

NSPCC Learning

At the NSPCC, we know how challenging it can be to balance all the demands parents have to cope with. That's why we've put together some tips to help. All children need boundaries and discipline, and this guide helps you develop what works for you and your child.

Positive parenting uses techniques that work well for every child. These techniques build on your child's wish to please you, the importance of listening, and, above all, loving your child – leading to a better-behaved, happy child and less-stressed parents. All parents can come under pressure or stress from time to time, and it can even lead them to want to smack their children – although many parents regret it later. But physical punishment is never an effective way to discipline your children.

Need-to-know: how to set boundaries and build positive relationships

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time. This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

For guides and advice go to:

<https://learning.nspcc.org.uk/researchresources/leaflet/s/positive-parenting>




Parenthood..
The most rewarding job in the world
And also the toughest
Need some advice about your child's behaviour?
Contact YoungMinds Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

We're here for you, every day of the year

If you have any questions or worries, feel free to get in touch with us.

Our trained experts at the NSPCC helpline can listen to any worries you have about looking after your child, or any tough decisions you're facing.

Reading this guide may have also made you think about other children. Contact us if you're worried about any aspect of their safety, and we can help.

Call **0808 800 5000**

Email help@nspcc.org.uk

Or talk to us online at nspcc.org.uk/help

Who can I talk to?

All parents can feel stressed or unsure from time to time, or just need someone to talk to. But don't worry, there are lots of places where you can get different kinds of help. We've put together a list of some of the different places you might find helpful, and you could also talk to your **GP, health visitor** or your child's **school nurse**.

Parenting NI Helpline
(Northern Ireland)
0808 8010 722
parentingni.org

Family information services in Wales provide information, support and guidance on all aspects of children and young people's services. Search: gov.wales

Parenting. Give it time is a website developed by the Welsh government offering practical parenting information, tips and activities. giveittime.gov.wales

Cry-sis provides help for parents of excessively crying, sleepless or demanding babies. Lines are open seven days a week, 9am-10pm. **08451 228669**
cry-sis.org.uk

Children are Unbeatable Alliance is a group of more than 400 organisations campaigning for children to have the same legal protection against being hit as adults. childrenareunbeatable.org.uk

Citizens Advice can advise on things like employment, housing and income issues which can cause stress in families. citizensadvice.org.uk

Parenting advice

Family Lives provides help and support on all aspects of parenting and family life, and runs Parentline. **0808 800 2222**
familylives.org.uk

Parentline Scotland (Children 1st)
0800 028 2233
children1st.org.uk



Safeguarding Team

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.



Ms James
Designated Safeguarding Lead



Ms Wilshire
KS3 Deputy Safeguarding Lead
(Year 7, 8 & 9)



Mrs Thurston
KS4 Deputy Safeguarding Lead
(Year 10 & 11)

Need to talk to us, but would prefer to text?



Text us on [07749723552](tel:07749723552) between 3:00pm and 5:00pm Monday-Friday

Please speak to us for support or advice!

Contact us Via Email:

Zoe.James@clf.uk
Carly.Wilshire@clf.uk
Jane.Thurston@clf.uk

External Agency Support



Both OTR and CYN can offer comprehensive support on all issues. They offer youth clubs, 1-1 support and their websites can be used for students to find advice and information on a range of topics.

Kooth offer free, anonymous online support. You can encourage students to use Kooth on any issue.

