



Taking care of you and your family



Parenting - it's OK to ask for help

Becoming a parent and bringing up children is one of the most important jobs there is. Children bring lots of happiness but it is not always easy being a parent. There are times when it can feel like a challenge for anyone, whatever age your child is. There is advice available on dealing with the kind of things that every parent faces as their children learn and grow at <https://gov.wales/parenting-give-it-time>

Dealing with difficult things



Difficult circumstances like money worries, problems with the place where you live or things that are happening in your family can all make it more difficult to cope. Many people manage to cope well under difficult circumstances but then something significant happens, like a bereavement or losing a job, which can make day-to-day life extra hard.

If you had a difficult childhood yourself, if you have mental health issues, other things that you are struggling with, or if you are in a relationship that is not going well, this can all affect how well you feel you can cope. It can also be hard when a child has extra support needs or something is making them unhappy and affecting their behaviour. Some days it might feel like no matter what you do you can't make things better, and it is easy to feel overwhelmed.

It's OK to ask for help



When coping with children gets difficult it can be hard to ask for help. You might worry that people will judge you or not understand how hard you've been trying to cope on your own.

Sometimes getting help with things like money worries or relationships might mean that looking after children doesn't feel so stressful. Getting support for your child and advice about them can make things better. You might need some support for yourself or you might need all of these things. Everybody needs help sometimes and asking for help when you need it is the right thing to do. The earlier you ask for help the better, but it is never too late to get help.

Getting support



Many parents rely on their family to help so that they get support and a rest. We know that for some parents this is difficult because they do not live close to their family or don't have transport to get to family easily.

Some people have difficult relationships with their family or have family members who need care themselves. Some people simply don't have any family they can turn to for help. Even if your family can offer you help you might still need a little extra advice and support.

You can find information about places to go for advice and support, including services in your area here: <https://gov.wales/parenting-give-it-time/support>

If you would rather speak to someone about getting support, you can talk to your Health Visitor, GP or to your child's school.



Additional support



Family Lives offers a confidential and free helpline service for families who can call on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life.

Their helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. Or you can email them on askus@familylives.org.uk. They also offer advice online for parents at <https://www.familylives.org.uk/advice/>

Parent Talk Cymru (Action for Children) also offers a free and confidential live chat with a parenting coach available in English and Welsh – visit <https://parents.actionforchildren.org.uk/parent-talk-cymru>

If you're worried that you or your children are at risk of harm at home or in your community, help is available:



- **NSPCC Helpline:** Whatever your worry – you can phone for free on 0808 800 5000 or email help@nspcc.org.uk Monday to Friday 9am – 6pm or 9am – 4pm at the weekends, or visit <https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>
- **Live Fear Free 24/7 Helpline:** 0808 80 10 800 or email info@livefearfreehelpline.wales

Asking for help is not always easy but it can be the first step in making things better for you and your family.



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