Workers to help protect children and decide whether an offence has been committed.

Speak out and consider how you would feel if it was your child. Discuss your concerns in confidence with Children's Services or the Police. Tameside Council also offer support and information.

When we suspect, witness or are told of a child that is being harmed, action should be taken to stop things getting worse. Even if you think an incident is just a one-off, your information could be very important. Long-term abuse can have a negative effect on a child for the rest of their lives.

## Abuse at home

When we suspect abuse of a child in our own home, we can react in many different ways. We may feel guilt, anger, disbelief or denial.

Some of these reactions can prevent help getting to a child who needs it. You may not tell others because you fear that the children will be at further risk of harm. You may love the person who is causing the harm and not want to believe what is happening. You need to put your child's safety first.



### If someone you know is having difficulties, you could offer the following:

- A listening ear.
- Ideas to cope with problems.
- Encouragement to get help.
- Practical support (e.g. babysitting).

If the family is unable to cope and they do nothing to get help you need to report it.





**Stop**  
**X** Always place your baby to sleep in the feet to foot position.

**Think**  
**?** Babies aren't good at keeping their temperature constant, so make sure they don't get too hot or too cold.

**Do**  
**✓** Keep your baby's cot in your room for the first six months. Keep the room temperature at about 18°C.

# Safer Sleeping

The safest place for your baby to sleep is on their back in a cot in your room for the first six months and after that, your baby can be in their own room. To prevent wiggling down under the covers, always place your baby in the feet to foot position (with their feet at the end of the cot). Keep the baby's head uncovered and bedclothes should be firmly tucked in and no higher than their shoulders.

Babies can overheat, so try to keep the room at a temperature that is comfortable for you, about 18°C (65°F) is ideal. Do not use duvets, quilts, baby nests, wedges, bedding rolls or pillows. Use sheets and lightweight blankets instead. Babies should never sleep with hot water bottles, electric blankets, next to a radiator, heater or fire or in direct sunshine. Visit [www.fsid.org.uk](http://www.fsid.org.uk) for more information.

If you are worried, contact NHS Direct or a doctor.

The safest place for your baby to sleep is in a cot. If your baby sleeps with you:

- You might roll over in your sleep and suffocate your baby.
- Your baby could get caught between the wall and your bed.
- Your baby could roll on to the floor and be injured.
- Co-sleeping on the sofa or chair is just as dangerous as co-sleeping in a bed.

If you sleep with your baby the risk of your baby dying unexpectedly is increased if you or your partner:

- Are very tired.
- Have recently drunk alcohol.
- Have taken medication or drugs that make you sleep more heavily.
- Are smokers (no matter where or when you smoke and even if you never smoke in bed).

Or

- If your baby was premature (born before 37 weeks) or was low birth weight (less than 21/2kg or 51/2lb)



## Why is it unsafe to sleep with my baby?

Falling asleep with your baby if you are tired or under the influence of alcohol, drugs or medication significantly increases the risk of your baby dying. It's lovely to have your baby with you for a cuddle or a feed, but it's safest to put your baby back in their cot before you go to sleep.





# Sleeping Difficulties

Newborn babies sleep for up to 16 hours a day, and at first they will wake every two or three hours to feed.

At about six weeks you should try introducing a bedtime routine for your baby. Try to do the same things every night, as getting into a rhythm will make your baby feel relaxed and secure. After about four months babies should start sleeping for longer periods, and by about six to eight months, your baby can probably manage without a night feed and may sleep for six to eight hours without waking.

When you put your baby to bed, put pyjamas and a fresh nappy on them and place them into bed on their back. You may also like to sing them a lullaby or read them a bedtime story.

## Useful contacts

### Family Lives

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.home-start.org.uk](http://www.home-start.org.uk)

### Health Clinic

0161 304 5300

### Homestart

0161 339 9747



## Tips to encourage sleeping

- Develop a consistent bedtime routine from an early age.
- Create a calm and relaxed place to sleep.
- Reduce stimulation - if necessary remove toys that may get them excited rather than signal time to sleep. Read a bedtime story.
- Make sure that your baby's room is neither too hot nor too cold (recommended room temperature is 16-20°C or 61-68°F).





# Smacking

It is important that children learn how to behave. Parents have a very important job as role models for their children in helping them to learn how to do this.

Setting limits early on and explaining reasons for these limits helps to instill self-discipline.

Smacking has no long-lasting positive effect and in fact smacking usually has to increase in severity in order to have the same impact on your growing child. This is where the fine line between smacking and hitting can be crossed. Smacking does not teach self-discipline and may teach your child to hurt others.

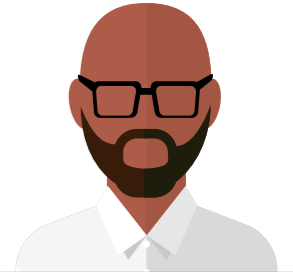
Every parent gets frustrated at times and it is at these times that a parent may smack in the heat of the moment. However this is an outlet for the parent's frustration, rather than a helpful way of influencing the child's behaviour. Try to use different ways to teach acceptable behaviour. Praise them when they are good and try to distract them from misbehaving.

## Is it legal?

It is unlawful for a parent or carer to smack their child, except where this amounts to 'reasonable punishment' regardless of any individual, cultural or religious justification.

There is a grey area in the Law as to whether a 'smack' amounts to reasonable punishment. However, physical punishment will be considered 'unreasonable' if it leaves a mark on the child or if the child is hit with an implement such as a cane or a belt\*. As a result, child protection professionals will assess incidents of physical ill-treatment of children, in order that they can understand, prevent and explain the consequences of further incidents to parents.

\*Source: [www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)



## How to avoid smacking

- Try not to let a situation get so bad that you feel you need to smack your child.
- Set limits early on.
- Explain why you may be unhappy with their unacceptable behaviour and praise their good behaviour.
- If you feel so angry you are out of control take time out and walk away.
- Try to take a break, all parents get frustrated sometimes.





# Stress and Anxiety

Children of all ages can get stressed and anxious. They can feel stressed for many reasons but the most common reasons are parental divorce, exam pressure and being bullied or abused. Be careful what you say, even when you don't think your child is listening to you. Children overhear parents talking about money worries or problems they are having at work and they start to feel anxious about these things themselves and take on worries beyond their years.

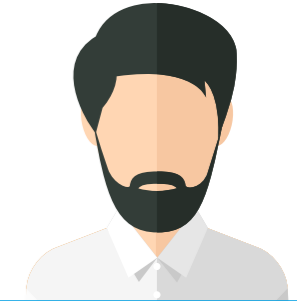
Many children and young people feel under pressure to do things they are not happy about because of peer pressure. This might mean wearing certain clothes or shopping in the right places. On a more serious level, this might mean being absent from school, trying alcohol or drugs, shoplifting or going further with a boyfriend or girlfriend than they feel ready to. Let them know you are there for them and that they can talk to you if they are worried. Mental health issues can affect children. If you have concerns speak out. Contact your child school, and they will be able to help.

## Relieving stress

There are lots of ways you can help your child overcome or cope with stress and anxiety:

- Talk to your child about what is causing their stress.
- Tell them it is normal to feel stressed now and again.
- Help them learn to relax and cope better when they're upset.
- Do not put extra pressure on your child by expecting too much from them.
- If their anxiety goes on for longer than a month, let them know you will support them in getting help.

Children in Greater Manchester have access to online qualified counselors at <https://www.kooth.com/>



## Signs of stress

It is important that you know and recognise the signs of stress. This way you can support your child and get extra help if you need to.

### Signs can include:

Mood swings.  
Being unable to sleep.  
Trouble concentrating on schoolwork.  
Sudden stomach aches or headaches and wanting to stay away from school.  
Overreacting and being emotional.

**Useful Contacts:** <https://www.tamesideandglossopccg.org/mentalhealthsupport/children>





# Teenage pregnancy and STIs



## If she's pregnant

If you think your daughter may be pregnant, or if she has told you that she is, make sure she visits her doctor or a local Sexual Health Service to get the pregnancy confirmed and to access the support available.

Talk to her about the choices she has and how these choices will affect the rest of her life.

We cannot protect children from the society we live in. Sex is everywhere around us and children and young people will learn about sex whether you want them to or not. They will also learn about sex from each other and information that gets passed-on in the playground is not always accurate. The result can be confusing messages that leave them exposed to risky situations, Sexually Transmitted Infections (STIs) and pregnancy.

You have an important role to play in making sure your child has the right information to cope with these pressures, to make positive choices about their relationships and to stay safe. Try to introduce information gradually to your child which you can build on as they mature rather than a one-off talk. You might feel concerned that by discussing sex and relationships, particularly at an early age, you will encourage them to have sex early. However, research has proved that the opposite is true.

## Contraception

Make sure your teenager has access to information and support around condoms and contraception. They have an equal responsibility whether they are a boy or a girl. You may not agree with your teenager having sex at all but it is better they have all the knowledge they need and have protected sex.

## Useful contacts

**Tameside Young People's Sexual Health Clinic**  
<https://www.tameside.gov.uk/health/sexualhealth>

**Brook Advisory**  
0808 802 1234 [www.brook.org.uk](http://www.brook.org.uk)

**Tameside Sexual Health Clinic**  
<https://www.thenorthernsexualhealth.co.uk/Our-clinics>





**Useful Contacts**

[www.direct.gov.uk](http://www.direct.gov.uk)

**Ask Brook**  
0808 802 1234  
[www.brook.org.uk](http://www.brook.org.uk)

**Parentline Plus**  
0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Health Clinic**  
0161 304 5300

**Family Nurse Partnership  
Tameside**  
0161 342 7830

### Getting support

There are organisations that help support teenage parents. They can advise on parenting skills, eating well (and feeding your baby well), benefit assistance, and returning to education, training or work.

There is also advice and help with childcare and travel costs for young parents going back to education. You may want to look after your grandchild when your teenager returns to school, college or work. If you want to be paid for this you may need to be registered as a childminder. Supporting your child as a teenage parent will help them to become good parents themselves.

# Young Parents

## Getting the support they need

*“It has taken a while for me to accept my teenager is a parent herself, but I’m helping her be the best mum she can.”*

### Warning signs

Your teenager may be finding it hard to cope if she seems very tearful, finds looking after the baby hard, shows little interest in the baby or seems too protective and is not eating or sleeping well.

### Action

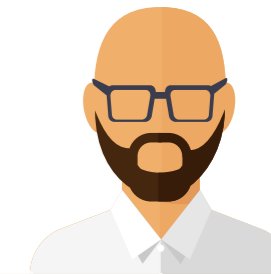
Your teenager needs to learn to look after the baby, but help when you can and ensure your teenager is eating well and sleeping while the baby sleeps. Local organisations can offer support and advice to teenage parents. Advice can also be given on returning to education, training or work.

### What to say

Offer support and encouragement when you can and let your teenager know that you will give advice when asked. Avoid telling them that they are doing things wrong, but try to suggest different ways of doing things if you need to. Your teenager may be happier to get advice from friends rather than you.

The majority of young parents stay at home with their own parents after the birth of their child. If your daughter is living at home with you, she will need your support but may also want to look after her child in her own way. This means being there for her, but knowing when to let her make her own decisions. Even if you do not agree with them, (unless they are putting the baby’s life at risk), it’s important she tries things out for herself. Give the baby’s father the opportunity to get involved too. If your son has become a father, encourage him to see his child as much as possible and to be a part of the child’s life. Even if the parents are no longer a couple, help them to make decisions together about their baby.

It may be some time before your teenager returns to school or college. They will be missing their friends, going out and even their schoolwork. Offer to look after the baby while they see their friends or find out about returning to school. Think about taking some childminding or parenting courses, as things have probably changed since your child was a baby.



### Prevention

The more support your teenager has during pregnancy, the more likely they are to be able to cope once the baby is born. Ask about local support groups and encourage meeting other teenage parents.

- Help your teen to be a good parent
- Find out what benefits your teenager may be entitled to
- Give support - but let your teen try things their way
- Involve teenage dads as much as possible

You may still be getting used to the idea that your child is now a parent, but encourage them to care well for their baby and give him or her good future.





### Mood swings

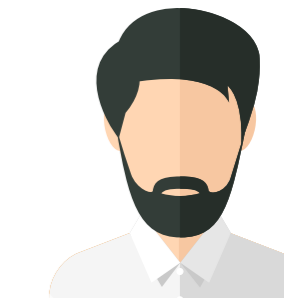
It's true that teenagers are especially prone to mood swings. This is often put down to the surge of hormones produced at the start of and during puberty, but there might be other reasons too. Their appearance is changing so they may feel more self-conscious than usual, be feeling under pressure at school or worrying about friendships. Therefore it can be perfectly normal to feel happy one minute, and depressed, angry or frustrated the next. Mood swings usually stabilise as they head towards their late teenage years, but if you are worried contact your Doctor.

# Temper tantrums and mood swings

Tantrums may start around 18 months and become less common at four. However, tantrums may later be replaced by mood swings once your child reaches puberty. It's not all bad news, it's just part of growing up and will pass.

Toddler tantrums often happen when a child is not able to express themselves as much as they want to and their frustration may come out as a tantrum. Tantrums are especially likely to happen if a child is tired, hungry or uncomfortable. They often happen in busy, public places, which can be highly embarrassing and add to the parents' stress.

Mood swings during puberty normally pass with growing age and confidence, but can often be difficult to live with at the time. Hormones and changes in physical appearance are often to blame and they may go from being happy one minute to angry and depressed the next.



### Toddler tantrums

Keep calm and consider whether your child needs food or rest. Give your child attention and if possible, find a quiet place or some way of distracting their attention. Don't give in, but do try to understand your child's feelings. Praise your child for calming down afterwards.



### Stop

My ten year old has become moody, rude and seems depressed.



### Think

They are probably going through the onset of puberty.



### Do

Talk to them about how they feel. Help them understand the changes their body is going through.





**Useful Contacts:** [www.youngcarers.net](http://www.youngcarers.net) [youngcarers@carers.org](mailto:youngcarers@carers.org) | [www.tameside.gov.uk/carers/young](http://www.tameside.gov.uk/carers/young)

# Young Carers

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

If your child has any caring role, for yourself or another member of their family, it is most important that they do not suffer because of their caring role. It can be difficult for a child to take on the responsibilities of an adult and find themselves supporting a parent as well as younger brothers or sisters.

They can be so busy looking after others that they forget to look after themselves and their health, schoolwork and friendships may suffer. You don't have to cope alone, there are organisations that can help you and your child get the support and advice you both need.



## Extra support

Sometimes caring for others can have a bad effect on a child carer's education and health. We can give extra support to young carers. This may include special breaks and extra support services for particular needs. Your child may just need to be able to step away from their responsibilities from time to time and meet with other young carers like them. Let them know they are not alone.



### Stop

Your child is missing school, feeling tired all the time and acting unusually.



### Think

They may be finding their caring role difficult to cope with. Are they doing too much?



### Do

Find out about support available. Tell the relevant authorities. Talk about relieving their pressure.





# The Youth Offending Team

The Youth Offending Team's aim is to prevent children and young people offending.

It is made up of people from several different agencies in Tameside, who work with young offenders 10-17 and their families from the borough.

Together the staff can look into the needs of a young person, giving advice and support to stop them committing crime in the future.

Youth Offending Team **0161 342 7680**.

**X Stop**

My son keeps getting into trouble at school.

**? Think**

Could he be mixing with the wrong crowd?

**✓ Do**

Keep an open relationship and talk to your teenager to find out what is going on in their lives.





**What do you know about Mental Health**  
Take the Time to Change Quiz  
<http://www.time-to-change.org.uk/mental-health-quiz>

**5 Ways to Wellbeing**  
<https://www.tameside.gov.uk/SocialCareServices/Mental-Health-and-Emotional-Wellbeing>

# Emotional Wellbeing and Mental Health

There is often a lot of confusion about what we mean when we talk about mental health. Many people immediately start thinking about mental health problems or mental illness – but this is only one part of the picture. Everyone has ‘mental health’ and this can be thought of in terms of:

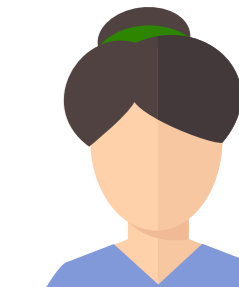
- How we feel about ourselves and the people around us.
- Our ability to make and keep friends and relationships.
- Our ability to learn from others and to develop emotionally.

Being mentally healthy is also about having the strength to overcome the difficulties and challenges we can all face at times in our lives – to have confidence and self-esteem, to be able to take decisions and to believe in ourselves.

Having said that, it’s also important to understand when you might need to get some help or support with how you are feeling – or to know when perhaps you may be experiencing a more serious problem.

It is quite normal to sometimes feel worried, anxious or upset when things don’t go as you hope – everyone faces pressure in their lives at certain times and these can include:

- Exams.
- Work and getting a job.
- Growing up and becoming more independent from your family.
- Making up (and breaking up) with friends.



**Services that can offer Support**

You can find out more about mental health support and services in Tameside via the Tameside and Glossop Clinical Commissioning Group website

For children and young people please go to: <https://www.tamesideandglossopccg.org/mentalhealthsupport/children>

For adults and older people please go to: <https://www.tamesideandglossopccg.org/local-services/mental-health>



# Useful Contacts

## Local contacts

### Coming Out

LGBT Young People's Group 'Out Loud'  
0161 336 6615  
[www.tameside.gov.uk/youthservices](http://www.tameside.gov.uk/youthservices)

### Don't Shake the Baby

**Health Clinic**  
0161 304 5300

### Children's Social Work Teams

0161 342 4186/4199

### Homestart

0161 339 9747

### Parenting Support

0161 368 7722  
[www.tameside.gov.uk/sid/parenting](http://www.tameside.gov.uk/sid/parenting)

### Teenage Parent

**Health Clinic**  
0161 304 5300

### Greater Manchester Police

0161 872 5050 (Non-emergency number)  
[www.gmp.police.uk](http://www.gmp.police.uk)

### Tameside Families Information Service

0161 342 4260  
[fis@tameside.gov.uk](mailto:fis@tameside.gov.uk)

### Tameside MBC

0161 342 8355  
[www.tameside.gov.uk](http://www.tameside.gov.uk)

**SENDIASS** (Special Educational Needs Disability Information, Advice and Support Service)  
0161 342 3383

### Tameside Safeguarding Children Partnership (TSCP)

0161 342 4348  
[www.tamesidesafeguardingchildren.org.uk](http://www.tamesidesafeguardingchildren.org.uk)

### Child and Family Therapy Service

0161 716 3600

### Children's Social Work Team

0161 342 4186/4199/4222  
0161 342 2222 (out of hours)

### Health Visiting, School Health and other Health Services for Children Young People and their Families

Contact your local Health Clinic  
0161 304 5300 or visit  
[www.tamesideandglossop.nhs.uk](http://www.tamesideandglossop.nhs.uk)

### Youth Offending Team

0161 342 7680

### Sleeping Difficulties

**Health Clinic**  
0161 304 5300

### Homestart

0161 339 9747

### Dad's Matter

**Health Clinic**  
0161 304 5300

### Family Information Service

0161 342 5434  
[www.tameside-sid.org.uk](http://www.tameside-sid.org.uk)

### Young Carers

[parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)  
[www.tameside.gov.uk/carers/young](http://www.tameside.gov.uk/carers/young)

### Private Fostering

0161 338 5671  
[www.tameside.gov.uk/fostering/private](http://www.tameside.gov.uk/fostering/private)

## National contacts

### Alateen Al-Anon (for young people)

020 7403 0888  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

### Advisory Centre for Education (ACE)

0808 800 5793  
[www.ace-ed.org.uk](http://www.ace-ed.org.uk)

### Beating Eating Disorders

0845 634 1414  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

### British Association for Adoption & Fostering

020 7421 2600  
[www.baaf.org.uk](http://www.baaf.org.uk)

### Brook

0808 802 1234  
[www.brook.org.uk](http://www.brook.org.uk)

### Child Accident Prevention Trust (CAPT)

020 7608 3828  
[www.capt.org.uk](http://www.capt.org.uk)

### Child Exploitation & Online Protection

(CEOP) Centre  
0870 000 3344  
[www.ceop.police.uk](http://www.ceop.police.uk)

### Contact a Family

0808 808 3555  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

### Cruse Bereavement Care

0844 477 9400  
[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

### Family Rights Group

0808 801 0366  
[www.frg.org.uk](http://www.frg.org.uk)

### Family Lives

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

### FRANK (24hrs)

0800 77 66 00  
[www.talktofrank.com](http://www.talktofrank.com)

### Gingerbread

0808 802 0925 (Single parent helpline)  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

### Kidscape

08451 205 204  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

### National Domestic Violence Helpline

0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
<http://refuge.org.uk>

### NHS Direct

0845 4647  
<https://digital.nhs.uk/services/nhs-111-online>

### NSPCC

0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Ofsted

0300 123 1231  
[www.ofsted.gov.uk](http://www.ofsted.gov.uk)

### The Samaritans

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

### YoungMinds

0808 802 5544  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

### Teenage Parent

### Parentline Plus

0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)



# Useful Contacts

## **Parentline Plus**

0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

## **Coming Out**

[www.lgbtyouthnorthwest.org.uk](http://www.lgbtyouthnorthwest.org.uk)

## **Sleeping Difficulties**

## **Family Lives**

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)  
[www.home-start.org.uk](http://www.home-start.org.uk)

## **Dad's Matter**

[www.dad.info](http://www.dad.info)

## **Young Carers**

[youngcarers@carers.org](mailto:youngcarers@carers.org)  
[www.youngcarers.net](http://www.youngcarers.net)

## **Don't Shake the Baby**

## **Family Lives**

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

[www.home-start.org.uk](http://www.home-start.org.uk)

## **Private Fostering**

[www.privatefostering.org.uk](http://www.privatefostering.org.uk)

## **Weblinks**

[www.dad.info](http://www.dad.info)

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.education.gov.uk](http://www.education.gov.uk)

[www.itsnotyourfault.org](http://www.itsnotyourfault.org)

[www.justice.gov.uk](http://www.justice.gov.uk)

[www.netmums.org.uk](http://www.netmums.org.uk)

[www.ncma.org.uk](http://www.ncma.org.uk)

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Every effort has been made to keep the information up-to-date and accurate. However, we cannot guarantee that inaccuracies will not occur. We will not be held responsible for any loss, damage or inconvenience caused as a result of reliance on such information.

[www.tamesidesafeguardingchildren.org.uk/parenting](http://www.tamesidesafeguardingchildren.org.uk/parenting)

Tameside Safeguarding Children Partnership: The Hub, Stockport Road, Hattersley, Hyde, Tameside, SK14 6AF  
0161 342 4348 [www.tamesidesafeguardingchildren.org.uk](http://www.tamesidesafeguardingchildren.org.uk)