

Parenting handbook



CAMDEN RĀPŌWHIRI ŌWHIRI WHĀNUA



Introduction

Welcome to Camden's parenting handbook

We hope this handbook will offer some ideas and give you information to help you find your way through what can be a real maze of advice.

We have included lots of local and national contacts, covering many areas of parenting.

You can pick up extra copies in your local library, doctor's surgery and from midwives and health visitors. You can also download or look at a copy in English and other languages on our website at www.camden.gov.uk/parentinghandbook

This handbook has been put together with the support of a wide range of professional agencies in Camden, working together to promote positive parenting.

Many of these organisations are represented on the local safeguarding children board.



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My son's learning fast. He doesn't need me to tell him that everybody's different. But I do want him to understand that everybody's equal too



Equality and diversity

Different and equal

- **Your child is protected by the Human Rights Act, the Disability Discrimination Act, the Race Relations (Amendment) Act and the Sex Discrimination Act.**
- **Ask your child's school about how they deal with racism and other forms of abuse, and ask them to talk through their policies with you.**
- **Support groups, parents' groups and other organisations will be able to help you explain equality to your child.**

Diversity

Diversity is all about differences. We are all different: physically, socially, culturally and sexually. Diversity means variety; it means a rich and vibrant culture. But not everyone values and respects the differences in society. Discrimination is when you are treated differently just because of who you are. You could experience discrimination from an individual or from a business, a service, an agency or even a school. We all have the right to respect, equal opportunities and justice, so there are laws in the UK to prevent discrimination on all levels. If you feel you or your child have experienced discrimination, your local authority, other local organisations and the legal system are there to help you.

Racism

Thanks to the Race Relations (Amendment) Act 2000, all public bodies have a clear duty to stop unlawful racial discrimination and to promote equal opportunities and good relations for black and minority ethnic communities. This includes schools, so the curriculum and the teaching in our schools should reflect racial diversity and should have clear processes for handling, reporting and watching out for racist incidents.

Homophobia

We live in a diverse country with a lesbian, gay, bisexual and transgender community – diversity should be welcomed and reflected across all services. It is not acceptable that anyone is targeted for abuse or discrimination because of their sexuality or the sexuality of their parents, carers or family members. Sex education in schools helps young children understand and respect sexual orientation.

Disability

The Disability Discrimination Act 1995 says it is against the law for anyone providing a service (including schools and businesses) to treat disabled people less well than other people because of their disability. It also means they should make reasonable adjustments to make their services suitable for disabled people to use.

Sexism

Sexism arises out of common stereotypes about male and female roles. Sexism can be experienced in the home, in social situations or in the workplace. It can lead to serious forms of physical or psychological abuse. The Sex Discrimination Act is there to provide a legal framework for promoting equality between the sexes.



CONTACTS

- National
 - Dial UK 01302 310123
- Local
 - Racial harassment hotline 0800 138 1661 (24 hour freephone)
 - Voluntary Action Camden 020 7284 6550
 - Hopscotch Asian Women's Centre 020 7388 6200

Some of my friends moan that their parents are too busy for them. But my mum's great – she always finds time to talk to us about stuff and makes us feel special. I know I can talk to her about anything



Positive parenting and self-esteem

Make them feel great

- Children need to feel secure, loved and valued – this is the basis of self-esteem and confidence.
- Noticing and praising good behaviour is the best way of having a good effect on how your child acts.
- Be realistic about what you expect from your child.
- Parents and carers need to work together and keep the same rules.
- Listen to and talk to your child.
- Do things together with your child that you both enjoy – have fun.

Positive parenting

Positive parenting is about bringing out the best in your child by listening and understanding, praising and encouraging their efforts, noticing and rewarding good behaviour and doing things together that you both enjoy. This is the basis of life-long confidence and self-esteem.

In trying to be helpful, it is often easy to point out where a child is going wrong and forget to notice the things that go right. By doing this, you are giving your child lots of attention for the bad things they are doing, rather than for the good things you would prefer them to do. This can undermine your relationship with your child.

A sense of self-esteem is your child's best protection from other children. You can help to make them feel good about themselves in many ways. Be a good role model, give good feedback, understand and help your child if they believe things which are not true and be natural and affectionate. Make them feel great!

Teenagers have to learn to make their own decisions and establish independence from their parents. Their decisions might not always be the same as yours. That is why tension is

normal. Choose your battles and let some go! Be friendly and supportive and let them know you have been through it and that you are always willing to talk. The main concern for teens is whether what they are going through is normal. Remember to give them the practical information they need about their physical changes and reassure them that their physical development is perfectly normal.

Fit and healthy

Keeping your child fit and healthy is something that most parents do without even thinking about it. Whether it involves getting your child to brush their teeth or reminding them to pay attention to personal hygiene, you are an important source of information and advice and a role model for your child.

Eating is an important part of life. Get your child to eat healthily. This does not mean denying them food they enjoy. Healthy eating is about having a varied, balanced diet and enjoying lots of different foods. Younger children will often not eat certain foods and teenagers may go through food fads too. Some eating problems are more serious and if you see signs of difficulties, contact a health professional for advice.



CONTACTS

National

- Young Minds 020 7336 8445
- Parentline Plus 0808 800 2222
- Eating Disorders Association 0845 634 7650

Local

- Your doctor, school nurse or health visitor

Before Joe was born, I never thought about where I left things. Nowadays everything in the house seems dangerous. I feel I have to follow him everywhere. Yesterday he found my painkillers in the bedroom and nearly swallowed some. It happened so quickly



Health and safety

Making your home safe

- **Babies do not know what is dangerous and what is not.**
- **Babies and children learn by exploring their surroundings.**
- **Take away any dangers in your home that you can.**
- **Watch your child and keep them away from danger.**
- **Explain about safety to your child from an early age.**

Learning about their world

Babies and young children learn about their world through what they see and touch. This means that, as soon as they are able, they will crawl, touch and grab at whatever they can see. They want to find out about things and need careful and gentle help from a young age about what danger is and what to stay away from. Shouting at or smacking children will not teach them about safety. It might just make them scared of the oven or the door. Most accidents happen in the home and this is why it is important to make sure that your home is safe for all your family, especially for young children.

Some dangers around the home

- Make sure that all medicines and drugs are locked away, well out of reach. Take them in private to stop your child copying you.
- Rooms like kitchens are full of danger and should be either totally out of bounds or made safe by using safety devices.
- Are your children safely kept within the house? Is the safety chain high enough on the front door, even for a very active toddler?

- Crawling and looking around are an essential part of development. Keep an eye on your young children, especially near wires and sockets.
- Beware of pets around young children. Even trained and good-natured animals can turn on them.
- Make sure that irons, saucepans and hot drinks are kept out of the reach of children.
- Your home is full of dust and this can set off or make worse any allergy your child has (such as asthma). Keep your home as dust free as you can.
- Breathing in cigarette smoke is bad for children's health. They will be affected by passive smoking and your smoking may encourage them to smoke when they are older.
- Check toys for safety labels. Make sure that your child does not play with toys that are not suitable for his or her age, especially if the pieces are small enough to choke on or swallow.



National

- Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000
- Child Accident Prevention Trust 020 7608 3828
- NHS Smoking Helpline 0800 1690 169 (7am to 11pm)

Local

- Talk to your health visitor or midwife

CONTACTS

Andrew is seven, and I was very careful to visit and discuss his needs at the after-school club. It now means I can work a full day knowing his needs are being met and he is in a safe place. He has made lots of new friends: not just other kids but members of staff too. I can relax and get on with what I need to do. Life is so much easier



Childminding and daycare

How do I make the right choice?

- All registered childcare in England must meet national standards set out by the government.
- Camden's Children's Information Service has lists of registered out-of-schools clubs, playgroups and children's leisure activities.

Childminders

Childminders look after children in the childminder's own home. They are registered with OfSTED and inspected every year. Childminders can often be flexible about the hours that they work. They will provide a fun and learning environment. Every childminder is different, so look for someone who will suit your family. Some childminders are part of a network. These childminders have agreed to meet certain quality standards and some may be accredited to offer early years education. Contact the Children's Information Service for more information.

Day nurseries

Day nurseries are for children under the age of five and are for the length of the working day. Social care services, voluntary organisations, private companies, individuals, businesses or community groups might run them. They are registered and inspected by OfSTED.

Pre-schools

Pre-schools are for children aged between three and five. Sessions usually last no longer than four hours. Most of them are run by groups of parents with one or two paid staff.

After-school clubs

After-school clubs provide play and care in sessions for children from four to 13 years old. There are breakfast

clubs, after-school clubs and holiday play schemes. They are inspected by OfSTED once a year.

If your child is between three and four, they may be able to get a free part-time nursery place. Early education and nursery classes are usually open during term time. Children can go all day or just part-time. Contact your early years centre for more information.

Private fostering

Private fostering is very different from the care given by local councils through approved foster carers. This happens when a child under 16 is looked after for more than 28 days by an adult who is not a parent or close relative by private arrangement between the parent and the carer. If you are thinking about placing your child with a private foster carer or becoming a private foster carer yourself, the first thing you must do is contact Camden Safeguarding and Social Care. By law, Camden have to approve these arrangements. The private foster carer will need as much information as possible about your child (including medical history) and Camden Safeguarding and Social Care can give you a form to help with this. As the birth parents, you keep full parental responsibility. You must remain in touch with the private foster carer and take part in all important choices about your child's life.



CONTACTS

National
OfSTED complaints line 0845 601 4772
Local

- Camden Sure Start:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
- Home Start Camden 020 7424 1603
- Children's Information Service 020 7974 1679
email: cis@camden.gov.uk
- Camden Safeguarding and Social Care 020 7974 6666

Jalil is my cousin's daughter.

My cousin was killed, so Jalil travelled with me to the UK. She is only six but she has already suffered so much. It is up to me to make sure she never suffers again. I thank God there are so many good people here to help us



Children from abroad

Children come first – wherever they come from

- **Children from abroad are children first – regardless of political or legal issues.**
- **Unaccompanied children from abroad, or those accompanied by someone who is not their parent, are particularly vulnerable.**

Speaking up

Children from abroad are children first – regardless of political or legal issues. Unaccompanied children from abroad, or those accompanied by someone who is not their parent, are particularly vulnerable. If you care for a child from abroad, you can get help to make sure they get proper health care and education. You must speak up for your child. Children from abroad enrich the vibrant cultural life of Camden and should be welcomed, regardless of race, religion or background.

Here I am!

Large numbers of children arrive in this country from overseas every day. Many are asylum seekers or refugees escaping from danger in their home countries. They may be with their parents, with a relative or friend, or they may be alone. Whatever their circumstances, Camden is ready to care for them. Teams of social workers, health workers, teachers and carers are all ready to offer a whole host of services to welcome them to our borough. But we can only help if we see the child. If you are caring for a child from abroad, your first duty is to make sure that Camden Safeguarding and Social Care know all about your child. Whatever your status, or the status of the child's parents, the child comes first.

The right start

To offer the best start for your child, the caring professionals in Camden need to get to know all about them. People working with children will be interested

in their background, their experiences, their family and any special needs they may have. Our local doctors welcome all children from abroad into the UK's free National Health Service and will be happy to arrange a health check for them. Specialist staff in education are provided for children like yours. They will search for the best school for your child and work with you, the teachers and other care staff to help them make new friends and begin an enjoyable learning experience. Naturally, in all their work caring professionals will aim to understand cultural preferences and eliminate language barriers to make you and your child feel confident and settled as soon as possible.

Helping children to heal

Many children who arrive in the UK are unhappy. Leaving your home and your family on a difficult journey can be very upsetting. Some children may be escaping from war or extreme violence and may have experienced terrible things. You may not even be aware of these things, but the professionals in Camden will do all they can to help the child you care for to deal with their unhappiness and find a way to heal any pain they may have inside.

Get in touch

If you are responsible for a child from abroad who is not receiving the kind of care we mention, get in touch immediately with one of the contacts on the page opposite. All children are special, but some need extra special care.



CONTACTS

National

- Welcare Community Projects 020 7604 4404
email: theaccordcentre@btconnect.com

Local

- Connexions 020 7388 8091
- Voluntary Action Camden 020 7284 6550
- Hopscotch Asian Women's Centre 020 7388 6200

“When I found out that Josie was disabled, I didn’t know how I was going to cope. I just didn’t think I’d be able to do it alone. Pretty soon I realised I didn’t have to”

Children with disabilities

You are not alone

- Disability affects 15% of people in the UK at some time in their lives.
- Your child is protected by the Disability Discrimination Act.
- The government, your local council and education and health authorities are there to help.
- You may be able to receive financial help to help you to care for your child.
- Support groups, parent groups and other organisations are out there to help you cope.

Support and advice

If your child has a disability, the future may seem like a real struggle: not just for them, but for you too. The word “disabled” covers a very wide range of different conditions, and it is thought that 15% of people in the UK have some form of disability at some time in their lives. Remember, you and your child are not alone.

The government, your local council and health and education authorities offer a wide range of benefits, facilities, support and advice for children with disabilities and their carers.

Legal protection

Your child is protected by law. The Disability Discrimination Act says it is against the law for anyone providing a service (including schools, businesses and organisations) to treat disabled people less fairly than other people because of their disability. It also asks them to make reasonable adjustments to their services so that disabled people can use them. These might include ramps or disabled toilets.

Health

Your doctor and local health service will give the help and advice you need to discover and assess your child’s

disability. They’ll help you plan the treatment, therapy, equipment and ongoing medical care your child may need.

Benefits

There are several benefits you could receive to help you with the costs of caring for a disabled child. These include Disability Living Allowance, Carers’ Allowance and help with extra housing costs. Don’t forget free dental treatment and prescriptions, help with the cost of glasses and sometimes help with travel to hospital, school meals, and even not having to pay road tax.

Education

Depending on their kind of disability, your child may benefit by either going to a special school (a place specifically designed to match their educational needs) or to a mainstream school, with extra support through special needs provision. Your local authority and health service providers will help you assess your child’s special educational needs and find the best way forward for their education.



CONTACTS

National

- NHS Direct 0845 4647
- Carers’ Helpline 0808 808 7777
- National Deaf Children’s Society 01924 898 749

Local

- Children’s Information Service 020 7974 1679
email: cis@camden.gov.uk
- Camden Disabled Children’s Team 020 7974 4844
- Camden Special Educational Needs 020 7974 4530
email: gen.enquiries@camden.gov.uk
- Kids London 020 7530 4833 or 020 7520 0405
(based at Greenland Road Children’s Centre)
- Greenland Road Children’s Centre 020 7530 4820
- Contact a Family 020 7608 8700 Helpline
0808 808 3555 Textphone 0808 808 3556
- Hopscotch Asian Women’s Centre 020 7388 6200
- Connexions 020 7388 8091

I always wanted to be a good mother but it was hard to keep on top of everything. Finally I got some help and you wouldn't believe the difference it's made. I'm so proud of how far we've come. We're a family again



Children in need

Working together for our children

- Children have the right to have their basic needs met and to be protected from abuse and neglect.
- Sometimes parents or carers need help to look after children well.
- Children can be 'in need' for many reasons.
- Social care services bring together the child, the parents or carers and all the relevant service providers to sort out issues early on.
- Parents and carers must always say yes before information is shared among professionals (unless the child is at serious risk).

Who are 'children in need'?

All sorts of children and families face a variety of difficulties where help is needed to make sure that they are safe and supported. The difficulty may arise from disability or family breakdown, or from problems that many parents face in responding to their child's changing needs. This help can come from several different agencies, so Camden's Children In Need Policy and Procedures bring together all these agencies. The goal is to meet the needs of children and families in our community before a problem becomes a crisis.

How it all works

When professionals with whom you have contact become aware that you need help to meet the needs of your child, they will talk to you about how they can help. If their agency cannot provide the right service or advice, they will ask your permission to ask another agency to help. If a number of agencies need to make a plan about this, they may call a meeting. You will be invited to this meeting and given support to share your views. At this meeting, you, your child and

representatives from various agencies will work together to find a successful way forward to overcome your individual difficulties. Plans made at a children in need meeting will be written down and reviewed within an agreed period of time.

Family focused

You and your child are fully consulted and are encouraged to come to any meetings held about your situation. By law, all information about your family is treated in complete confidence. Your permission is required for information to be shared, unless there are serious concerns about your child's safety. At any time, you and your child have the right to express your views and have anything you wish explained to you.

Make contact

The Children In Need Policies and Procedures are there to help children and their families. If you feel your child may be in need, remember you are not alone. Make contact using the details given on the page opposite or speak to your health visitor or your child's school.



- National
- NSPCC 0808 800 5000
- Local
- Camden Safeguarding and Social Care 020 7974 6666
 - Families in Focus 020 7974 4258
 - Your health visitor or your child's school

CONTACTS

“She didn’t say anything, but I could tell that having to look after me was having an effect on Jessie. But how could I care for my daughter when she was caring for me and her baby brother? I made a few phone calls and found out that even with my illness I can still be a good parent”



Young carers

Who cares?

- Three % of carers are young carers.
- One in five young carers misses school because of their caring role.
- Young carers are protected by the Children Act 1989, Carers (Recognition and Services) Act 1995 and Carers and Disabled Children Act 2000.
- Your local council and health trust are there to help and will act once concern is raised.
- There are many types of support to help you and your child cope with their caring.
- You care about your young carer! So make contact with the support groups and organisations that are there to help.

A caring role

Many people need special care in their homes. They may be ill, disabled or elderly, or they may have drug or alcohol problems. Care from a member of the family can be a help. When the carer is a child or a young adult, it is very important to make sure that they are getting support too. If your child has any caring role, for yourself or another member of their family, it is most important that they do not suffer because of their caring. Tell your child’s school, social care services and your doctor about this. You don’t have to cope alone: they can help you and your child get the support you both need.

Education

You want your child to do well at school. Many young carers achieve good results but research has shown that caring can have a bad effect on a child’s education. To help stop this, it is important that your child’s school is

told about their caring role. This way they can give your child extra help if needed and will understand and support them.

Health

Sometimes young carers can be so busy looking after others that they forget to look after themselves, and can become ill, stressed or depressed. The best way to avoid this is to get help from your doctor or the school nurse. Let them know all about what is happening so that they can give the help and advice that both you and your child need.

Extra support

Your council can give support to carers. This can include special breaks for carers and extra support services for particular needs. There are also many local and national organisations set up to help young carers and their parents.



CONTACTS

- National
- Careline 020 8514 1177
 - Benefit enquiry line for people with disabilities 0800 882 200
 - Carers UK 0808 808 7777
- Local
- Camden Young Carers Project 020 7424 1600/02
 - Families in Focus 020 7974 4258
 - Camden Under 25s’ Advice Centre 020 7974 4595

When Angela was young, I thought I couldn't manage. She cried all the time. I was exhausted and nothing worked. I felt such a failure. I got so angry with her: I felt like shaking her to stop her noise. I had no idea how much that could hurt her

Don't shake the baby

Different ways to cope

- There are different ways to cope with a crying baby.
- Never shake a child for any reason.
- Shaking is often caused by the adult feeling out of control.
- Shaking can cause damage that you cannot see.
- Shaking can cause permanent damage.
- Do not suffer alone: ask for support from others.

Why do people shake babies?

Often babies are shaken when a parent or carer feels out of control: when they will not stop crying because of feeding problems or colic or other illnesses. A normal baby will normally cry for at least two hours every day. If a baby has extra difficulties, they will cry more and this can be very stressful. One in ten babies cries much more than this and many parents find this too difficult to manage.

Many parents do not know how much damage shaking can do to a young child. Parents and carers who do not have much patience may become angry and are more likely to shake the child.

Some very rough play with a young child can cause similar injuries to shaking them. Never shake a young child or swing them by the arms or legs.

Ways to cope with a crying baby

Crying is the way all babies make sure that their basic needs are met. They may be hungry, thirsty, lonely or need a change of nappy. Crying is neither your fault nor the fault of your baby.

Here are some ways of coping:

- Count to ten before doing anything and give yourself time to calm down.

- Think about giving your baby a dummy.
- Hug and cuddle your child. You could use a baby-carrier to keep them close to your body, which babies find soothing.
- Go for a walk or a drive to help them sleep.
- Use a helpline in times of crisis.
- Go out of the room for a short time (but make sure that you are still nearby).
- Ask someone else to take over for a while.

What damage can shaking cause?

Shaking a baby can cause death or long-lasting brain damage. Shaken baby syndrome is an injury that happens when a baby is shaken so that his or her head wobbles quickly back and forward. The force of this can tear the blood vessels that connect the brain and skull. This happens because a young child's neck muscles are not strong enough to hold their head firmly. Shaking can cause serious damage, even though the parent does not think so. Never ever shake a baby or child for any reason.



CONTACTS

National

- Parentline Plus 0808 800 2222
- NHS Direct (24 hours) 0845 4647
- CRY-SIS 08451 228 669

Local

- Contact your health visitor or doctor

It has to be every new parent's nightmare. But thanks to a few simple guidelines, we're all sleeping a bit better now



Safer sleeping

Reducing the risk of cot death

- Always put your baby to sleep on their back with feet at the bottom of the cot.
- Babies aren't good at keeping their temperature constant, so make sure they don't get too hot or too cold.
- Make your baby's cot a safe and secure place to sleep.
- Keep smoke away from your baby.
- Do not sleep with your baby on a sofa, particularly if you have been smoking, drinking or taking drugs.

'Back to sleep'

Unless health professionals say otherwise, you should always put your baby to sleep on their back. This has been shown to be important for their safety while they are asleep. Never let your baby fall asleep propped up on a cushion, sofa or chair, and don't let anyone fall asleep while nursing your baby. Recent research in the United States has shown that babies who use dummies when they are sleeping are significantly less likely to suffer cot death.

The safest place

A well-designed and stable cot in your own room is by far the safest place for your baby to sleep in their first six months. Keep it simple and tidy, do not use plastic sheets, bumpers, baby nests, wedges, bedding rolls or any ribbons or mobiles that your baby could get caught up in. The mattress should be firm, flat and clean and have a secure waterproof covering. Cover the mattress with a clean sheet and make sure there are no gaps between the mattress and the sides of the cot, as your baby could slip or become caught.

Temperature

Babies can overheat, which is known to play a part in cot death. Try to keep the room between 16 and 20 degrees centigrade. Do not use duvets, quilts or pillows until your baby is one year old. Instead, give your baby one light layer of clothing or bedding. Never use hot water bottles or electric blankets and always position your baby in the "feet to foot" position, with their feet at the foot of the cot, so that they can't move down inside their blanket. Avoid covering your baby's face or head indoors.

Sleeping with your baby

If you take a baby who cannot sleep into your bed, do not take any medicine, drugs or alcohol that may make you sleep more heavily than usual. Remember that your baby will be warmer when they are sleeping next to you, so if they fall asleep under your duvet they may get too hot. They face a bigger health risk if you or your partner smoke.

Clean air

Never let anyone smoke near your baby and if you or your partner smoke, you should give up now.



CONTACTS

- National
- NHS Direct 0845 4647 (24 hours)
 - CRUSE Bereavement Care 01628 670 0410
- Local
- Your health visitor service, doctor or midwife

Not only has she learned to walk and talk, but now she's learned to stamp her foot, argue, scream until she's bright red and embarrass me in public on a regular basis. What's happened to my baby?

Temper tantrums

When every day is a difficult day

- One in five two-year-olds has a tantrum at least twice a day.
- The 'Terrible Twos' are a normal part of growing up.
- Getting angry is natural but it just makes things worse.
- Try to find a good way of dealing with problems.
- Plan to avoid the causes of tantrums.
- Remember, they won't last for ever!

Frustration

Tantrums may start at around 18 months, are common at two years old and are much less common at four. Very young children are often not able to tell you things as much as they want to and their frustration may come out as a tantrum.

Tantrums are more likely to happen if a child is tired, hungry or uncomfortable. Tantrums also often happen in busy public places, which can be embarrassing and add to your stress.

Dealing with temper tantrums

- Keep calm. Getting angry and shouting at your child will only make things worse.
- Your child might be tired or hungry so rest or food might help. Or they might just need a cuddle.
- Try to find something else interesting to do or look at. If you are in a busy or noisy place, try to go somewhere quieter.
- If none of these work, try to see things from your child's point of view and understand what they actually want. Try giving them a choice, as this gives your child a sense of control and can be better than simply saying no. Always try to offer a positive way out.
- If you do say no, don't give in later to calm them down. If you give in, your

child will learn that tantrums work.

- If you are at home, you can try ignoring the tantrum. Or try going into another room if it is safe to do that. Get your child to cool down on their own and talk more calmly about what they want.
- After the tantrum, praise your child for settling down. Even though they may no longer be angry, they may still be upset, so give them a cuddle and make it clear that you still love them no matter what.

Avoiding temper tantrums

Tantrums are less likely if you plan ahead.

- Try to stop your child getting hungry or over-tired.
- Make sure your child has enough attention and affection.
- Make sure your time together is quality time, especially if you work long hours.
- Keep shopping trips and outings as short as possible.
- Try to plan a method that you will use to deal with tantrums when they happen.

Remember, temper tantrums are normal and do not lead to serious problems. As your child gets older, they will learn to deal more calmly with the stresses of everyday life.



CONTACTS

- National
- Parentline Plus 0808 800 2222
- Local
- Your health visitor or doctor

Smacking is the only thing that works. I get so frustrated with him sometimes. Besides, I was smacked when I was a child and it never did me any harm



Smacking

The great debate

- Smacking does not teach children self-discipline.
- Smacking gives attention to a child's bad behaviour.
- Children learn best by attention to things they do well.
- Smacking teaches children to hurt others.
- When self-discipline is taught, smacking is not needed.

Learning how to behave

It is important that children learn how to behave and control how they act as they get older. Parents have a very important job as a role model for their children in helping them to learn how to do this.

Teaching children from a young age by setting limits and explaining reasons for these limits helps them develop self-discipline. Smacking has no long-lasting good effects. In fact, smacking usually has to become harder in order to have the same impact on your growing child. This is where the thin line between smacking and hitting can be crossed.

Have you ever smacked your child?

Many parents will answer yes. Every parent gets frustrated with their child at some time. It is at these times that a parent may smack in the heat of the moment, but this is an outlet for the parent's feelings rather than a helpful way of training a child.

Because lots of people have smacked their children does not mean that it is the best way to punish your child or make sure they are good. Those who say smacking is fine have argued that it is not harmful in the long term and is the most immediate form of discipline. It is much more helpful and safer to notice and reward your child's good behaviour in order to encourage the behaviour you want.

Fewer parents are smacking their children now. Lots of those who keep doing so do it because they are not sure what else will work.

What the law says

In England and Wales, the Children Act says smacking is against the law if it causes bruises, reddening of the skin or mental harm.

In this society, parents are not allowed to hurt their children whatever their individual, cultural or religious reasons.



CONTACTS

National

- Barnardo's 01268 520 224
- NSPCC 0808 800 5000

Local

- Voluntary Action Camden 020 7284 6550
- Hopscotch Asian Women's Centre 020 7388 6200
- Talk to your doctor, school nurse or health visitor

I felt myself getting panicky every time I put him to bed. Maybe it was a lack of proper routine, but at the time I felt so tired and had so little patience. I never praised him for going all night without wetting his bed. I just got cross when I had to change the sheets again, which didn't really help at all

Bedwetting and sleeping difficulties

How can I help my child?

- Children do not wet or soil deliberately.
- Bedwetting may be a sign of a health problem but usually your child will learn to control their bladder at their own pace.
- Each child's sleep pattern is different.
- Take time to sort out a bedtime routine, including a time for your child to relax and unwind before going to bed.
- If your child often wakes in the night, try to find out why. Perhaps they have had a bad dream or are hungry.

Potty training

Your child is more likely to learn control if you are relaxed and calm about potty training. Remember that they will learn at their own pace and praise rather than telling them off will help. Between the ages of three and four, your child is likely to be dry during the day, with the odd accident. Remember, this is often not an instant change but a gradual process, where more and more nights will be dry nights.

Bedwetting

It is not easy to know why some children take longer to be dry at night than others. However, bedwetting is not due to laziness or lack of willpower. Up to one in six seven-year-olds wets the bed. Although this may be stressful for both you and your child, try not to lose your patience: it is rare for a child to wet or soil on purpose. If after the age of seven your child often wets his or her bed, the problem may be caused by a number of things. Talk to your child about it and reassure them that other older children experience this too. Discuss any concerns about your child with your doctor, health visitor or school nurse.

Sleeping difficulties

- There are many different reasons why babies and young children do not sleep through the night.
- Try to have a sleep routine as early as six weeks if you can.
- Feel confident in knowing whether your child is really upset or just restless.
- If you are often woken up during the night, arrange for a trusted relative or friend to care for your baby or child so that you can get some sleep.

Sorting out a routine

Many children and babies have difficulty getting to sleep at some time. It is important to get a sleep routine for your child by putting them to bed at a regular time each night. Make sure their room is warm and comfortable for them to relax in. Reading to your child at bedtime helps him or her to relax. If your child is scared of the dark, try keeping a night light on. A few favourite toys in the bed will be a comfort if your child wakes up during the night. If you are worried that your child has serious difficulty getting to sleep or does not regularly sleep through the night, discuss your concerns with your doctor, health visitor or school nurse.



CONTACTS

National

- Education and Resources for Improving Childhood Continence (ERIC) 0117 960 3060 www.eric.org.uk

Local

- Health visitor, school nurse or your doctor

“They say you experience a second childhood when you get old. I experience it every time I play with my child. I’d forgotten what fun it can be!”



Play and learning

Parents have a key role in play and learning

- Children of all ages learn through play.
- Play is an important part of your child’s development.
- Children need a safe and supportive place where they can play, learn and develop.
- There are all sorts of groups and programmes in your area to help your child to play and learn.

The natural way

Playing is a natural way for children of all ages to learn about the world around them. Children learn through play at home, nurseries, playgroups, after-school clubs, school, play schemes and beyond. Play is a big part of your child’s development and you have an important role in this.

Early learning

Children who are helped or praised when they express themselves freely through play tend to be more able to adapt, learn skills and do better at school. As a parent, it is important to spend time playing with your child, providing interest and interaction. Involving children in daily activities such as shopping, laying the table or cooking will provide “real life” ways for children to learn. From birth, your child begins to learn through play about using their senses, meeting people, talking and moving.

A helping hand

The government set up Sure Start to improve the range and quality of services for young children and their families. There are all sorts of programmes covering a wide range of services and support, particularly when it comes to play and learning.

The foundation stage

All government-funded playgroups,

nurseries, reception classes and other childcare settings carry out the foundation stage of education. This is for children from the age of three to the end of their year in a school reception class. All their learning will be in play based activities as this is the best way for children to learn.

School years

Primary schools value play and use it as a learning tool throughout the school day. At home your child will begin to play more on their own or with friends, but it is still important to be part of your child’s play, as well as any hobbies and artistic or sporting interests that they may develop as they grow. Giving your child time and helping them is of even greater value than new toys or games, and playing with them means that you are part of their personal, social and emotional development.

As they grow older, you will need to set rules about playing outside and visiting friends. Try to find a way of allowing your child to get out and meet others, while making sure that you know where they are and that they are fully aware of dangers.

As children, we all enjoyed playing – perhaps we still do! Learning to play again with your child can be great fun. It will bring you closer to them and will be vital in preparing them for a full and active life.



CONTACTS

National

- Department for Education and Skills
www.dfes.gov.uk

Local

- Camden Sure Starts:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King’s Cross and Holborn 020 7974 0907
- Home Start Camden 020 7424 1603
- Camden Play Service 020 7974 1519
 - email: play.service@camden.gov.uk
 - web: www.camden.gov.uk/play
- Children’s Information Service 020 7974 1679

Leaving Natalie with anyone is difficult, but I really need to have a break sometimes. I would worry all the time if I could not rely on and trust the person looking after my child. I'm really glad I spent the time I did finding the right babysitter



Babysitting

Who can I leave my child with?

- Children rely on their parents for their safety.
- Your child has the right to care which is free from harm.
- Make sure your child gets the best quality care.
- Select your babysitter carefully.
- Avoid leaving your child with someone under 16.
- Ensure your babysitter can be contacted in an emergency.

Making choices

As parents, the safety and well-being of your child is up to you. It is important that you think very carefully about the person you are going to leave them with, whether this is a stranger, close relative or friend.

Choose someone with the abilities and high standards that you would expect of yourself. This includes someone who will make sure that your child is fed, changed, kept safe, given room to play and feels secure. That person must also deal with any difficulties which may happen.

A babysitter in your home

Generally a babysitter will come to your home to take care of your child. Make sure you talk to your babysitter before you leave. Let them know when to expect you back and make sure they have contact details in case of emergencies.

Babysitters do not need qualifications or a certificate to look after children.

As a result, anyone can be a babysitter. The Children's Legal Centre and the NSPCC advise that the minimum age of a babysitter should be 16. This is based on the idea that at 16 and above a young person understands possible dangers and could get help quickly if needed.

This age limit is also linked with the possible action which could be taken by the police if anything were to go wrong and an injury resulted. It is likely that, as a parent, you would be held responsible if anything goes wrong and your babysitter is under 16.

Recommendations

A good babysitter will often be well thought of locally and can be recommended by a friend or neighbour. However, it is very important that you meet them first before you decide to leave your child in their care.



CONTACTS

- National
- NSPCC 0808 800 5000
- Local
- Camden Sure Start:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
 - Home Start Camden 020 7424 1603



Greg is ten – the same age as me. I haven't met him but we chat on the Internet all the time. He's really funny. He wants to meet up tomorrow to play football. I can't wait to see what he looks like



CONTACTS

National
• Internet Watch hotline 0845 600 8844
• www.chatdanger.com

Internet safety

New technology, old problem

- Paedophiles have been quick to use the Internet as a tool. They are very well practised in how to approach children to befriend them.
- Children are interested in the adult world, but there are measures you can take to protect your child from online risks and help them make the most of the Internet in a safe way.
- Be sensitive to changes in your child's behaviour. It is up to adults to look for the signs of sexual exploitation.
- Research from the NSPCC shows that one in five children between the ages of nine and 16 uses Internet chatrooms.

Risks from the web

The web can be a useful tool for people who want to exploit children. Recent cases in the news have shown that Internet chatrooms can be used by paedophiles to make relationships with children. They then "groom" children to become victims, either on the Internet itself or by arranging to actually meet them. Often victims believe that they are chatting to other children online as they cannot see who they are talking to.

Internet pornography can cause damage to children who see it. But worse still, the web is a way in which pornographic images of children are obtained and exchanged. Sadly such images are in high demand, so pornographers will go to great lengths to get children involved against their will.

Making it safe to surf

There are ways in which you can help to protect your child online and make sure that the Internet is a safe way to learn and have fun.

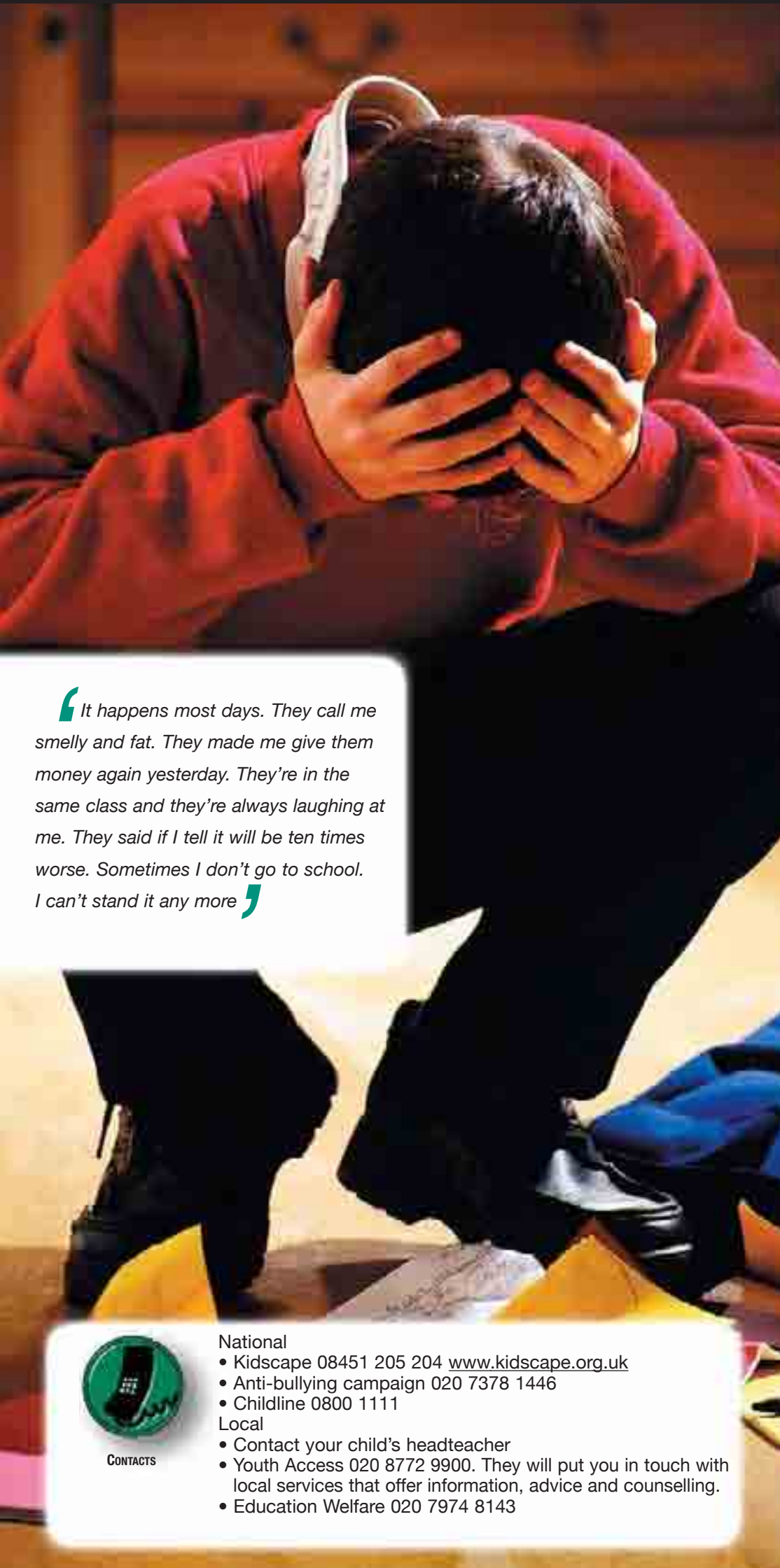
Ask your Internet service provider or local computer specialist about parental controls which can stop your child seeing websites with sexual or violent content. These methods

cannot give a total safeguard but do offer some degree of protection.

Learn all you can about the Internet. In the same way that you would teach your child about the dangers from strangers, warn your child about dangers on the web and lay down some rules about the time they spend online. If possible, avoid your child going online in private, or at least make sure you have access to their computer. Make sure that they know they should never arrange to meet a new friend made on the Internet without a trusted adult going with them.

Watch out for possible signs of exploitation or abuse. Some of these signs are often completely innocent, but look out for changes in your child's mood or how they act. These include not sleeping, bedwetting, having bruises or marks, problems at school, going missing, hurting themselves on purpose, or having any pornographic material. Be especially aware of any new friendships between your child and older people, whether male or female.

If your child is abused, whether mildly or severely, you must absolutely support them. Make it clear that it is not their fault and that you are there to help and protect them no matter what happens.



It happens most days. They call me smelly and fat. They made me give them money again yesterday. They're in the same class and they're always laughing at me. They said if I tell it will be ten times worse. Sometimes I don't go to school. I can't stand it any more



CONTACTS

- National
- Kidscape 08451 205 204 www.kidscape.org.uk
 - Anti-bullying campaign 020 7378 1446
 - Childline 0800 1111
- Local
- Contact your child's headteacher
 - Youth Access 020 8772 9900. They will put you in touch with local services that offer information, advice and counselling.
 - Education Welfare 020 7974 8143

Bullying

The real story

- **Bullying is the repeated abuse of a child by one or several people.**
- **Children have the right not to be hurt.**
- **Bullying can happen to any child at any age.**
- **Act immediately if you think your child is being bullied.**
- **Children need ways to protect themselves and get help.**
- **Advise your child to run, yell and tell.**

Long-term effects

Bullying is frightening. It can make a child feel very alone and damage their self-confidence. Bullying can have bad long-term effects on children, leading to depression and even suicidal thoughts and actions. School days are a time when what other children say and do is very important and so is being one of the crowd. If children are thought of as different for any reason, they can be picked on and bullied. Try not to pass on any racist or prejudiced thoughts to your child. It is important to be alert to the possibility of bullying and make sure you know the tell-tale signs. You may think that your child will not be bullied but the reality is that bullying can happen at any time and to any child.

Bullies can need help too

Bullies who harm other children need support and help as well. They may have difficulties of their own at home which may have led to their actions. Speaking up about your concerns may help them to get help too.

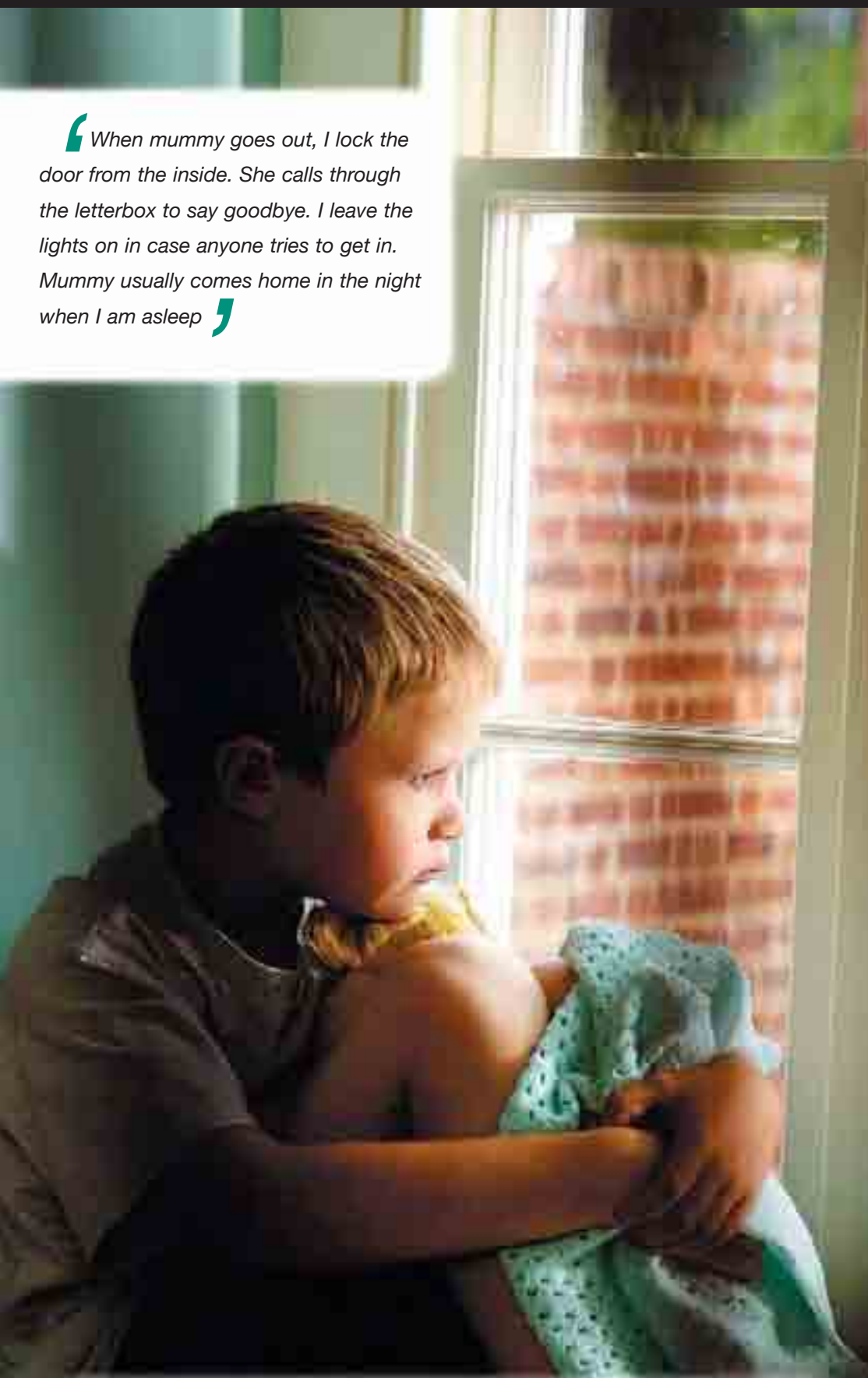
- Bullying can happen anywhere but most often it happens in school.
- Bullying can take many forms, from verbal abuse to violence.
- Most bullying is carried out by children who are the same age as the victim.

If your child tells you about a friend or any other child who is being bullied, listen carefully and take this seriously. They may not be able to say for themselves what is happening.

Anti-bullying policy

These days all schools must have an anti-bullying policy. However, school action alone cannot guarantee success and so it is important that parents and schools work together.

“When mummy goes out, I lock the door from the inside. She calls through the letterbox to say goodbye. I leave the lights on in case anyone tries to get in. Mummy usually comes home in the night when I am asleep”



Children left alone

Common sense and the law

- Children under 13 should not be left at home alone.
- Children are not ready for this much responsibility.
- Leaving a child alone places them at risk of harm.
- It can be a lonely and frightening experience for them.
- Plan who you could contact for emergency care.

Being ready

If a child is not ready to be left alone, they can feel sad, lonely and frightened. It can also be dangerous. There are many possible risks, both physical and emotional.

Also, you can't rely on a child to let you know how much care they need. They may say that they do not mind being left and may find it fun at first, but they cannot fully know the possible risks and how to handle them.

Able to cope

Even ordinary things that can happen, such as hunger, a storm, the phone ringing or someone coming to the front door, can cause problems.

An accident, feeling ill or a power cut may happen and these are not things that a child would know how to deal with.

It is never possible to leave your child and assume that someone will look out for them, unless you have already spoken to a trusted friend or neighbour and asked them to keep an eye out.

If they are told, the police or Camden social care services may take action if they think that a child has been neglected by being left alone. Neglect happens when a parent or carer does not meet children's basic needs of food, shelter, security, attention or protection from danger.

NSPCC guidelines

The NSPCC have issued guidelines advising that children under the age of 13 should not be left alone. While this is not the law, it is suggested as good practice. Children under this age cannot manage the responsibility of being left alone and this may be particularly so if they have a disability.

As a young person grows older, leaving them alone after school, for an evening or during the day, is less worrying as long as they are prepared and know what to do if they are worried or need anything. Preparation for this is vital. If your child is 13 or over and you feel he or she can deal with this, let them know where you will be and who to contact in an emergency.



CONTACTS

National

- NSPCC 0808 800 5000
- National Council for One Parent Families 020 7428 5400 and Lone Parents Helpline 0800 018 5026

Local

- Camden Sure Start:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
- Camden Safeguarding and Social Care 020 7974 6666
- Contact your health visitor

I was shocked when she ran away, although, looking back, she was more of a loner than her brother. I now know that she had been missing school quite a bit. We stopped talking when my partner moved in but had been really close before that

Missing

From home and school

- **Make time for your child to talk to you about their worries – even when you have to tell them off.**
- **Let your child know how important a good education is.**
- **Only keep them away from school if they are too ill to go and not for days out or shopping trips.**
- **Be honest about things that might be happening in your family.**
- **Look for early signs that your child might not be happy and talk to their school about these.**
- **Help is out there so don't be afraid to ask.**

What the law says

The law says that parents must make sure that their children get a proper full-time education. It is against the law if your child does not go to school regularly and on time. Children who miss school are much more likely to have problems with learning and getting the job or college place that they would like. They will often find it harder to make and keep friends and they are at much greater risk of getting into trouble in and out of school.

If they are missing out on school or lessons, they are more likely to come across adults or other young people who might want to cause them harm.

When children miss school without their parents knowing, this is called "truancy". Children who truant regularly often do this because they are worried about something. Something might be happening on the way to or from school that is worrying them. Perhaps someone is bullying them. They might be finding some lessons or subjects too hard (or too easy), or they might be having problems in finishing their homework.

Sometimes children will not want to leave home because they are worried that their parent might come to some harm while they are away.

Reasons for going missing

Children from all sorts of backgrounds run away from home for lots of reasons. Many of us will remember planning to run away when we were younger because we felt unable to cope with our problems or thought that nobody cared about us. We might have thought we had been treated unfairly. If a child does go missing from home, it is usually for a very short period – generally until they think that their parents have noticed they are not there. Often, they will turn up at the home of a friend or relative.

When children run away, they are not being naughty: they are trying to tell us that they are unhappy or trying to find out just how much we do care about them.

If your child goes missing and you don't know where they have gone, contact the police.



CONTACTS

National

- Missing Persons Helpline (24 hours) 0500 700 700
- Parents Network 020 7735 1214
- Message Home (for young people to get a message to their parents) 0800 700 740

Local

- Camden Truancy 020 7974 8143
- Your child's school or an education social work officer

I used to blame myself. How could I be so stupid as to get into this? Now I know better. I was thirteen; he was twenty. He said he loved me, but all along he knew exactly what he was doing



CONTACTS

National

- NSPCC 0808 800 5000
- Save the Children 020 7703 5400
- Barnardo's 020 8550 8822

Local

- Connexions 020 7388 8091

Sexual exploitation

Drawn into prostitution

- Children can be drawn into prostitution by manipulative adults who want to make money.
- Adults who abuse children should be held responsible, rather than blaming the children.
- Children involved in prostitution face physical, emotional and psychological risks.
- It is never too early or too late to get help.

How can it happen?

It may be hard to imagine how any child could be drawn into prostitution. The sad fact is that those adults who benefit from child prostitution use clever methods to catch their victims, and keep them. It can begin with an “exciting” new friendship with an older boyfriend who may in fact be, or become, a pimp. The child may receive expensive gifts and be given alcohol or drugs. Before long the pimp creates a loyal and dependent relationship with the victim and can then get them to make money for him by giving sexual services. This is not a business relationship. It is against the law and a form of sexual abuse, which puts the child at risk from severe physical, emotional and psychological damage.

The damage

Children involved in prostitution can become victims of serious physical and sexual attacks, which can sometimes lead to death. They can easily become addicted to drugs and alcohol and face a high risk of catching sexually transmitted diseases. The emotional and psychological damage can lead to self-harm, severe depression and even suicide.

How to spot it

The warning signs include:

- Not going to school or staying away from home.

- Unexplained money, clothes, jewellery or other gifts.
- New relationships with older men.
- Evidence of drug or alcohol abuse.
- Changes in mood or behaviour.
- Loss of contact with former friends and new relationships with an older age group.
- Lack of self-esteem.

How to stop it

Keeping or getting children out of prostitution can need specialist help. A close and positive relationship with your child can reduce their vulnerability. Making sure that they feel good about themselves can stop them falling into abusive relationships. However, even with the best parents in the world some children will find themselves open to this form of abuse. Parents can often feel powerless to stop what can be a difficult and dangerous situation.

There are some agencies, including social care services, that work with families to help stop child prostitution. If you feel your child is at risk, they can provide information and support for you and your child to help stop dangerous relationships. If your child is involved in prostitution, they will work with you and your child to form a plan and package of support to make sure that they are no longer left open to those who want to take advantage of them.

I know my boyfriend loves me really. It's just that he's at school too so it's a bit difficult at the moment. I never knew you could get pregnant the first time you have sex: mum never told me. I thought it would be all right, but it's not. I just don't know what to do

Teenage pregnancy and sexual health

How to help to stop it happening

- The UK has the highest rate of teenage pregnancy in Europe.
- Raise the issues about sex and relationships with your child.
- Explain that you do not have to have sex and that saying no is an option.
- Don't give the message that sex is a problem. Talk about sex even if it seems difficult.
- Try not to judge, but don't be afraid to say if you think something may be unhealthy or could put your son or daughter at risk.
- Your child will learn by example. They will learn your family's way of doing things based on your values, culture, faith and belief.

Learning about sex

Children will learn about sex whether you want them to or not. Sex is everywhere around us: in magazines, newspapers, adverts and on television. Children and young people also learn about sex from each other and what gets passed on in the playground may not be correct information.

All these confusing messages may mean young people get into situations they don't know how to deal with. As a parent, you have an important job to make sure your child has the right information and is able to cope.

You might feel worried that by talking about sex and relationships you will encourage your children to start having sex when they are very young. Research has proved that the opposite is true. Teenagers from families where parents talk openly about sex wait until they are older than others before they start having sex. And when they do have sex for the first time, they are more likely to use protection.

Feeling comfortable to talk

Most teenagers have sex before they finish college. It is shocking to know that some young people are having sex as young as 11 or 12, although the average age for first sex is 16. The fact is that you cannot always stop your teenagers from having sex and many of them will do it anyway. What you can do is to tell them about sex, pregnancy, sexually transmitted infections, HIV and Aids and how to use protection.

If you feel uncomfortable or unsure about talking about sex with your children, don't worry – this is common. Don't let it put you off. Sex education should not be a one-off talk. If your children grow up knowing it is OK to talk about sex and their feelings with you, they are much more likely to come to you for help when they need it.

Hospitals and a number of pharmacists can provide free emergency hormonal contraception (the morning after pill) to girls under 18.



CONTACTS

National

- Parentline Plus 0808 800 2222
- Brook Advisory Centres 0800 018 5023
- Family Planning Association 0845 310 1334
- British Pregnancy Advisory Service 08457 304 030
- NHS Direct (24 hours) 0845 4647

Local

- Camden Sure Start:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
- Connexions 020 7388 8091
- Your doctor, midwife, health visitor or specialist nurse

“At first I thought it was just a teenage thing. Paul started to come home late, a row always started and he’d storm off to his room. He was losing weight, looked terrible and I felt he was lying to us. He just wanted to be out all the time”



Substance misuse

How would I know?

- Don't let your children see you smoke, drink or take drugs – your example is crucial.
- More young people are drinking, smoking and taking drugs than ever before.

Knowing about the risks

It can be very frightening to find out that your child may have taken drugs or alcohol. However, most young people who try drugs or drunk alcohol do not go on to use them all the time. Addiction, crime and death are not as usual as the stories in the newspapers or on television can lead us to believe.

It is very important that children know about the risks of using drugs, alcohol and volatile substances (for example solvents). More young people have problems through drinking too much than through drug use.

Drug use among young people – how widespread is it?

Drugs are more common among children and young people than ever before.

Research shows that about one in 12 12-year-olds and one in three 14-year-olds have tried drugs. By the time they reach 16, two in every five young people will have tried one type of drug or a mixture of drugs. These figures apply across all ethnic groups, and drug use is going up among girls.

It is important to discuss drugs and alcohol use early. Some parents and carers worry that doing this makes their child want to try drugs and alcohol. But not talking about them and ignoring the issues will not protect them. Children will be aware of drugs and alcohol in some way before they leave primary school. It is likely that at this early stage children

will take more in when being told about the risks of drug and alcohol use. Clear information and support will help them decide what to do. You cannot be sure they will not try drugs and alcohol but it will increase the chance of making an informed choice.

Why do young people take drugs, abuse substances or drink alcohol?

They want to find out about them. They want to break the rules, relax, escape reality or cope with difficult situations or feelings. It may be because they enjoy them or because their friends do it.

What are the signs?

There are many signs. These include a young person who is panicky, tense or sleepy; complaining of sickness; cannot concentrate; lacks energy; is depressed; has skin problems; or is aggressive.

There may be a change in relationships with family and friends, a change in the way they act, or a change in how they do at school.

Other signs can be a difference in how much money they have and personal things “disappearing” or being sold.

Drug, alcohol and substance misuse by parents

Drug, alcohol and substance misuse by adults in the home can seriously affect the care and well-being of children. Get advice now from the Impact Project or Family Advice Service (details opposite).



CONTACTS

- National
- FRANK 0800 776 600 (advice and help to anyone affected by drugs)
 - Drugs Scope 020 7928 1211
 - Adfam 020 7928 8898
 - Family Alcohol Service 020 7383 3817
- Local
- Addaction Impact 020 7704 1700 (free, confidential, non-judgemental drugs and alcohol service for young people aged from 11 to 21)
 - Connexions 020 7388 8091

↳ Darren's dropped all his old mates and started hanging out with an older crowd. Now he's buying clothes, games and stuff, but he won't tell me where he's getting the money from. Should I be worried? ↴



CONTACTS

- National
- Youth Justice Board for England and Wales 020 7271 3033
- Local
- Camden Youth Offending Team 020 7974 6181
 - Connexions 020 7388 8091
 - Families in Focus 020 7974 4258

Young people in trouble

How widespread is it?

- **Motoring offences, theft and handling stolen goods are the most common crimes carried out by young people.**
- **Less than two % of all offences committed by young people are robbery.**

Youth crime

Levels of youth crime have remained stable for the past three years, with 26% of young people in school and 60% of excluded pupils saying that they were involved in crime in the last year.

Nationally the most common type of young offender is a white boy aged between 14 and 16 who is likely to be excluded from school and who got into crime because of boredom, pressure from friends or being drunk. This has not changed year after year.

Stopping young people offending

The main reasons young people give for offending are boredom and pressure from friends. Young people also say that the two main things which stop them from carrying out crime are:

- Fear of being caught.
- Their parents' reaction.

Research into the lifestyles and experiences of young offenders tells us that the following factors matter most in keeping young people out of trouble:

- A stable and supportive family home.
- Good parenting.
- Making good progress at school, in training or at work.

The youth justice system

The youth justice system in England and Wales is made up of all the places

and services that work with young people who commit crime. This includes the courts, police, probation and prison services and local councils. The government completely changed this system in 2000. Now everyone in the system has one overall aim: to stop young people carrying out crime. The new system delivers justice faster and makes sure young people are both punished for their behaviour and helped to start leading better lives without committing crime.

Youth offending teams

Youth offending teams (YOTs) are a one-stop shop for all young offenders. Each young person who has carried out a crime will be looked at by the YOT and the team will make decisions about what steps should be taken to make sure the young person keeps out of any more trouble.

There is a YOT in every local authority in England and Wales. Camden YOT is made up of police officers (who also take victim liaison work), a probation officer, social workers, a substance misuse worker, a housing advice worker, a Connexions personal adviser, young persons' support workers, parenting workers, an education worker, an educational psychologist, a clinical psychologist, a youth worker and a motorcycle project coordinator. Because the YOT is made up of all these people, it can help young offenders with many different things.

*I had everything – a home, a loving husband and a darling baby girl.
Yet I felt unworthy and helpless*



Postnatal depression

Recognising the signs

- Not every mum copes immediately with motherhood.
- Around 15% of women suffer postnatal depression.
- Most women suffer 'baby blues' in the first ten days.
- The sooner you get help, the sooner you'll feel better.
- Talk to your doctor about your worries.
- Make the most of help from family and friends.

Baby blues

Around 50 to 80% of new mums get the "baby blues", when they feel, not surprisingly, very tired, worried and weepy during the first few days after the birth. This usually disappears without the need for treatment about ten days after the birth.

Postnatal depression

Around ten to 15% of women will have worse depression, sometimes weeks or months after the birth of their baby. About half of these cases happen in the first three months and 75% of cases by six months. These mums have more powerful and longer lasting symptoms such as:

- Constant weepiness.
- Worry or tension.
- Difficulty in bonding with the baby.
- Loss of interest in sex.
- Trouble sleeping or restlessness.
- Feeling very tired.
- Feeling completely alone or living in a bubble.
- Feelings of guilt and resentment.

Many women do not see that they have postnatal depression and carry on without getting the help they need. It is often those women who expect a lot of themselves and of motherhood who find caring for a new baby hard to cope with.

If you feel depressed, it is very important to let family and friends know how you feel so that you can get help. Your doctor or health visitor can advise you about local groups and services.

Getting support

Being at home with a new baby who seems to always need feeding and changing and who takes all your attention and leaves you feeling really tired can be a lonely experience. Take up any offers of help from friends and family. If you feel you are not coping, talk to your doctor or health visitor.



National

- Association for Postnatal Illness 020 7386 0868
- MAMA (Meet-A-Mum-Association) 01761 433598
- National Childbirth Trust 08704 448 707
- Homestart UK 0116 233 9955

CONTACTS

I crept downstairs because I heard arguing. Dad was standing over mum. He was kicking her. I made sure that my sister did not see, but we still heard. When mum came upstairs, her nose was bleeding and we all cried. We stayed there until dad went out



Domestic abuse

How does it affect children?

- Violence can affect children in serious and long-lasting ways.
- Alcohol misuse is very common when violence occurs in families.
- Pregnant women are often victims of domestic abuse.

A major social problem

Domestic violence is a crime and a major social problem. In 90% of reported domestic violence cases, children have either been present in the same or a nearby room.

Children who see, get involved in or hear violence are affected in many different ways. What is certain is that children do hear, they do see and they are aware of violence in the family. There is no set pattern of signs or symptoms. Some children come through relatively unscathed, depending on their coping abilities and their support network. Others recover well once they feel and know they are safe. However, others are likely to be affected by the fear, disruption and distress in their lives. Each child shows distress in his or her own way, depending on their age and developmental stage.

Domestic violence can teach children bad things about relationships and how to deal with people. Children find out that abuse is something that isn't talked about, either at home or outside. This makes it harder for them to seek explanations about all the confusing things that are happening and much harder to ask for help.

- It can teach them that violence is the right way to sort out arguments.
- They learn how to keep secrets.

- They often do not trust those close to them and think that they are to blame for violence, especially if it happens after an argument about them.

Many people find it difficult to understand why people stay in or return to violent situations. Fear, love, the risk of homelessness and financial issues can make it very difficult for partners with children to leave and some may just not want to.

Short-term effects

Children are affected in many ways by violence, even after a short time. These effects include feeling frightened; becoming shy and quiet; bedwetting; running away; violence; behaving badly; problems with school; poor concentration; and emotional upset.

Long-term effects

The longer children are around violence the worse the effects on them are.

These can include:

- A lack of respect for the non-violent parent.
- Loss of self-confidence, which will affect how they form relationships in the future.
- Being over-protective of the non-abusing parent.
- Loss of childhood.
- Problems at school.
- Running away.



CONTACTS

- National
- National Domestic Violence helpline 0808 2000 247
- Local
- Camden Safety Net 020 7974 8417/8
 - Camden Women's Aid 020 7428 9962
 - Camden Police Community Safety Unit 020 8733 6476 (in an emergency call 999)
 - Broken Rainbow 0845 260 4460
 - Families in Focus 020 7974 4258
 - Voluntary Action Camden 020 7284 6550
 - Hopscotch Asian Women's Centre 020 7388 6200

“Every day I hear the child next door crying. Her parents are always shouting at her. Yesterday in the street, I saw her mother hit her hard across the side of the head. This is probably none of my business but I am worried and not sure what to do”



Worried about a child?

Should I mind my own business?

- **Protecting children is everyone's business.**
- **Adults have a responsibility to report abuse. Abuse can be physical, emotional or involve neglect.**
- **If in doubt, share your concerns about children with your local social care office.**

Supporting families with problems

All parents have problems at times but can be helped by other family members or close friends.

If someone you know is having difficulties, you could:

- Listen to their problems.
- Help them to cope.
- Encourage them to get more help.
- Support them by babysitting or doing shopping.

However, there may be times when a child is at risk of harm and you need to get outside help.

How would you want other people to act if your child was being harmed? Would you want them to mind their own business? Would you want them to report their worry to a professional who could help?

When we think, see or are told about a child that is being hurt, we can react in many different ways. We may feel guilty, angry or shocked. Some people's reactions can stop a family getting the help they need.

Many people do not tell because they fear that:

- Children will get hurt more.
- Nothing will be done.
- The child will be taken away.
- The family may find out who reported them.
- Telling may ruin family relationships.

It is best that action is taken early to stop things getting worse. Long-term abuse is much more likely to cause problems for a child as they get older. Even if you think something is just a one-off, other agencies may already have concerns about the child. Your information could be very important.

Reporting concerns

If you report your concerns to Camden Safeguarding and Social Care, you will be asked for your details and about the worries you have. You should write down what you want to say before you speak to them so that you can remember everything. We can keep your name and address confidential from the abuser. You can also make an anonymous referral if you prefer.

If you want to read more, go to www.dh.gov.uk and read the government document What to Do if You're Worried a Child is Being Abused.



CONTACTS

National
● NSPCC 0808 800 5000
● Parentline Plus 0808 800 2222
● Childline 0800 1111
● Family Rights Group 0800 731 1696
● Police Child Abuse Investigation Team 020 8733 6495
Holborn Police Station, 70 Theobalds Road WC1



“ Social work has changed a lot. In the past, our approach to child protection wasn't very flexible. Now we work together with families, making sure they get the support they need before things reach a crisis ”



CONTACTS

National

- Family Rights Group 0800 731 1696
- NSPCC 0808 800 5000 (24 hour free helpline)
- Parentline Plus on 0808 800 2222

Local

- Camden Safeguarding and Social Care 020 7974 6666 and emergency out-of-hours number 020 7974 4444
- Camden Sure Start:
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7692 4255
 - Kentish Town 020 7974 8961
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
- Families in Focus 020 7974 4258

Child protection

Myths and realities

- **Parents are responsible for their children's safety.**
- **Camden Safeguarding and Social Care become involved once concern is shared.**
- **Decisions about abuse need careful assessment.**

Needing support

Very few adults harm children on purpose. Most often, when harm does happen, families need support rather than being punished or their children being taken away.

Social workers and other professionals get involved when parents are unable to protect their child from harm and need some help. In some cases the child protection unit will work with social workers to help protect children and decide whether legal action needs to be taken.

There have been lots of worrying reports on television or in the newspapers about social workers and what happens when people report that they think a child is being hurt. Social workers are professional people and will not act in a way that will make life hard for a child.

Myths about child abuse

Many myths exist about child abuse. Here are some facts:

1. Child abuse is not always easy to recognise or stop.

It is not often possible to be absolutely sure that a child has been abused or who did it. A careful assessment is needed to find out what has happened and what support and protection will best help the family. As a result, it can be hard to avoid some intrusion into

family life. A social worker will ask questions about the family. They will consider how serious the incident is and how often it has happened. They will also look at the effect on the child. All of these things will help to decide what should happen next to support and protect the child and family.

Under the Children Act 1989, social workers and the police must look into concerns of child abuse.

2. Professionals are there to help the whole family.

Social workers have always been expected to make sure that children are safe. They rely on information from parents, family, other professionals and the local community, who all play an important part in looking into these concerns. This helps to make sure that parents are offered support before things get worse.

3. Reporting child abuse hardly ever results in the child being taken away from home.

This is not the main aim of child protection investigations and rarely happens. Social workers can only remove children from home with a court order, having shown that there is serious risk. In emergency situations, the police can remove a child from home for 72 hours.

Helpful national organisations

- Anti Bullying Campaign**
020 7378 1446
www.bullying.co.uk
- Barnardo's**
020 8550 8822
www.barnardos.org.uk
- Brook Advisory Centre**
0800 018 5023
www.brook.org.uk
- Careline**
020 8514 1177
- Child Accident Prevention Trust**
020 7608 3828
www.capt.org.uk
- Childline**
0800 1111
www.childline.org.uk
- Children's Legal Centre**
01206 872466
- CROP**
0114 255 6119
- CRUSE**
0870 167 1677
- CRY-SIS Helpline**
08451 228 669
www.cry-sis.org.uk
- Day Care Trust**
020 7840 3350
(parents' helpline)
www.daycaretrust.org.uk
- Eating Disorders Association**
0845 634 7650
(youthline up to 18 years)
www.edauk.com
- Family Friends of Lesbian & Gays (FFLAG)**
01454 852418 (central helpline)
www.fflag.org.uk
- Family Planning Association**
0845 310 1334
www.fpa.org.uk
- Family Rights Group**
0800 731 1696
www.frg.org.uk
- Gingerbread**
0800 018 4318
www.gingerbread.org.uk
- Health & Safety Information Line**
(information and leaflets)
08701 545 500
- Information for teenagers about sex and relationships**
www.ruthinking.co.uk
- Internet Watch Hotline**
0845 600 8844
- Kidscape**
08451 205 204
(parents' bullying helpline)
www.kidscape.org.uk
- Message Home**
0800 700 740
(for young people to get a message to their parents)
- Missing Persons Helpline**
0500 700 700 (24 hour)
www.missingpersons.org
- National Council for One Parent Families**
0800 018 5026
www.oneparentfamilies.org.uk
- National Day Nurseries Association**
0870 774 4244
www.ndna.org.uk
- National Domestic Violence Helpline (Women's Aid)**
0808 2000 247
- National Drugs Helpline (FRANK) (24 hour free advice)**
0800 77 66 00
www.talktofrank.com
- NHS Direct**
0845 4647
www.nhsdirect.nhs.uk
- NHS Smoking Helpline**
0800 169 0169
- NSPCC National Helpline**
0808 800 5000 (24 hours)
www.nspcc.org.uk
- OfSTED Complaints Line**
0845 601 4772
www.ofsted.gov.uk
- Parentline Plus**
0808 800 2222
www.parentlineplus.org.uk
- Royal Society for the Prevention of Accidents (RoSPA)**
0121 248 2000
www.rospa.com
- The Samaritans**
0845 790 9090
- Young Minds**
020 7336 8445
parents' information service
0800 018 2138
www.youngminds.org.uk

Helpful local organisations

- Addaction Impact**
020 7704 1700
- Broken Rainbow**
0845 260 4460
- Camden Disabled Children's Team**
020 7974 4844
- Camden Play Service**
020 7974 1519
web www.camden.gov.uk/play
- Camden Safeguarding and Social Care**
020 7974 6666
- Camden Safety Net**
020 7974 8417/8
- Camden Special Educational Needs**
020 7974 4530
- Camden Sure Start**
 - Euston 020 7974 8934
 - Highgate and Kentish Town 020 7974 8961
 - Kentish Town 020 7974 5080
 - Kilburn Priory 020 7974 5080
 - King's Cross and Holborn 020 7974 0907
- Camden Youth Offending Team**
020 7974 6181
- Camden Women's Aid**
020 7428 9962
- Camden Police Community Safety Unit**
020 8733 6476
- Camden Truancy**
020 7974 8143
- Children's Information Service**
020 7974 1679
cis@camden.gov.uk
- Connexions**
020 7388 8091
- Contact a Family**
020 7608 8700
helpline 0808 808 3555
textphone 0808 808 3556
- Education Welfare**
020 7974 8143
- Families in Focus**
020 7974 4258
- Greenland Road Children's Centre**
020 7530 4820
- Home Start Camden**
020 7424 1603
- Hopscotch Asian Women's Centre**
020 7388 6200
- Kids London**
020 7530 4833 or 020 7520 0405
- Libraries**
020 7974 5411
swisscottagelibrary@camden.gov.uk
- Parks and Open Spaces**
020 7974 1693
parks@camden.gov.uk
- Police Child Abuse Investigation Team**
020 8733 6495
Holborn Police Station
70 Theobolds Road WC1
- Racial Harassment Hotline**
0800 138 1661 (24 hour freephone)
- Sports and Physical Activity**
020 7974 4395
sports@camden.gov.uk
- Voluntary Action Camden**
020 7284 65
- Youth Access**
020 8772 9900

www.camden.gov.uk/parentinghandbook

If you would like the Parenting Handbook in large print, braille, on audiotape or in another language, please phone 020 7974 1867.

Or you can download a copy in another language at www.camden.gov.uk/parentinghandbook

إذا كنت تريد الحصول على نسخة من كتاب Parenting Handbook في صورة مطبوعة أو مطبوعة بطريقة برايل أو على شرائط مسموعة أو باللغة العربية، يرجى الاتصال بهاتف رقم: ٠٢٠ ٧٩٧٤ ١٨٦٧. أو يمكنك تحميل نسخة باللغة العربية من الموقع: www.camden.gov.uk/parentinghandbook

আপনি যদি পিতামাতার হস্তপুস্তিকা (Parenting Handbook) টি বড় মুদ্রণ, ব্রেইল, অডিওটেপে অথবা বাংলাতে চান, অনুগ্রহ করে 020 7974 1867 নম্বরে ফোন করুন।

অথবা আপনি একটি প্রতিলিপি ডাউনলোডও করতে পারেন এখানে www.camden.gov.uk/parentinghandbook

اگر مایلید جزوه راهنمای تربیت بچه را به چاپ درشت، بریل، روی نوار صوتی و یا به فارسی دریافت کنید، لطفاً به شماره ٠٢٠ ٧٩٧٤ ١٨٦٧ تلفن کنید. یا اینکه نسخه فارسی آنرا از طریق اینترنت استخراج نمائید: www.camden.gov.uk/parentinghandbook

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Vous pouvez également télécharger une copie de ce document en français à l'adresse www.camden.gov.uk/parentinghandbook

Hadii aad jeceshahay in lagu soo diro Buuga Gacanta ee barbaarinta caruurta oo far wa wayn ku daawacan, Braille, cajul maqal ah, ama ku qoran af-Soomaali, fadlan wac talefoonka ah 020 7974 1867.

Ama koobi af-Soomaali ku qoran ka daalaco halkan: www.camden.gov.uk/parentinghandbook

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