



Llywodraeth Cymru
Welsh Government

EASY READ

Accessible Information for Parents with Learning Disabilities



This document was written by University of
South Wales on behalf of the Welsh Government.

March 2023



This booklet tells you about where to find information that may help you as a parent.

It is divided into different sections to help you find information you might be looking for.



There are sections about being pregnant and about looking after your child.



There are also sections for information that may help if social services are involved and if you are told you need to go to court.

The pictures in this summary are from Photosymbols:
www.photosymbols.com/

OGL © Crown copyright 2023, Welsh Government, WG47204, Digital ISBN 978-1-80535-895-4
Mae'r ddogfen hon ar gael yn Gymraeg hefyd / This document is also available in Welsh
Rydym yn croesawu gohebiaeth a galwadau ffôn yn Gymraeg / We welcome correspondence and telephone calls in Welsh



A lot of the information is free to download.

The web links are included so that you can find the information and look at it.



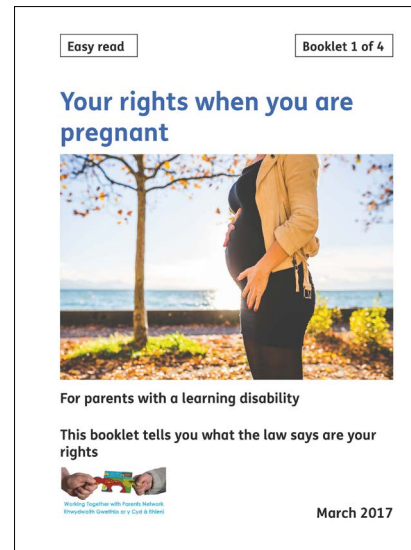
Some books and leaflets cost money.

If a book or leaflet costs money this sign will be put next to it.

You might want to ask your social worker or nurse if they have a copy you can look at.

1. Information about being pregnant

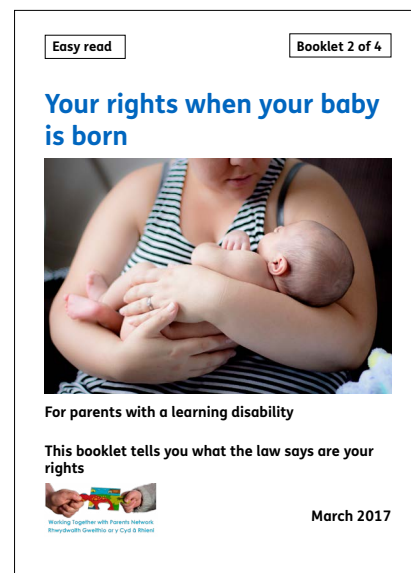
Your rights when you are pregnant



[Resources - Learning Disability Wales \(ldw.org.uk\)](http://ldw.org.uk)

This tells you about your rights to services, advice, and support when you are pregnant.

Your rights when your baby is born



[Resources - Learning Disability Wales \(ldw.org.uk\)](http://ldw.org.uk)

This tells you about your rights to healthcare and support when you give birth.

Ready, steady baby easy read!



[Ready Steady Baby! Easy Read: Guidance for health professionals - Publications - Public Health Scotland](http://www.healthscotland.com/ready-steady-baby)



This is a link to a set of leaflets that tell you about your health when pregnant, getting ready to give birth, and getting ready to give be a parent.

My pregnancy, my choice



<https://www.changepeople.org/shop/products>

This book is published by CHANGE. It tells you about all aspects of pregnancy from knowing that you are pregnant to the first days of your baby's life.

Having a baby



This book can be ordered from [Beyond Words \(booksbeyondwords.co.uk\)](http://booksbeyondwords.co.uk)

This book tells you about pregnancy and giving birth.

2. Information about being a parent and looking after your children

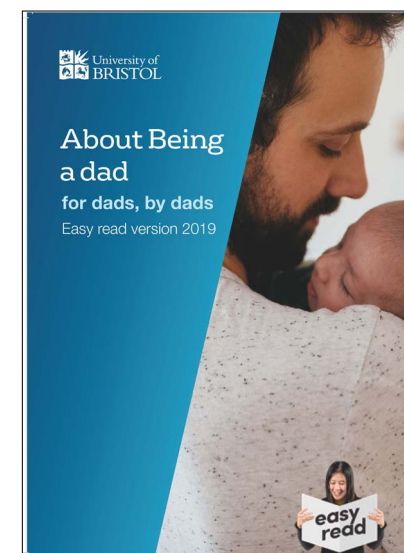
All about breastfeeding: for new mothers in North Wales



[Breastfeeding booklets and other helpful information - Betsi Cadwaladr University Health Board \(nhs.wales\)](https://www.betsi-cadwaladr.nhs.uk/health-board)

An easy read booklet about breast feeding.

About being a dad, by dads, for dads



[Information for parents with learning difficulties | School for Policy Studies | University of Bristol](https://www.policy-studies.ac.uk/)

This is an easy read booklet about being a dad. It is written by dads with learning disabilities.

You and your baby 0 – 1



<https://www.changepeople.org/shop/products>

This book tells you about looking after your child until they are one year old.

It tells you about things like what they need to eat, keeping them healthy and safe, taking them for vaccinations, and getting them into a routine.

You and your child 1 – 5

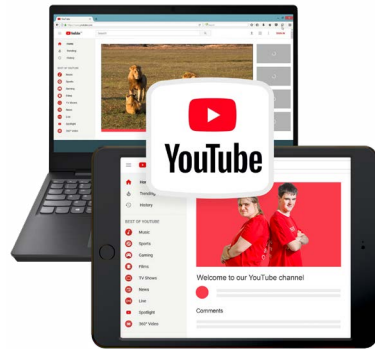


<https://www.changepeople.org/shop/products>

This book tells you about looking after your child when they are 1 to 5 years old.

It tells you about things like keeping them safe, training them to use the toilet, bedtimes and learning through play.

Fathers with learning disabilities



[Fathers with learning disabilities - YouTube](#)

This YouTube video shows dads with learning disabilities talking about being a dad.

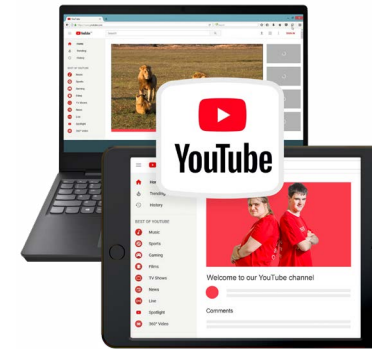
Being a mum with learning disabilities



[Being a mum with a learning disability - YouTube](#)

This YouTube video shows mums with learning disabilities talking about being a mum.

Being a parent with learning difficulties

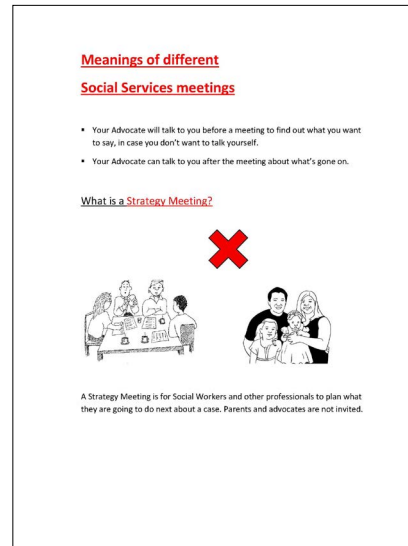


[Being a parent - parents with learning difficulties - YouTube](#)

This YouTube video shows parents with learning disabilities talking about being a parent.

3. Information about social services policies

Meanings of different social services meetings



[Information for parents with learning difficulties | School for Policy Studies | University of Bristol](#)

This booklet gives you information about different social services meetings.

These include strategy meetings, case conferences, and reviews.

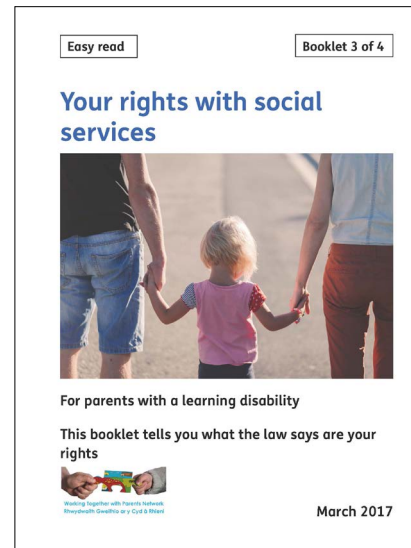
What is a Public Law Outline (PLO)?

(Link to be added once document and location are finalised)

This leaflet tells you about the Public Law Outline (PLO) process.

It tells you what to expect and what support you might need.

Your rights with social services



[Resources - Learning Disability Wales \(ldw.org.uk\)](http://ldw.org.uk)

This booklet tells you about your rights to information, attending meetings, support and the Social Services and Well-Being (Wales) Act 2014

Your rights when your child is taken away



[Resources - Learning Disability Wales \(ldw.org.uk\)](http://ldw.org.uk)

This booklet explains your rights if your child is taken into care, fostered, with a special guardian or adopted.

4. Information about going to court

How to use a solicitor in England and Wales



[Information for parents with learning difficulties | School for Policy Studies | University of Bristol](#)

This leaflet tells you about what solicitors do and how you can get a solicitor.

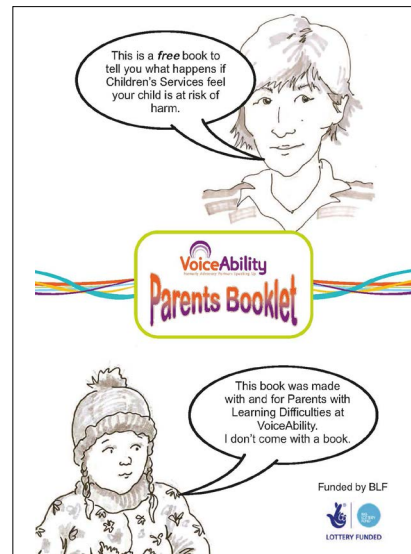
The official solicitor and how he or she can help you



[Information for parents with learning difficulties | School for Policy Studies | University of Bristol](#)

This booklet tells you about the role of the official solicitor.

Voiceability Parents' Booklet



[Resources - Learning Disability Wales \(ldw.org.uk\)](http://ldw.org.uk)

This booklet tells you about childcare proceedings, the child protection process, what may happen when you go to court, and the adoption process.

The Court and your child: when social workers get involved



[Information for parents with learning difficulties | School for Policy Studies | University of Bristol](#)

This leaflet tells you about what happens in court.



It also tells you about what can be decided in court.