

# PARENTING SUPPORT SIGNPOSTING

## GENERAL SUPPORT

- Family Lives – Free helpline, live chat and parenting advice.
- Home-Start UK – Practical and emotional support for families with young children.

## PERINATAL & POSTNATAL MENTAL HEALTH

- PANDAS Foundation – Support for postnatal depression, anxiety and related difficulties.
- Maternal Mental Health Alliance – Directory of specialist perinatal services.

## BREASTFEEDING & INFANT FEEDING

- National Breastfeeding Helpline – 0300 100 0212 (24/7).
- La Leche League GB – Free support and local groups.
- Association of Breastfeeding Mothers – Helpline and peer support.

## WEANING & BABY-LED WEANING (BLW) APPS

- BLW Meals App – English-based recipes and guidance.
- MadeForMums Weaning App – Free UK-based app with practical advice.

## CHILD & TEEN MENTAL HEALTH

- NSPCC – advice, support and guidance to parents who are worried about a child's safety, behaviour or wellbeing, including help in safeguarding and responding to concerns.
- YoungMinds Parents Helpline – Support for parents concerned about their child's mental health.
- Family Lives – Support for behaviour, relationships and emotional wellbeing.

## EVIDENCE BASED INSTAGRAM PARENTING ACCOUNTS

- @dr.martha.psychologist
- @\_drboyd
- @doctorshefali

## EVIDENCE BASED PARENTING BOOKS

- Positive Discipline: The Classic Guide to Helping Children. By Jane Nelsen
- Understanding Your Child's Brain. By Alvaro Bilbao
- Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason. By Alfie Kohn
- Your Competent Child: Toward A New Paradigm In Parenting And Education. By Jesper Juul

## DAD SUPPORT

- Dad Matters - Support for dads in the perinatal period, with a focus on bonding, mental health, supporting partners, and accessing services. It is especially relevant for new and expectant fathers.
- ANDYSMANCLUB - Free peer-to-peer face-to-face support groups for men aged 18+ across the UK. Good for dads struggling with low mood, stress, isolation, or wanting a non-judgemental space to talk.
- DadPad - A free app developed with NHS teams to support new dads and dads-to-be with practical baby care, confidence, mental health awareness, and supporting their partner.
- Dads Matter - Offers information and support for dads, with a particular focus on fathers facing separation and wanting to prioritise their child's wellbeing.

## NEURODIVERGENCE & SEND SUPPORT

### FOR NEURODIVERGENT CHILDREN:

- National Autistic Society - Information, support and local services.
- ADHD UK - Peer support and guidance on ADHD.
- Contact - Support for families with disabled children.

### FOR NEURODIVERGENT PARENTS:

- National Autistic Society - Support, information and helplines for autistic adults (including parents), plus local groups.
- ADHD UK - Peer support groups, resources, and guidance for adults with ADHD.

## SUPPORT FOR SINGLE PARENTS

- Gingerbread - Community, advice and support for single parents.
- SingleParents.org.uk - Financial, emotional and practical support.

## PREGNANCY LOSS & BABY LOSS

- Sands - Support for stillbirth and neonatal death.
- Miscarriage Association - Support and information.
- Tommy's - Pregnancy and baby loss support.

## PRACTICAL & FINANCIAL SUPPORT

- Citizens Advice - Benefits, housing and legal advice. 2
- Turn2us - Financial support and grants.

## CRISIS & URGENT SUPPORT

- Samaritans - 116 123 (24/7 emotional support).
- Shout - Text 85258 (free crisis text support).
- NHS 111 - Urgent mental health support.
- Talking Therapies (look for your area) Referrals are faster if you have a child under 1.
- In an emergency, call 999 or go to A&E.

## **DOMESTIC ABUSE / COERCIVE CONTROL / REFUGE ACCESS**

- National Domestic Abuse Helpline (Refuge) – free, confidential 24/7 support for women experiencing domestic abuse, including help finding refuge and other support services.
- Women’s Aid – information, support, and access to local domestic abuse services across England, plus practical guidance for survivors and families.
- Rights of Women – free legal advice for women on family law, immigration/asylum, criminal law, and sexual harassment at work. This is especially useful where abuse overlaps with separation, child contact, housing, or immigration concerns.
- Victim Support – free, confidential support for victims of crime and abuse, whether or not the abuse has been reported to the police.

**PARENTING CAN FEEL OVERWHELMING AT TIMES, AND YOU’RE NOT EXPECTED TO HAVE ALL THE ANSWERS. REACHING OUT FOR SUPPORT IS NOT A SIGN OF FAILURE—IT’S A SIGN OF CARE, STRENGTH AND LOVE FOR YOUR CHILD AND YOURSELF.**

**YOU DON’T HAVE TO DO THIS ON YOUR OWN. EVEN SMALL STEPS TOWARDS SUPPORT CAN MAKE A BIG DIFFERENCE.**

