

Advice and Support for Parents

* Teachers at your child's school, and health visitors and doctors at your local health centre, can provide information about where to find the right support for you and your child. Asking for advice early on can lead to you receiving the right support and services.

* Services are free and all parents, or people caring for a child, can seek help and advice. You can also find out what help is available for children who have disabilities, children with long-term ill health, school problems or bullying, and children with special educational needs and children who are young carers.

Arranging extra support

* If you would like services from a number of different agencies, talk to a teacher, health visitor or doctor. You should be invited to be involved in the assessment of your child's needs. This is called a Common Assessment and it helps the people supporting you to understand what services you and your child need and how all the agencies can work together in the best way for everyone.

* You can also get access to a wide variety of help and information, in confidence, about a number of problems related to issues such as pregnancy, parenthood, housing, ill health, depression, alcohol or drug problems, or domestic violence.



**Keeping children
and young people
safe**



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Safeguarding children in need

*Some children require greater levels of support from Children's Social Care, along with other agencies. They are children in need. Usually, these services support children living at home. If you think a child may require services as a child in need, you can seek advice from Children's Social Care.

Worries about a child

* Parents, relatives and members of the community may be concerned that a child has been or might be harmed. Some children live in circumstances where they do not receive enough basic care such as food, clothing, warmth or safety, causing their health and development to be harmed. Help and services are available for parents in such cases.

* In some cases, a concern may be raised that someone is deliberately harming a child. Sometimes, a single hurtful event may cause serious harm, for example a violent assault, sexual assault or poisoning.

* Harm can also be caused by ongoing incidents that damage the child's physical, emotional and psychological development, for example domestic violence.

Family life

*Family life is varied and there is no perfect way to bring up a child. Parenting involves providing for a child's basic needs, keeping them safe, and showing them warmth and love. Children need the support of their parents, family and community to grow up and help them achieve their full potential.

* A wide range of services and professionals can provide support to families so that their children can grow and develop successfully, especially in relation to their health and education.

* Parenting can be challenging. All parents may at times feel they need to talk about worries they have about their child. This can feel difficult, but making sure a child is safe, healthy and growing up successfully sometimes requires the support of others.

* Seeking support not only helps the child but can also strengthen the family and community and be a truly positive step.

Contacts

If you are concerned about a child or would like advice you can contact:

Highfield Health Staff

NSPCC Child Protection Helpline
0808 800 5000