

Lincolnshire Parenting Handbook

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please contact us at the address shown in the bottom box.

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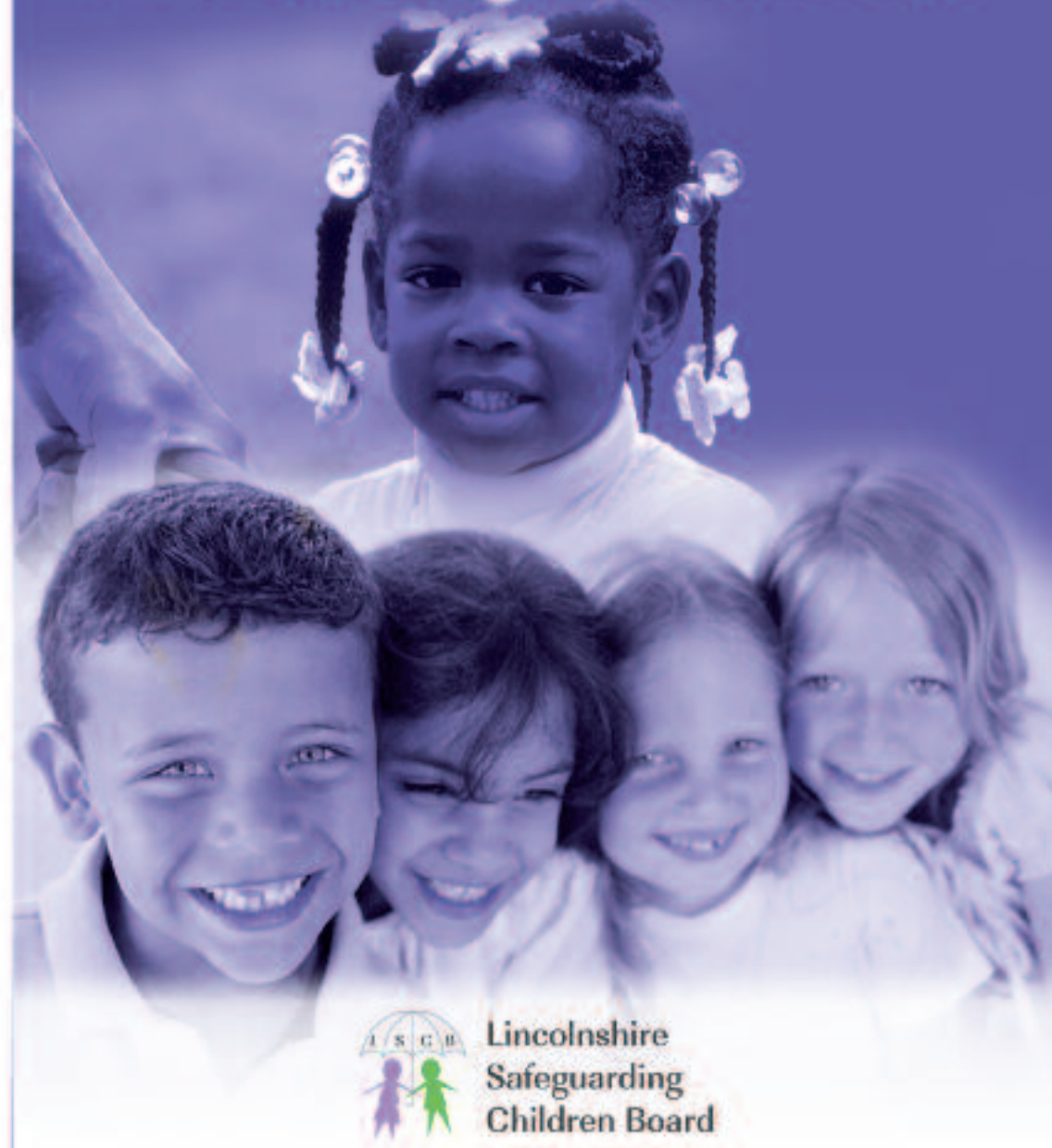
Turkish Kendi dilinizde daha fazla bilgi almak isterseniz lütfen
aşağıdaki kutudaki adresi kullanarak bizimle irtibat kurun

Lincolnshire Safeguarding Children's Board
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This booklet was given to you by

who can be contacted on

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Introduction

Welcome to Lincolnshire's Parenting Handbook.

Your job as a parent is one of the most difficult there is - it can be both challenging and rewarding. It is a job where very little training is given to prepare parents for what lies ahead.

Patterns of family life vary and there is no one, perfect way to bring up children. Good parenting involves caring for children's basic needs, keeping them safe, showing them warmth and love and providing the stimulation needed for their development. Helping them achieve their potential, within a stable environment where they experience consistent guidance and boundaries. Parenting can be challenging. Parents themselves require and deserve support. Asking for help should be seen as a sign of responsibility rather than as a parenting failure.

When things go wrong it does not mean that someone has failed - things go wrong for everyone. It is often the way difficulties are handled that can make a difference to your children, both now and in the future.

There is no such thing as the perfect parent. However, there are some ways that you can make it a less stressful and more rewarding experience.

What is the handbook about?

We want to help you ensure that all children in Lincolnshire are healthy, happy, safe, achieve their best and become responsible citizens. It is hoped this handbook can offer some ideas and information to help you find your way through what can be a maze of issues and advice. It gives contacts and further information you can follow up when you are deciding how to deal with your worries and difficulties. This handbook also lists some of the warning signs of particular difficulties and offers helpful tips.

I hope you find this handbook helpful.

Peter Duxbury
Director of Children's Services
Chair of Lincolnshire Safeguarding Children Board

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Positive parenting & self-esteem

“ My mum is great - she always makes time to talk to me even when she is really busy.”

- 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 and your family both enjoy - have fun!

Make them feel great!

Positive 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 bad 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 way. 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.

Children 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 brush their teeth 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. Make them feel great!



WARNING SIGNS

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.



ACTION

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



WHAT TO SAY

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.



PREVENTION

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.



CONTACTS

- Children's Services 01522 782111
- YoungMinds Parents Information Service 0800 018 2138
- Parentline Plus 0808 800 2222
- Your Doctor, School Nurse or Health Visitor
- Beating Eating Disorders Association 0845 634 1414

WEBLINKS • www.bbc.co.uk • www.b-eat.co.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB



Bullying

“ It happens most days. They call me smelly and fat. They made me give them money again yesterday. They’re in the same class and they’re always laughing at me. They said if I tell it will be ten times worse. Sometimes I don’t go to school... I can’t stand it anymore.”

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

The real story

Bullying is a frightening experience. It can isolate and damage a young persons self-confidence. Some ongoing bullying can have negative long-term effects on children, leading to depression and even suicidal thoughts and actions.

School days are a time when the influence of other children is very important and fitting in is seen as essential. 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 mean ridicule and bullying (often copied from parents) and this ensures that prejudice will continue into the next generation. It is crucial to be alert to the possibility of bullying and make sure you know the telltale signs.

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.

Bullies who continually harm other children need support and help as well. They may have experienced difficulties of their own at home, which may have led to their actions. Reporting concerns may help them to get help as well.

- Bullying can happen anywhere but most commonly it happens in school.
- Bullying can take many forms, from verbal abuse to physical attack.
- 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. Get them to write everything down - put dates and places. It is easier to tell people what is happening if you've got all the information.

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 get support from Children's Services.



WARNING SIGNS

Running away, non-attendance at school, other learning and behavioural difficulties for no obvious reason. Your child has injuries with no feasible explanation for them.



ACTION

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.



WHAT TO SAY

Refuse to put up with bullying. Walk away, tell an adult or friend and avoid fighting. Parents - listen to your child, reassure and be there for them. Encourage your child to feel good about themselves and to understand that we are all different but equal.



PREVENTION

Talk to your child about their school day. Teach your child to respect others from a young age. Teach your child that prejudice bullying is unacceptable.



CONTACTS

- School Nurse or Headteacher
- Lincolnshire Police 01522 532222 or 999 in an emergency
- Kidscape 08451 205 204
- Bully Busters 0800 169 6928
- NSPCC 0808 800 5000
- ChildLine 0800 1111

WEBLINKS • www.kidscape.org.uk • www.nspcc.org.uk • www.childline.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Children from abroad

“ Jalil is my cousin's daughter. My cousin was killed, so Jalil travelled with me to the UK. She is only six, but she has already suffered so much. It is up to me to make sure she never suffers again. I am grateful there are so many good people here to help us.”



WARNING SIGNS

The needs of children from abroad can often be overlooked. They find it hard to express what it is they need. Sometimes they don't even know. A child from abroad may be particularly at risk from health and welfare problems.



ACTION

Ensure contact is made with the child's own community and that their needs are being met. As a carer you have a responsibility to do everything you can to get the help they need.



WHAT TO SAY

Make sure you tell Social Workers, Doctors, Education Staff and Care Officials everything you can about the child. Ask for help if there's anything you don't understand.



PREVENTION

Painful or traumatic experiences can damage a child for life. Health and education experts can work with you to heal any damage. Use the help that is on offer as soon as you can, to give the child you care for the best new start.



CONTACTS

- Your Doctor, School Nurse or Health Visitor
- Children's Services 01522 782111
- NSPCC 0800 800 5000

- Children from abroad are children first
- Unaccompanied children from abroad, or those accompanied by someone who is not their parent are particularly vulnerable
- If you care for a child from abroad, you can get assistance to ensure that your child receives adequate health and education provision
- You must speak up for your child. Help services for children in Lincolnshire understand your child's needs

Wherever they come from, children come first

Here I am!

Large numbers of children arrive in this country from overseas every day. Many are asylum seekers or refugees, escaping from danger in their home countries. They may be with their parents, with a relative or friend, or they may be alone. Whatever their circumstances, Lincolnshire is ready to care for them. Teams of Social Workers, Health Workers, Teachers and Carers are all ready to offer a whole host of services to welcome them to our county. But help can only be given if the child can be seen. If you are caring for a child from abroad, your first duty is to make sure that Children's Services know all about your child. Whatever your status, or the status of the child's parents - the child comes first.

The right start

To offer the best start for your child, the caring professionals in Lincolnshire need to get to know all about them. People working with children will be interested in their background, their experiences, their family and any special needs they may have. Local Doctors welcome all children from abroad into the UK's free National Health Service and will be happy to arrange a health check for them. Specialist staff in education are trained to provide for children like yours. They will

search for the best school for your child and work with you, the teachers and other care staff to help them make new friends and begin an enjoyable learning experience. Naturally, in all their work, caring professionals will aim to understand cultural preferences and eliminate language barriers, to make you and your child feel confident and settled as soon as possible.

Helping children to heal

Many children who arrive in the UK are unhappy. Leaving your home and your family on a difficult journey can be very upsetting. Some children may be escaping from war or extreme violence and may have experienced terrible things. You may not even be aware of these things, but the caring professionals in Lincolnshire will do all they can to help the child you care for to deal with their unhappiness and find a way to heal any pain they may have inside.

Get in touch

If you are responsible for a child from abroad who is not receiving the kind of care outlined above, or you feel that you or they need more help, you should get in touch immediately with one of the contacts on the page opposite. All children are special, but some of them need extra special care.

WEBLINKS • www.nspcc.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Children left alone

“ When mum goes out, I lock the door from the inside and she calls in the letterbox to say goodbye. I leave the lights on in case anyone tries to get in. She usually comes home in the night when I am asleep.”

- Never leave a young child alone
- Children under 13 years should not be left alone
- Leaving a child alone, is big a responsibility for them to deal with
- Children may not be ready for this amount of responsibility
- Leaving a child alone may place them at risk
- It can be a lonely and frightening experience
- Plan who you could contact for emergency care

Common sense and the law

If a child is not ready to be left alone they can feel sad, lonely, frightened and it can be dangerous. There are many possible risks, both physical and emotional, which could affect your child in a bad way.

Also it is not possible to rely on a child to let you know how much care they need. They may say that they do not mind being left and may find it fun at first, but they cannot fully know the possible risks and how to handle them.

Even ordinary things that happen in life, such as hunger, a storm, the phone ringing or someone coming to the front door can cause problems. An accident, feeling ill or a power cut may occur and these are not things that a child would know how to deal with.

It is never possible to leave your child and assume that someone will look out for them unless you have already spoken to a trusted friend or neighbour and asked them to keep an eye out.

If they are alerted, the Police or Children's Services may take action if they think that a child has been neglected by being left alone. Neglect happens when a parent or carer does not meet children's basic needs of food, shelter, security, attention or protection from danger.

The NSPCC have issued guidelines advising that children under the age of 13 should not be left alone. While this is not the law, it is suggested as good practice. Children under this age cannot manage the responsibility of being left alone and this may be particularly so, if they have a disability.

As a young person grows older, leaving them alone after school, for an evening or during the day is less worrying as long as they are prepared and know what to do if they are worried or need anything. So preparation for this is vital. If your child is 13 or over and you feel he or she has the understanding to deal with this, it is important that they know where you are and who to contact in an emergency.



WARNING SIGNS

Parents who have little support. A child who is often seen outside and all alone for long periods of time. Childcare arrangements that keep going wrong.



ACTION

If there is immediate risk of harm to a child, call the police or Children's Services.



WHAT TO SAY

If you are worried about a child being left alone, talk to the parent, or one of the professionals listed or a Health Visitor, Teacher or a Social Worker.



PREVENTION

Think about shared babysitting and chat to neighbours, friends or other parents. Find out about After School Clubs and Holiday Play Schemes.



CONTACTS

- Health Visitor
- Children's Information Service 0800 195 1635
- Children's Services 01522 782111
- NSPCC 0808 800 5000
- One Parent Families 0800 018 5026

WEBLINKS • www.nspcc.org.uk • www.oneparentfamilies.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Depression & mental ill health

“ At first I thought she was just being a moody teenager. But as time went on I realised something was really wrong.”



WARNING SIGNS

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.



ACTION

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.



WHAT TO SAY

Listen to and talk to the young person. 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.



PREVENTION

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.



CONTACTS

- Doctor
- YoungMinds Parents Information Service 0800 018 2138
- Parentline Plus 0808 800 2222
- NHS Direct 0845 4647
- ChildLine 0800 1111

- Many things can set off mental ill health
- Your child/teenager needs you to listen
- Get professional help

Dealing with the uncertainties of life

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.

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.

Depression can be started by a number of things, such as: parents divorcing or separating; feeling ignored and unloved; not being listened to; losing friends; changing school or moving home; worries about their looks; sexuality; health; exams or abuse.

What may seem like small problems or worries to an older person can seem like a much bigger problem to a young person. Boys are more likely to get depressed than girls and suffer from serious mental ill health.

What are the signs?

While young people can sometimes seem unhappy 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;

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. 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 carrying out crimes such as shoplifting, or self-harming.

How to help

If the young person is suffering from depression they need help. Don't ignore their worries and take any talk of suicide seriously. You need to listen, try to understand what they are going through and get professional help if you need to.

Get them to talk about their worries. If they don't feel they can talk to you, there are a number of helplines they can contact. 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). The Doctor can discuss ways to help, often a referral to a trained therapist or counsellor.

WEBLINKS • www.youngminds.org.uk • www.parentlineplus.org.uk • www.nhsdirect.nhs.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Disabled children

“ 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. ”

- Your child is protected by the Disability Discrimination Act
- Your local Children's Services, The Government, your local Council 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

You're not alone

If your child has a disability the future may seem like a daunting struggle, not just for them but for you too, remember that you're not alone. The government, and local Children's Services, local Councils, Health trusts and local voluntary organisations provide a wide range of benefits, facilities, support and advice for disabled children and their carers.

Reduction, Disability Living Allowance, Invalid Care Allowance, help with extra housing costs and mobility allowances. And don't forget free dental treatment and prescriptions, help with the cost of glasses, travel to hospital, school meals, bus fares, clothing grants and even road tax exemption.

Education

Depending on their kind of disability, your child may benefit most by attending a special school - an environment specifically designed to match their educational needs. Alternatively your child may receive the extra support they require through the Special Needs provisions available in a mainstream school. Your local Children's Services, Health Services and Parent Partnership will help you to understand your child's learning needs and will recommend the most appropriate way forward for their education.

Legal protection

Your child is especially protected by law. The Disability Discrimination Act makes it unlawful for any service provider (including schools, businesses and organisations) to treat disabled people less favourably than other people because of their disability. It also requires them to make reasonable adjustments to make their services accessible to disabled people.

Health

From the start, your Doctor and local Health Services are there for you. They'll provide 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.

Benefits

There are several specific benefits that you could receive to help you with the costs of caring for a disabled child. These include Council Tax Disability

Extra support

Your local Children's Services will be able to tell you about extra support and services which are available for you and your child. This can include special leisure facilities, holidays, short breaks and many additional services for particular needs. Also there are many local, national and international organisations and charities specially set up to provide further help, advice and support to people just like you.



WARNING SIGNS

Some children's disabilities are diagnosed fairly 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.



ACTION

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.



WHAT TO SAY

There are many organisations specially set up to give support and advice to parents of disabled children. Contact them and tell your story. There will be others out there just like you.



PREVENTION

You can't prevent your child's condition. But you can minimise the disability they experience by ensuring that they get the best support available, and by remembering that they have rights.



CONTACTS

- Health Visitor or School Nurse
- Children's Information Services 0800 195 1635
- Children's Services 01522 782111
- Parent Partnership 01522 553351
- NHS Direct 0845 4647
- Mencap 020 7454 0454
- Contact a Family 0808 808 3555

WEBLINKS • www.mencap.org.uk • www.cafamily.org.uk • www.nhsdirect.nhs.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Domestic abuse



“ I crept 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. ”



WARNING SIGNS

Any violence or controlling behaviour between adults will negatively affect children. Seek support and help as soon as possible. The longer it lasts the more damaging violence is.



ACTION

Report your concerns about yourself or someone else to the police. If you are worried that your child might be affected, talk to them about what is happening. Spend time together talking through worries they have.



WHAT TO SAY

Children need time to discuss the feelings they have about violence. Children need to know that it is not their fault and that this is not the way relationships should be.



PREVENTION

A violent partner can take responsibility for violence by seeking help to stop. Make sure that you offer a positive role model for children so that they learn other ways of behaving.



CONTACTS

- Children's Services 01522 782111
- Lincolnshire Police 01522 532222 or 999 in an emergency
- National Domestic Violence Helpline 0808 2000 247
- NSPCC 0808 800 5000
- ChildLine 0800 1111

WEBLINKS • www.crimereduction.gov.uk • www.dvhelp.com • www.thehideout.org.uk
• www.nspcc.org.uk • www.childline.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

- Domestic abuse may teach children to use violence
- Violence can affect children in serious and long-lasting ways
- Where there is domestic abuse there is often child abuse
- Children will often blame themselves for domestic abuse
- Alcohol misuse is very common contributing factor when violence occurs in families
- Pregnant women are more vulnerable to domestic abuse

How does it affect children?

Domestic abuse is a crime and a major social problem affecting many families. In 90% of reported domestic abuse incidents, children have either been present in the same or a nearby room.

Children who witness, intervene or hear incidents are affected in many ways. What can be guaranteed is that children do hear, they do see and they are aware of abuse in the family.

Children will learn how to behave from examples parents set for them. Domestic abuse teaches children negative things about relationships and how to deal with people.

For instance:

- It can teach them that violence is an acceptable way to resolve conflict.
- They learn how to keep secrets.
- They learn to mistrust those close to them and that children are responsible and to blame for violence, especially if violence erupts after an argument about the children.

Many people find it difficult to understand why people remain in or return to abusive violent situations. A combination of fear, love, the risk of homelessness and financial issues can make it very difficult for partners with children to leave and some may not want to.

Short-term effects

Children are affected in many ways by abuse, even after a short time. These effects include: feeling

frightened; becoming withdrawn; bedwetting; running away; aggressiveness; behavioural difficulties; problems with school; poor concentration and emotional turmoil.

Long-term effects

The longer children are exposed to abuse, the more severe the effects on them are. These can include:

- A lack of respect for the non-violent parent.
- Loss of self-confidence, which will affect their ability to form relationships in the future.
- Being over-protective of parent.
- Loss of childhood.
- Problems at school.
- Running away.

If you are worried about domestic abuse, discuss it with someone else.

If you are violent and have children, you can seek help to stop what is happening.

If you would like details of solicitors in your area who deal with family law, contact the Law Society on 020 7242 1222 or look in the Yellow Pages. If you are affected by domestic abuse you are not alone. You can seek help from a range of specialist services in Lincolnshire. You can report incidents to the police - this will provide valuable evidence for any charges, against your abuser in the future.

Don't shake the baby

“ When Angela was young I thought I couldn't manage. She cried all the time, I was exhausted and nothing worked. I felt such a failure. I got so angry with her I felt like shaking her to stop her noise. I had no idea how much that could hurt her.”



WARNING SIGNS

A range of signs can indicate if a child may have been shaken, including feeding difficulties, lethargy, eye injuries, vomiting, irritability, speech and learning difficulties, developmental delay, seizures and paralysis.



ACTION

If you are worried about your child, take him or her to see your Doctor, Health Visitor or to the casualty department. Seek support, including the helplines listed under Contacts.



WHAT TO SAY

Develop communication with your child using eye contact, smiling, cuddling and talking. This will develop your understanding and responsiveness to your baby's needs when he/she is having difficulties.



PREVENTION

It is never safe to shake a child, not even in play. It is important for siblings playing together or for the babysitter or any other carer to be made aware of the dangers.



CONTACTS

- Your Health Visitor
- Children's Services
01522 782111
- CRY-SIS
08451 228 669
- Parentline Plus
0808 800 2222
- NHS Direct
0845 4647

- Shaking may be a response to frustration
- Shaking can cause damage that you cannot see
- Shaking can cause damage that is long lasting
- Never shake a child for any reason
- There are different ways to cope with a crying baby
- Do not suffer alone, seek support from others

Different ways to cope

Why do people shake babies?

Occasionally babies and young children are shaken when a parent or carer becomes very frustrated when they will not stop crying due to colic, illness or feeding difficulties. If a baby has additional difficulties, they may cry more and this can be very stressful.

Many parents may not realise the extent of the damage that a shake can do to a young child. Parents/carers who have a low tolerance level may become angry and more likely to give in and shake the child. However there are many alternatives to try and people to talk to.

Some very rough play with a young child can also cause some similar injuries so never shake a young child.

What damage can shaking cause?

Shaking a baby can cause death or serious and long-lasting brain damage. Shaken Baby Syndrome is an injury that results when a baby is shaken so that his or her head wobbles rapidly back and forth. The force of this can tear the blood vessels that connect the brain and skull. This happens because a young child's neck muscles

are not strong enough to hold their head firmly. The action of shaking can cause serious damage, even though the parent does not perceive it as fierce. Never ever shake a baby for any reason.

Ways to cope with a crying baby

Crying is the way all babies make sure that their basic needs of hunger, thirst, a change of nappy and company get met. Crying is neither your fault nor the fault of your baby.

Some of the ways to cope include:

- Consider using a dummy.
- Count to ten before doing anything and allow yourself to calm down.
- Hug and cuddle your child - perhaps with the use of a baby-carrier so that they are close to your body in order to help soothe them.
- Take them for a walk or a drive to help them sleep.
- Make use of a helpline in times of crisis.
- If necessary walk out of the room for a short time, ensuring that you are nearby.
- Ask someone else to take over for a while.
- Speak to your Health Visitor.

Eating disorders

“ I can't bear to see what my daughter is doing to herself. I wish I could turn the clock back and have helped her before anorexia took over her life. ”

- Young people are more likely than adults to have eating disorders
- Controlling food is a way of controlling their lives
- Recognise the problems that set off eating disorders
- Get support - your child needs help

The tell-tale signs

Food is an important part of our lives. For some, more often young people, how much or how little food they eat becomes the most important thing in their lives.

Eating disorders develop when food is used as a way of dealing with personal problems. How much is eaten, when, and where, can sometimes seem like the only thing they can control in their lives and have a say about.

Recognising the signs

There are two main eating disorders: Anorexia Nervosa and Bulimia Nervosa. People with Anorexia or Anorexics, weigh at least 15% less than they should. Anorexia is a serious condition, which if not dealt with, can cause life-long problems and in rare cases even death.

People with Bulimia or Bulimics tend to maintain their body weight by binge-eating in secret. The main warning signs for both disorders are listed on the right.

Who is affected - and why?

Most of those who experience eating disorders are women, although young men can also have these types of problems. There are many reasons why people have eating disorders and if your child has a problem, you will need to try to understand what started it in the first place. For many, having control of what they eat is the only control they feel they have in their lives.

Triggers may include:

- Abuse - physical, emotional or sexual abuse.
- Bullying.
- Family problems.
- Parents pushing their child too hard at school.
- People with Anorexia are often high achievers, feeling they have unreasonable expectations placed upon them.
- Not being able to express feelings.
- Lack of self-esteem, feelings of self-hatred, guilt.
- Wanting to look like women in magazines and on TV.
- Wanting to be popular - believing being slim will make them more popular.

How to help

People with an eating disorder are usually the last ones to recognise they have a problem. If you think your child is suffering from Anorexia or Bulimia, then they need your help. Try to get them to eat sensibly, but just as importantly, try to find out what are the real problems.

If they don't feel they can talk to you, try to get them to talk to a friend, relative, Teacher, School Nurse or Youth or Social Worker or other Professional. You should also talk to their Doctor, to discuss any further treatment. Counselling, self-help groups and therapy are all helpful. In very serious cases, they may need to go into a hospital or clinic.



WARNING SIGNS

People with anorexia: excessive weight loss, pretending to have eaten already, loss of periods, feeling cold, sleep problems, moodiness, thinning hair growth and dental problems. People with Bulimia: binge-eating, dental problems, missed periods, disappearing after meals, puffy skin, and using laxatives.



ACTION

You can't make somebody eat, but you can give your child the chance to talk about his or her problems. Let them know that you are there to help them, no matter what. It may also help for you to speak to other parents who have gone through similar experiences with their son or daughter and to share and support each other.



WHAT TO SAY

Try to get them to talk about any problems that may have influenced their eating problem setting off the eating disorder. If they feel they can't talk to you, encourage them to talk to a friend, relative, Teacher or Social Worker or other Professional



PREVENTION

Girls are more likely to develop eating disorders during their teenage years. If your child knows they can talk to you about any worries, they are less likely to use food as a way of dealing with their problems.



CONTACTS

- Beating Eating Disorders 0845 634 1414
- YoungMinds Parents Information Service 0800 018 2138
- NHS Direct 0845 4647

WEBLINKS • www.b-eat.co.uk • www.youngminds.org.uk • www.nhsdirect.nhs.uk • www.takelifeon.co.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Health & safety



“ Before Joe was born I never thought about where I left things. Now everything in the house seems dangerous so I made the house a safer place to be.”



WARNING SIGNS

Spend some time exploring your house as if you were a young child. This will show you the many potential dangers which, if not removed, could harm your child.



ACTION

Make a list of these potential dangers and remove them to safety or protect your child from them by using safety devices. Talk to the contacts listed if you are unsure about this.



WHAT TO SAY

With very young children the tone of your voice and facial expressions alongside explanations are extremely important. Children will begin to sense the warning tone in your voice over time.



PREVENTION

Remove dangerous objects like drugs, syringes, medicines and household chemicals out of the reach of children and lock them away safely. Do this before your child is exposed to any hazard.



CONTACTS

- Talk to your Health Visitor or Midwife
- Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000
- Child Accident Prevention Trust 020 7608 3828
- Health & Safety Information Line 0845 345 0055

- Babies and children learn by exploring their surroundings
- Babies do not automatically know what is dangerous
- Babies need guidance to keep safe at home
- Remove all potential dangers in your home
- Watch your child and remove him or her from danger
- Explain about safety to your child from an early age

Making your home safe

Babies and young children learn about their world by exploring it. This means that, as soon as they are able to, they will crawl, touch and grab at whatever is in their line of vision. They are curious by nature and need careful and gentle guidance from a young age about what danger is and what to stay away from. Shouting at or smacking children will not teach them about safety.

Most accidents happen in the home and this is why it is important to ensure that your home is safe for all your family especially for young children.

Some dangers around the home:

- Make sure that all medicines and drugs are locked away well out of reach and your use of them is private to avoid your child copying you.
- Certain rooms are necessarily full of danger, such as the kitchen, and should remain out of bounds or made safe by the use of safety devices.
- Fit a smoke detector and keep matches out of reach.
- Are your children contained within the house? Is the safety chain high enough on the front door even for a very active toddler?

- Fit window locks to stop windows opening more than 6.5cm.
- Crawling and exploring are an essential part of their development - keep an eye on your 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 when children are around.
- Make sure that irons, saucepans and hot drinks are kept out of the reach of children. Scalding and burns are common and avoidable accidents.
- Inhaling cigarette smoke is bad for children's health. Children will be affected by passive smoking and your smoking may encourage them to smoke when they are older.
- Check toys for safety marks. Ensure that your child does not play with toys that are not suitable for his or her age, especially if the pieces are small enough to choke on. Unsafe toys can be very dangerous.
- Babies can drown in a few centimetres of water. Never leave alone in the bath.

WEBLINKS • www.rospa.com • www.capt.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Internet safety

“ Greg is eight - 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.”



WARNING SIGNS

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.



ACTION

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.



WHAT TO SAY

Make sure your child knows that you believe what they tell you. Explain why these things happen and avoid making them feel ashamed about what happened.



PREVENTION

Teach your child to trust their own feelings and assure them that they have a right to say NO. If possible move the computer into a family room. Talk to your child about Internet use and safety rules.



CONTACTS

• ChildLine
0800 1111

WEBLINKS

- www.childline.org.uk
- www.thinkuknow.co.uk
- www.childnet-int.org
- www.kidsmart.org.uk
- www.iwf.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

- Child exploitation has bad effects on children
- Paedophiles 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

New technology, old problem

Risks from the Internet

Children love the Internet, it's a great way to have fun, find materials for homework, buy music, books, games etc.

For the majority of children, their use of the Internet will be perfectly safe and enjoyable. But nothing in life is 100% safe all the time.

The Internet is a useful tool for people wishing to exploit children. Internet chat rooms can be used by paedophiles 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.

Internet pornography can cause damage to children who see it. But worse still, the Internet is a way in which pornographic images of children are obtained and exchanged.

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.

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. Be especially aware of any new friendships between your child and older people.

If your child is abused, 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 Children's Services have specialist teams who are specially trained to deal with these forms of exploitation and offer support to children and families.

Missing

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



WARNING SIGNS

There may be none but does your child seem to be unhappy? Are you sure that they are not having difficulties or being bullied at school? Has anything happened in the family that you haven't talked to your child about?



ACTION

If your child seems unhappy about anything in their life, talk to them and try to find out what the problem is before it gets any worse. Contact the Police if your child goes missing and you don't know where they have gone.



WHAT TO SAY

Make sure that your child knows how important they are to you. When you have to tell your child off, tell them that it's their behaviour that is the problem - not them. If something has gone wrong in the family, don't let your child think that it's their fault.



PREVENTION

Be alert to any unexplained changes in your child's behaviour. Spend time with them and be interested in their lives and worries. Do you know who your child's friends are? Be very careful about their access to the Internet and 'chat rooms'.



CONTACTS

- Lincolnshire Police 01522 532222 or 999 in an emergency
- Missing Persons Helpline (24hrs) 0500 700 700
- Message Home (for young people to get a message to their parents) 0800 700 740
- Runaway Helpline 0808 800 7070
- Get Connected 0808 808 4994
- NSPCC 0808 800 5000

- Make time for your child to talk to you about their worries - even when you have to tell them off
- If your child runs away they are not being naughty - they need your help
- Be honest about things that might be happening in the family
- Look for signs that your child might not be happy at home
- Help is available - please don't be too embarrassed or afraid to ask
- Your child is at risk from harm if they end up sleeping rough

From home

According to the NSPCC approximately 77,000 children under sixteen run away from home every year. One in eight said that they had been hurt and one in nine had suffered sexual abuse.

Children who run away from home might be looking for somewhere else to live because they feel unsafe in their own home. They could have problems, which they feel they are unable to talk to their parents about. Many teenagers and young people run away because of drug taking or because they are pregnant.

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, that nobody cared about us or because we felt we had been treated unfairly. Usually, if a child does go missing from home, it will be for a very short period - usually until the child thinks that the parents have noticed. 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.

However, if a child goes missing from home repeatedly, receives unexplained gifts, and possibly has an older 'friend', there is a possibility they could be being sexually exploited.

Young people who run away from home and end up sleeping rough are extremely vulnerable to sexual and physical abuse, and are more likely to be offered drugs and alcohol.

Safe sleeping & bedwetting

“ I felt myself getting panicky every time my baby was sleepy, was I placing him in the right position for sleeping? Was he ready to sleep in his own room? Maybe it was a lack of proper routine, but at the time I felt so tired and had so little patience, I would sometimes fall asleep with him on the sofa. ”



WARNING SIGNS

There may be none, but if your child is unsettled in any way and you are worried, speak to your Health Visitor.



ACTION

If your baby is unwell speak to your Doctor. If your baby or child is unsettled in any way speak to your Health Visitor. Or if you are worried about your baby discuss your concerns with your Health Visitor. Seek support for yourself.



WHAT TO SAY

If your child or baby has sleeping difficulties, try to keep calm and relaxed without showing signs of anxiety or strain. Soothe your child. 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 of how they feel and whether they are worried by the wetting.



PREVENTION

Always place your baby in the cot to sleep. Place your baby on its back to sleep. Do not share your own bed with your baby especially if you have been drinking alcohol, taking drugs or if you smoke. Place feet to foot position. Don't let anyone smoke in the same room. Keep baby's head uncovered.



CONTACTS

- Your Doctor or Health Visitor
- Children's Services 01522 782111
- Parentline Plus 0808 800 2222
- NHS Direct 0845 4647

- The safest place for a baby to sleep is in a cot in their parents room for the first six months of their life
- Always place your baby on its back to sleep
- Parents are advised particularly not to share their bed with their baby if you or your partner:
 - Have been drinking alcohol
 - Are smokers (no matter where or when you smoke)
 - Have taken medication or drugs that make you drowsy or cause you to sleep more heavily
 - Feel very tired
- If you need further advice speak to your Health Visitor who will give you an easy guide to reducing the risks of cot death

How can I help my child?

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 six weeks if possible.
- 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. Always discuss difficulties with your Health Visitor.

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 Nurse.

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. Remember, this is often not an instant change but a gradual process where more and more nights will be dry nights.

Bedwetting

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 your 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

Establishing a routine

Many children and babies experience sleeping difficulties at some time. It is important to try to establish a regular night time sleep routine for your child by going to bed at a regular time each night. Prepare a warm, comfortable environment for them to relax in. Reading to your child at bedtime helps your child to unwind and relax. If your child is scared of the dark, try keeping a night light on.

Self-harm



“ I couldn't believe it when I found out my 14 year old daughter was self-harming. She's just attention seeking... isn't she? ”

- Self-harm is a sign of deeper problems
- Understand the reasons why your child self-harms
- Find out how to help your child

Understanding and support

According to the charity Samaritans, one-in-ten young people self-harm and girls are more likely to self-harm than boys. While the aim is to hurt, it is not usually to kill themselves and it may carry on for years without getting any worse.

People who self-harm often use it as a way of dealing with problems, such as depression, bullying, abuse or feeling unloved. Young people who self-harm say it is a way of being in control and use it to help them cope, as the physical pain takes their mind off their problems.

Self-harm is not just about getting attention, as it is most often carried out in private and kept secret from family and friends. What they are doing is a sign that they need help. Those who self-harm usually think badly of themselves and need even more attention and support. Young people who self-harm often do not get help for themselves because they may be worried about what you will think of them and their self-harm. Hurting yourself is a serious problem even if the person only lightly cuts themselves. A person who self-harms can't just decide to stop - they need help to get over their problem. Most cases of harming do not lead to death, but can be a sign that your child may be thinking about more serious harm or even suicide.

How you can help

If you know that your child hurts themselves on purpose it is normal to feel very upset, angry and powerless.

Your child needs your understanding and support. Listen to what they are telling you without judging them and try not to show you are angry or upset or try to force them to stop. If this is their way of handling problems then other ways of dealing with them need to be found and tried before they can stop harming themselves. Helping them learn to deal with stress and stopping the things that cause them to self-harm in the first place will be more useful.

If your child finds it difficult to tell you about their feelings try to get them to them to talk to another family member, friend, Teacher, Youth Worker or other professional who can tell them about other ways of dealing with stress and who can tell them where to get more help. One-to-one counselling, support groups and practical support can all help.

Make sure your child can get first aid supplies to treat injuries and stop infection. If a wound looks serious or your child has taken an overdose however small call 999. You should also try to get your child to call you or the emergency services if they ever self-harm and hurt themselves seriously.

Try to get your child to talk to their Doctor, who can tell them about other ways of dealing with stress and who can tell them where to get more help. One-to-one counselling, support groups and practical support can all help.



WARNING SIGNS

Look out for injuries such as cuts, burns, scalds or bruises. Your child may try to hide them from you.



ACTION

Be alert to the warning signs of self-harm. Try to find out if your child is self-harming. Think of reasons why they might be doing this so that you can talk through problems and other ways of dealing with them.



WHAT TO SAY

You will be upset but try not to judge them, show them you are angry or try to force them to stop. Make time to really listen to them and try to get them to talk about their problems. Suggest they see a professional who they feel they can talk to and their Doctor who can get them more help if needed.



PREVENTION

People who self-harm feel lonely and unloved. Giving your child time to talk to you, discussing difficulties they have and letting them know you are there for them will help. Your support will make them feel better about themselves.



CONTACTS

- ChildLine 0800 1111
- The Samaritans 08457 90 90 90
- NHS Direct 0845 4647

WEBLINKS

- www.childline.org.uk
- www.samaritans.org
- www.nhsdirect.nhs.uk
- www.nch.org.uk
- www.nshn.co.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Safer separation

“ It was very hard to keep thinking about the children’s needs when we separated. All I wanted to do was curl up in a ball and cry. I wish I’d talked to them more at the time, as I know they all found it really difficult. ”



WARNING SIGNS

Saying bad things or fighting with your partner in front of your children is only going to hurt them. Try to keep calm when talking about what’s going to happen as how you handle things will have a big impact on their future. Your child may take the side of one parent, or become withdrawn and keep secrets.



ACTION

Tell your children about what’s happening and how it will affect their lives. Show them that their well-being is important to you both by listening to their feelings and wishes.



WHAT TO SAY

Children often think the break-up of their parents is somehow their fault. Explain why you are breaking up and that it is nothing to do with things your child may have said or done. Always give them a chance to talk about their feelings and worries.



PREVENTION

If you do separate or divorce try to stop your children feeling hurt, guilty, or unloved. Talk to them so they understand why you are breaking up and how this will affect their lives. Let them know that both of you will do what you can to keep their lives as normal as possible.



CONTACTS

- Lincolnshire Family Mediation Service 01522 575700
- Children’s Legal Centre 0845 345 4345
- ChildLine 0800 1111
- Lone Parent Helpline 0800 018 5026

- Separation can be as upsetting for your children as it is for you
- Talking helps them understand what will be happening in their lives
- Let them know you will both still be there for them
- Try not to talk your child into taking sides

It’s not their fault

When a relationship breaks down it is hard for the whole family. While you may think it is kinder to try and protect your children from the details, the truth is that the more your child understands what is going on, the easier they will find it to cope.

If possible, have both parents there when you explain what’s going to happen and why. Try not to fight in front of them and make it clear that even though you will be living apart you will both be there for them whenever they need you. They may have mixed feelings during this time including feeling hurt, confused and unloved. You both need to be patient and understanding of their needs as well as your own.

Children often think that their parents’ breaking up is somehow their fault and that they’ve done something wrong. They may also feel that if they do things differently in the future you may get back together. They need to understand that what’s happened is not their fault.

While most children want contact with both their parents, a young person can view what’s happened differently and may blame one of you for the break-up. You may find your child taking the side of one parent. Hopefully, this will pass and by explaining the facts, a good relationship can be kept with both parents.

Learning to listen

Talk to your children and listen to what they have to say. How you handle the break-up is important for their well-being. Try to get them to talk about their feelings and involve them in making choices about the future. As well as feeling like they are losing a parent in some way, they may also be worried that they will have to move house or change schools, so tell them about what may need to happen. Talk to your children about who they will live with, where and what other changes may happen. Even though you are going through a difficult time yourself, your child will also be feeling a sense of loss and hurt, so let them know what is happening to help them deal with their own feelings.

Making arrangements

If you and your partner are finding it hard to talk and agree you can get help from your local Mediation Service.

WEBLINKS • www.childline.org.uk • www.oneparentfamilies.org.uk
• www.itsnotyourfault.org • www.childrenslegalcentre.com

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Sexual exploitation

“ I used to blame myself.

How could I be so stupid to get into this! Now I know better. I was thirteen; he was twenty. He said he loved me, but all along he knew exactly what he was doing.”



WARNING SIGNS

Not going to school or staying away from home, unexplained money, clothes, jewellery or other gifts, new relationships with older men, evidence of drug or alcohol abuse, changes in mood or behaviour, loss of contact with former friends and new relationships with an older age group, lack of self-esteem.



ACTION

Try to get your child to tell you about what's happening, do not ignore your child or make them feel that they are to blame. Get in touch with information and support agencies that can help you and your child.



WHAT TO SAY

Make sure that your child knows that you are there to help them, no matter what has happened. Let them know that they shouldn't feel ashamed, that they are victims of abuse and that you understand how difficult it must be for them.



PREVENTION

Offer a positive and supportive home life. Watch out for low self-esteem and other warning signs. Get information and support from local agencies if you feel your child may be at risk.



CONTACTS

- Children's Services 01522 782111
- NSPCC 0808 800 5000
- Parentline Plus 0808 800 2222
- NHS Direct 0845 4647
- YoungMinds Parents Information Service 0800 018 2138
- ChildLine 0800 1111

WEBLINKS • www.nspcc.org.uk • www.parentlineplus.org.uk • www.nhsdirect.nhs.uk • www.childline.org.uk • www.youngminds.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

- The prostitution of children is a form of sexual exploitation and abuse
- Children can be drawn into prostitution by manipulative adults who wish to make money
- Adults who abuse children should be held responsible, rather than blaming the children
- Children involved in prostitution face devastating physical, emotional and psychological risks
- It is never too early or too late to get help

Drawn into prostitution

It may be hard to imagine how any child could be drawn into prostitution.

The sad fact is that those adults who benefit from child prostitution use clever methods to catch their victims, and keep them. It can begin with an 'exciting' new friendship with an older boyfriend who may in fact be, or become, a pimp. The child may receive expensive gifts and be given alcohol or drugs. Before long the pimp creates a loyal and dependent relationship with the victim and can then get them to make money for him by giving sexual services. This is not a business relationship, it is against the law and a form of sexual abuse, which puts the child at risk from severe physical, emotional and psychological damage.

The damage

Children involved in prostitution 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. The emotional and psychological damage can be huge and can lead to self-harm, severe depression and even suicide.

How to spot it

There are some warning signs detailed on the opposite page that could show that your child is at

risk from or is involved in prostitution. If all or even some of them apply to your child, you should seriously think that they might be at risk. All children are at risk from harm.

How to stop it

Keeping or getting children out of child prostitution can need specialist help. A close and positive relationship with your child can reduce their vulnerability. Making sure that they have high self-esteem and feel good about themselves can stop them falling into abusive relationships. However, even with the best parents in the world, some children will find themselves open to this form of abuse. Parents can often feel powerless to stop what can be a difficult and dangerous situation.

There are agencies (some detailed right) who work with families to help stop child prostitution. If you feel your child is at risk they can provide information and support for you and your child to help stop dangerous relationships. If your child is involved in prostitution they will work with you and your child to form a plan and package of support to make sure that they are no longer left open to those who wish to take advantage of them. It is never too early or too late to get help.

“ My parents explained so little to me about sex, I had to find out from friends and half of what they said was wrong. I'm determined that my children know exactly what to expect and learn about safer sex.”

Sexual health



WARNING SIGNS

Young people will not always tell you if there is something that is worrying them. You need to be attentive to their needs and let them know that you are there and prepared to listen. Some young people are starting to have sex before the age of 16. 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.



ACTION

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.



WHAT TO SAY

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.



PREVENTION

Two thirds of under 16s wait until they are over 16 before 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.



CONTACTS

- School Nurse or Doctor
- Sexwise Helpline 0800 28 29 30
- Brook Advisory Centres 0800 018 5023
- Parentline Plus 0808 800 2222
- NHS Direct 0845 4647
- National Sexual Health Helpline 0800 567 123
- Family Planning Association 0845 122 8690

- Talking to young people openly about sex and relationships can help to delay the age at which they first have sex and make it more likely that they will use contraception when they do
- Many sexually transmitted infections (STIs) do not have any symptoms, therefore you may not know if you have one. Testing is the only way to know for sure
- If left untreated some sexually transmitted infections can cause problems with fertility
- If a young person is sexually active condoms help protect against Sexually Transmitted Infections (STIs) and pregnancy

Know the facts

Why should I talk to my son/daughter about sex?

Young people receive many different messages about relationships and sex. They get information from TV, magazines, friends and Sex and Relationship Education.

Some of this information will be accurate, other bits will not. As a parent you have an important role in ensuring that your son/daughter learns about relationships and sex and that the information they get is appropriate and factually accurate.

Even though it can be difficult to talk about sex with your child - it is important. Not having accurate and/or sufficient information about relationships and sex can result in negative outcomes for your son/daughter. Good parent-child communication about relationships and sex can help delay the onset of sexual activity and reduce these negative sexual health outcomes. Young people who talk to their parents openly about relationships and sex are more likely to practice safer sex when they do become sexually active.

It's important that your child learns about relationships, love, sex, Sexually Transmitted Infections (STIs) and using contraception. Although the law says that both boys and girls can have sex at 16 one third of young people under this age are already having sex. Therefore it is important to start talking to young people from an early age to make sure they are informed. They should know that it is okay to say 'no' to sex even if their friends say that they are doing it but they should also have information on where to go for advice and support and for testing and treatment.

How to tell them

Answer questions your son/daughter has with simple, clear, accurate answers. If you are not sure about something they ask be honest - tell them you don't have the answer but that you are happy to try and find out or maybe suggest that you find out together. Use magazines and TV programmes to help bring up subjects and to use as examples. Remember there are plenty of useful books and leaflets, as well as websites for both parents and teenagers that can help you.

WEBLINKS • www.ruthinking.co.uk • www.brook.org.uk • www.parentlineplus.org.uk • www.nhsdirect.nhs.uk • www.fpa.org.uk • www.sensecds.com

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Smacking

- 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

“ 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.”

The great debate

It is important that children learn how to behave and control how they act, as they get older. Parents have a very important job as role models 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 your child learning how to control the way they act.

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. However, 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 now. Lots of those who keep doing so do it because they are not sure what else will work. In UK 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.

In England and Wales the Children's Act says smacking is against the law if it causes bruises, reddening of the skin or mental harm.

There are a number of other ways to deal with your child's bad behaviour. Talk to one of the agencies listed under contacts to find one that works for you.



WARNING SIGNS

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



ACTION

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.



WHAT TO SAY

Tell your child they have gone too far or broken family rules. Use your tone of voice and the expression on your face to help them understand that they have reached the limit. Explain your reasons why.



PREVENTION

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).



CONTACTS

- Health Visitor
- Children's Services
01522 782111
- NSPCC
0808 800 5000
- Parentline Plus
0808 800 2222
- ChildLine
0800 1111

WEBLINKS • www.nspcc.org.uk • www.parentlineplus.org.uk • www.childline.org.uk • www.there4me.com

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Smoking cessation

“ I know that smoking is bad for me, but I didn't know, that second-hand smoke was endangering the health of my family. Now I never smoke in the house or around my children and I am seeking help to give up.”



WARNING SIGNS

A range of signs may indicate if a child is suffering from the effects of second hand smoke including: wheezing; coughing; asthma; chest infections; glue ear (child has difficulty hearing and often speech/language difficulties). Regularly suffering poor health.



ACTION

If you are worried about your child/baby's health, take him/her to your Doctor or the A&E department. Consider the prevention and advice given on the opposite page to create a clean air environment for your child/baby.



WHAT TO SAY

Ensure that all people who come into your home are aware of your own 'No Smoking in the Home' rules that you have decided to put in place. You can now give them the reasons why you have these rules by referring to the facts and figures on the opposite page.



PREVENTION

Follow the prevention steps outlined on the opposite page.



CONTACTS

- Your Doctor, Community Midwife or Health Visitor
- Phoenix 01522 550681
- National Quit Line 0800 00 2200
- NHS Smoking Helpline 0800 022 4 332
- NHS Direct 0845 4647

- Children are at a greater risk because their lungs are still developing. They breathe more rapidly and so absorb more toxic chemicals
- Act now and protect your children from second-hand smoke

Smoke free homes

What's in tobacco smoke?

- 4,000 toxic chemicals.
- Carbon Monoxide.
- At least 40 known cancer-causing agents.

Second-hand Smoke is made up of two types of smoke:

- Mainstream-breathed in and out by smokers.
- Side stream-smoke from the burning tip of a cigarette.

How to protect your child

The best thing you can do is to keep them away from all cigarettes and smoky places (a smoky place is not just where you can see smoke hanging in the air, it is any room where even one person is smoking).

- Keep children's playing, sleeping and eating areas smoke free.
- Make your car a smoke free zone because smoke is more concentrated in such a small space.
- Ask other people not to smoke around your child.
- Choose smoke free places when out and about with your family.
- Avoid smoking anywhere around your children.
- If you choose to smoke - go outside.

Don't forget - smoking in the kitchen, even with the door or a window open is still not ventilated enough to stop smoke drifting into other rooms and lingering for a long time.

Seriously consider the many benefits of giving up smoking for your own and your family's health. For advice and support ring the numbers on the opposite page.

Adults do not deliberately set out to endanger their child's health or encourage them to smoke. Yet every time someone smokes around a child, that child or baby is smoking too.

Children copy and learn from their parent's actions - if you smoke they are more likely to smoke when older. Most parents know that smoking is bad for them, but they may not know that second-hand smoke is endangering their health.

As parents you may experience difficult times and you may feel that smoking helps you to cope. However research shows that smoking actually increases stress.

You have to decide whether to smoke or to stop. If you choose to smoke, you should try to protect your children from second-hand smoke and reduce the risk of them becoming ill or smokers themselves.

WEBLINKS • www.quit.org.uk • www.gosmokefree.nhs.uk • www.nhsdirect.nhs.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Substance misuse

“ He keeps hinting that he’s tried drugs once or twice. I’m trying to keep cool about it, but I am worried that he’ll end up trying something addictive.”



WARNING SIGNS

Changes in behaviour, such as: stealing; being absent from school; getting into fights; being moody; lazy and keeping secrets can all be signs that your teen is taking drugs or drinking. In general terms if your child’s appearance, behaviour or financial situation changes dramatically you should include drug and alcohol use in your list of “I wonder if ...” questions.



ACTION

Try to get the your child to talk to you about what they are doing, without pushing them. If you think that there is a serious problem, talk about the issue without judging them, as your child will need your help and understanding.



WHAT TO SAY

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



PREVENTION

Being educated about drugs and their dangers from an early age means it’s less likely that they will have serious drug or alcohol problems. It’s also good to lead by example. If your children see you getting drunk or using drugs, it increases the chances of them doing the same.



CONTACTS

- Buzz 01522 511993
- OASIS 01522 523581
- Drinkline National Alcohol Helpline 0800 917 8282
- Frank 0800 77 66 00
- Adfam 0207 553 7640

- It’s normal for young people to want to try out new things
- Having the right knowledge leads to safer choices
- Know the signs to look out for
- Be supportive and do not judge your child

Spotting the signs

It’s natural for young people to be out more often and to have friends you don’t get to know, and go to places you know little about.

It is also likely that a child will mix with some people who use alcohol, drugs or other chemicals (such as sniffing glue).

While most young people will want to try things out, you can give them advice on how to say no if they are offered drugs or alcohol. Those who have been told about the dangers are less likely to drink heavily or take any drugs.

Studies by the charity Alcohol Concern show that levels of drinking among young people are going up. In one study, 47% of fifteen-year-olds had drunk alcohol in the last week. Research also shows that one-in-three fourteen-year-olds have tried drugs and by the age of sixteen, four out of ten young people will have tried at least one type of drug. It is also a known fact that young people are more likely to have risky sex (e.g. without contraception, with lots of different partners or unplanned sex) when they have been drinking or taking drugs. As many as one-in-fourteen, fifteen-sixteen year olds said they’d had unprotected sex after drinking. Up to 40% of sexually active thirteen-fourteen year olds were ‘drunk or stoned’ when having sex for the first time.

Should you be worried?

Although drinking and drug taking is serious, for most young people it is a phase they go through and grow out of as they get older. While it may be

an issue for you, your child probably won’t see drinking or occasionally taking drugs as a problem. This is a natural age to want to try out new things, testing boundaries and be part of the ‘in-crowd’.

However, there may be signs that your child’s drinking or drug taking is more than just trying it out. They may keep secrets, steal and find it hard to concentrate on schoolwork or be absent from school. Their moods may change and they may become more lazy or difficult.

Being supportive

You can help your child by making sure they are given the facts and know about the dangers of drugs and alcohol.

Building up a good relationship with your child means they are more likely to talk to you about any concerns they have, which also means they are less likely to turn to drugs or alcohol as a way of getting away from problems.

If you think the your young person does have a problem, choose a quiet time to talk. Don’t over-react, accuse or threaten, but try to get them to talk about what’s happening. If they find it hard to talk to you, try to find another adult, such as a family friend or teacher they can open up to. Talk to your Doctor if you feel your child needs more help. There are also many organisations that offer information and advice to help you and your young person (see Contacts).

WEBLINKS • www.talktofrank.com • www.addaction.org.uk • www.adfam.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Temper tantrums



“ Not only has he learned to walk and talk, but now he's learned to stamp his foot, argue, scream until he's bright red and embarrass me in public on a regular basis. What's happened to my baby? ”



WARNING SIGNS

It could happen anywhere, but watch out for a tired or hungry child in any situation when he or she wants something that you have said 'no' to, especially when out shopping, or during a social event or a day out.



ACTION

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



WHAT TO SAY

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



PREVENTION

Avoid long shopping trips or tiring days out. It often helps to give your child extra attention and affection. Try to foresee possible causes for tantrums in the day ahead and find ways to avoid them.



CONTACTS

• Health Visitor or Doctor
• Children's Services 01522 782111
• Parentline Plus 0808 800 2222
• NSPCC 0808 800 5000

WEBLINKS • www.nspcc.org.uk • www.youngminds.org.uk • www.surestart.gov.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

- The 'Terrible Twos' are a normal part of your child's development
- Getting angry is a natural reaction but it just makes the situation worse
- Be firm but find a positive way to deal with the problem
- Plan to avoid the causes of tantrums
- Remember, they won't last forever!

When every day is a difficult day

Why temper tantrums happen

Tantrums may start around 18 months, are common around two years old and become much less common at four. Very young children are often not able to express themselves and their frustration may come out as a tantrum.

If you are worried about your child's behaviour discuss your concerns with 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 some attention or comfort.
- Try to find a distraction. Finding something else interesting to do or look at can help. If you're in a busy or noisy place try to go somewhere quieter.
- If none of the above works, try to see things from your child's point of view and understand what they actually want. Try offering them a choice, as this gives your child a sense of control and can be more effective than simply saying 'no'. Always try to offer a positive way out.
- If you do say 'no' don't be tempted to 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, perhaps walking away into another room if it's safe to do so. Encourage 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. They may still be upset, so give them a cuddle and make it clear that you still love them no matter what.

Avoiding temper tantrums

You can reduce the likelihood of a tantrum by planning ahead.

- Try to avoid your child becoming hungry or overtired.
- Make sure your child is getting enough personal attention and affection.
- Make sure your time together is quality time together especially if you work for most of the day.
- Keep shopping trips and outings as short as possible.
- Try to plan a regular method that you'll use to deal with tantrums when they do 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 everyday life.

Worried about a child

“Everyday I hear the young child next door crying, her parents constantly shout at her. Yesterday, in the street, I saw her mother hit her hard across the side of the head. This is probably none of my business but I am worried and not sure what to do.”

- Protecting children is everyone's business
- Adults have a responsibility to report abuse
- Abuse can be physical, sexual emotional or involve neglect
- If in doubt, share your concerns about children with one of the agencies in the contact list
- Reporting concerns rarely leads to a child being removed
- Act now; long-term abuse is damaging for children

Should you mind your own business?

All parents have problems at times but can be helped by other family members or close friends.

If someone you know is having difficulties, you could:

- Listen to their problems.
- Help them to cope.
- Encourage them to get more help.
- Support them by offering practical assistance or doing shopping.

However, there may be times when a child is at risk of harm and you need to get outside help.

How would you want other people to act if your child was being harmed?

- Would you want them to mind their own business?
- Would you want them to report their worry to a professional who could help?

When we think, see or are told about a child that is being hurt, we can react in many different ways. We may feel guilty, angry or shocked. Some people's reactions can stop a family getting the help they need.

Many people do not tell because they fear that:

- Children will get hurt more.
- Nothing will be done.
- The child will be taken away.
- The family may find out who reported them.
- Telling may ruin family relationships.

It is best that action is taken early to stop things getting worse. Long-term abuse is much more likely to cause problems for a child as they get older. Even if you think something is just a one-off, other agencies may already have concerns about the child. Your information could be very important.

If you report your concerns to Lincolnshire Children's Services, you will be asked for your details and about the worries you have. You should write down what you want to say before you speak to them so that you can remember everything. We can keep your name and address confidential from the abuser. You can also make an anonymous referral if you prefer.

If you want to read more, go to www.dh.gov.uk and read the government document What to Do if You're Worried a Child is Being Abused.



WARNING SIGNS

There are many possible signs of abuse, ranging from physical injury to changes in behaviour. Alternatively you may witness an incident or a child may tell you that he or she is being harmed.



ACTION

If you think that a child has been harmed, contact Children's Services or the Police Public Protection Unit. If you are not sure, you can speak to a confidential helpline, namely the NSPCC.



WHAT TO SAY

Explain exactly what you have seen or been told. If you can, keep a note of dates, injuries and the exact words used. These will help you.



PREVENTION

Make sure your child knows who they can share worries with if and when they need to. Listen carefully to children and be alert to changes in them.



CONTACTS

- Children's Services
01522 782111
- NSPCC
0800 800 5000
- Parentline Plus
0800 800 2222
- ChildLine
0800 1111
- Family Rights Group
0800 731 1696

WEBLINKS • www.nspcc.org.uk • www.parentlineplus.org.uk • www.childline.org • www.frg.org.uk

Check the Lincolnshire County Council website for the latest phone numbers on • www.lincolnshire.gov.uk/LSCB

Young people in trouble

“ Darren’s dropped all his old mates and started hanging out with an older crowd. Now he’s buying clothes, games and stuff, but he won’t tell me where he’s getting the money from. Should I be worried? ”



WARNING SIGNS

There are many warning signs which might indicate something is wrong. Your child may come under the influence of a negative group of friends; staying out late; new clothes or other items appear which cannot be explained; the use of drugs and alcohol.



ACTION

Raise your concerns with your child. You can seek help and advice from the local Youth Offending Team. Don't ignore the problem. Spending more time with your child in a diversionary activity can be effective.



WHAT TO SAY

Try to stay calm, all children break the rules from time to time, some more than others. Be consistent in what you say and do. If you do impose a sanction stick to it.



PREVENTION

It is important that you take an active interest in your children. Know who their friends are and how they are doing at school. If you suspect something is wrong do something sooner rather than later.



CONTACTS

- Lincolnshire Youth Offending team 01522 554541
- Children's Services 01522 782111
- Lincolnshire Teenage Services:
 - West 01522 697678
 - South 01476 594500
 - East 01205 365144
- Lincolnshire Police 01522 532222 or 999 in an emergency

- The main reasons young people give for offending are boredom and peer group pressure
- Young people from a stable and supportive family home are less likely to offend
- If you suspect something is wrong, talk to your child sooner rather than later

How widespread is it?

Preventing young people offending

As parents/carers, you will not be held criminally responsible for your child once he/she reaches the age of ten years.

If your child is involved in anti-social behaviour a variety of actions may be taken:

Reprimand and Final Warnings

A first offence will bring a reprimand or final warning, depending on the severity of the offence. After one reprimand, another offence will bring a final warning or a charge. If a young person receives a final warning, they will be referred to the Local Youth Offending team.

Anti-Social Behaviour Orders

This order can be imposed by the courts at the request of the Police or local council. The order restricts where a young person can go, what they can and cannot do and it is a criminal offence to break the conditions of the order.

If a young person persists in offending and/or a parent refuses to take up support voluntarily, a Parenting Order can be imposed. A Parenting Order means that a parent must attend a maximum of 12 parenting support sessions. If they do not, a fine can be imposed.

You child may also be invited to join in some type of "restorative justice" service to meet any victims of their crime, or do some work in the community e.g. cleaning up graffiti they have made.

Youth Offending Teams

Youth Offending Teams (YOT) are a one-stop-shop for all young offenders. Each young person who has offended will be assessed by the YOT and decisions will be made as to what steps should be taken to ensure the young offender keeps out of further trouble.

Helpful national organisations

- **Addaction**
020 7251 5860
www.addaction.org.uk
- **Bullying UK**
www.bullying.co.uk
- **Barnardos**
020 8550 8822
www.barnardos.org.uk
- **Beating Eating Disorders**
0845 634 1414
0845 634 7650 (youthline)
www.b-eat.co.uk
- **Careline**
0845 122 8622
www.carelineuk.org
- **Child Accident Prevention Trust**
020 7608 3828
www.capt.org.uk
- **ChildLine**
0800 1111
www.childline.org.uk
- **CRY-SIS Helpline**
08451 228 669
www.cry-sis.org.uk
- **Day Care Trust**
020 7840 3350
(parents helpline)
www.daycaretrust.org.uk
- **Family and Friends of Lesbian & Gays (FFLAG)**
0845 652 0311
(central helpline)
www.fflag.org.uk
- **Family Planning Association (FPA)**
0845 310 1334
www.fpa.org.uk
- **Family Rights Group**
0800 731 1696
www.frg.org.uk
- **Health & Safety Information Line**
(Information and Leaflets)
0845 345 0055
www.hse.gov.uk
- **Kidscape**
08451 205 204
(parents bullying helpline)
www.kidscape.org.uk
- **Message Home**
(for young people to get a message to their parents)
0800 700 740
www.missingpeople.org.uk
- **Missing Persons Helpline**
0500 700 700 (24 hour)
www.missingpeople.org.uk
- **National Day Nurseries Association**
0870 774 4244
www.ndna.org.uk
- **National Domestic Violence Helpline**
0808 2000 247
www.womensaid.org.uk
www.refuge.co.uk
- **National Drugs Helpline (FRANK)**
(24 hour free advice)
0800 77 66 00
www.talktofrank.com
- **NHS Direct**
0845 4647
www.nhsdirect.nhs.uk

- **NHS Smoking Helpline**
0800 022 4 332
www.gosmokefree.nhs.uk
- **NSPCC**
0808 800 5000
www.nspcc.org.uk
- **Ofsted**
08456 40 40 45
www.ofsted.gov.uk
- **One Parent Families/Gingerbread**
0800 018 5026
www.oneparentfamilies.org.uk
www.gingerbread.org.uk
- **Parentline Plus**
0808 800 2222
www.parentlineplus.org.uk
- **Royal Society for the Prevention of Accidents (RoSPA)**
0121 248 2000
www.rospace.co.uk
- **Sexwise helpline**
0800 28 29 30
www.ruthinking.co.uk
New text message service
THINK 84465
- **The Samaritans**
08457 90 90 90
www.samaritans.org
- **Young Minds**
020 7336 8445
Parents Information Service
0800 018 2138
www.youngminds.org.uk

Helpful local organisations

- **Anti-Social Behaviour Hotline**
01522 873431
- **Benefit Enquiries**
01522 873355
- **Buzz**
01522 511993
- **Children's Services Education**
01522 782030
- **Children's Services Social Care**
01522 782111
- **Families Information Service**
0800 195 1635
- **Library Services**
01522 782010
- **Lincolnshire Family Mediation Service**
01522 575700
- **Lincolnshire Fire and Rescue Child Fire Setting Hotline**
01522 582232
- **Lincolnshire Police**
01522 532222
in an emergency dial 999
- **Lincolnshire Youth Offending Head Office**
01522 554559
- **Lincolnshire Teenage Services:**
 - West 01522 697678
 - South 01476 594500
 - East 01205 365144
- **Local Childrens Centres**
 - Birchwood 01522 689991
 - Boston 01205 319891
 - ELCR 01507 474411
 - Gainsborough 01427 617767
 - Grantham 01476 590034
 - Lincoln C 01522 527819
 - Lincoln N 01522 544801
- **OASIS**
01522 523581
- **Parent Support Service**
01522 515703
- **ADHD Helpline**
01522 539939
- **Teenage Pregnancy Advice**
01522 550535
- **Women's Aid County**
 - Domestic Violence Management
01522 558458
 - Boston Women's Aid
01205 311272
 - West Lindsey Women's Aid
01427 616219
 - Women's Aid South Holland
01775 720400
- **Young People's Organised Activities**
01522 873621
- **Youth Projects - Volunteering**
01522 697678