Need support or advice?
Parenting can be challenging, and support is available. Visit the NHS Best Start in Life, BBC Tiny Happy People, NSPCC, or Coram Family Lives websites for free guidance on child development, behaviour, wellbeing, and family life. For local support, contact Hounslow Family Hubs.

Parenting Advice and Child Development

NHS Best Start in Life https://www.nhs.uk/best-start-in-life/

- Trusted advice on pregnancy, babies, toddlers, feeding, sleep, toilet training, health and development.
- Also provides information on childcare and preparing for school. [nhs.uk]

BBC Tiny Happy People https://www.bbc.co.uk/tiny-happy-people

- Free activities, videos and expert advice to support speech, language and communication development for children under 5. [familytoolbox.co.uk]

Hungry Little Minds https://hungrylittleminds.campaign.gov.uk

- Simple ideas to help parents chat, play and read with their children from birth to age 5. [familytoolbox.co.uk]

Parenting and Family Support

Coram Family Lives https://www.coramfamilylives.org.uk

- Parenting advice, online courses and family support services.
- Free confidential helpline: **0808 800 2222**. [coramfamil...ves.org.uk], [coramfamil...ves.org.uk]

NSPCC Advice for Families https://www.nspcc.org.uk/advice-for-families/

- Guidance on behaviour, tantrums, emotional wellbeing, online safety, and child development. [nspcc.org.uk]

SEND and Additional Needs Support

IPSEA https://www.ipsea.org.uk

- Independent advice on SEND law, EHCPs, school support and parental rights.

Mental Health and Wellbeing

Young Minds Parents Helpline https://www.youngminds.org.uk/parent

- Advice and resources for parents concerned about their child's mental health.

Local Support

Hounslow Family Hubs https://www.hounslow.gov.uk/familyhubs

- Information about local parenting programmes, family support services, SEND support, and activities for children and families.

If you have concerns about your child's development, communication, behaviour, learning, or additional needs, you can access support through:

- Hounslow SEND Local Offer: https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/localoffer.page
- Hounslow SENDIASS: https://www.hounslowsendiass.com
- Parents Active Parent Carer Forum: https://www.parentsactive.org.uk
- NHS Best Start in Life: https://www.nhs.uk/best-start-in-life/

These services provide information, advice, and support for families with children from birth onwards.