



Every Parent Matters

Are you a father, mother or carer in Rochdale, Middleton, Heywood or the Pennines?

....then read on.



Being a parent can be the best and the hardest job you will ever do. We know that as parents, you are the most important people in your children's lives. Positive parenting can affect not only how your children feel about themselves and you, but also how well they do at school and help

you to have a good relationship with your children. Every parent has times when they're not sure what to do or how to cope, and may need somewhere supportive to turn to.

"As a new mother my faith in my own judgement wasn't very good - really needed someone to give me straightforward advice to follow." Mother from the Pennines

"I always end up bottling things up. Sometimes I need someone to talk to and to listen to me and talk to me face to face." Young parent from Heywood

"Parenting's a lot harder than I thought it would be." Father from Rochdale

Parents across Rochdale, Heywood, Middleton and the Pennines have told us that they want to do a good job as a parent but it's not always easy and there are times when you need information, advice or support. There are some useful numbers on the back page.

We asked Year 11 pupils at Middleton Technology School what are the key things a parent needs to give their child:

- Love and support
- Security and safety
- Comfort
- Attention and respect
- Kindness with rules
- Listen to them
- Be a good role model
- Be understanding
- Have a sense of humour
- Give second chances
- Guidance
- A happy environment

When talking about parents, we include anyone who takes on the parenting role including mothers, fathers, older siblings, grandparents, parents to be, step-parents, carers and foster carers.



Supporting parents in their role is essential if we want all our children to be able to achieve the five outcomes in Every Child Matters:

- **B**e healthy
- **E**njoy and achieve
- **A**chieve economic wellbeing (by achieving their full potential and accessing training and jobs)
- **M**ake a positive contribution (by being active in their community and involved in decision making)
- **S**tay safe

That's why we want to make sure parents know where to go and who to turn to if they need some information, advice or support. We have listened to what parents have said about being a parent and about using services that are there for parents. This has helped us to plan the best way to work with parents in the future.

We have written a Parenting Strategy so we have a plan of how to improve services for parents and look at how parents are getting information and support at the right time. The strategy has an action plan for the next 3 years so we know what

we are doing to improve services for parents. We will regularly review this action plan. A copy of the full strategy is available at www.rochdale.gov.uk/parentingsupport or phone 0845 226 5533 to ask for a copy.

Parents have been working on a Parents' Charter that looks at their rights and responsibilities.

*"Your child isn't going to be happy and healthy if you're not happy and healthy. Everyone is talking about the child, what if the parent's not happy?"
Rochdale parent*



"Things have changed in the Asian community. There is a conflict between two cultures and we're not always sure how to deal with this - it makes our children rebel and want to do things we don't like. It's hard to stick with it."
Parent from Rochdale

"I have twins and go to a multiple birth group; there is a group activity and an informal get together with others. I feel better with myself when I go - it's good to have adult company and share ideas."
Parent from Heywood

As a parent, you may want to know about:

your child's health

managing tantrums

finding the right childcare

why your child's behaving aggressively and if it's a way of getting attention or a cry for help

how you can help your child cope with living with two families

what to do if your child refuses to go to school

coping with a crying baby

dealing with bed times

coping with changes in your child as they grow up

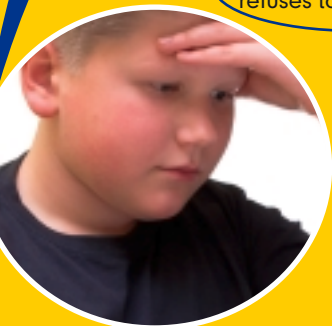
whether your children should have school dinners or packed lunches

helping your child at school

what to do if you're not sure about your son or daughter's mates

dealing with your teenager drinking or taking drugs

what to do if you think you're child is being bullied



We know that you may get lots of advice and support from family and friends, but it's not always easy to tell someone when you are finding things hard and feel like you're the only one with the problem.



**"If you've got to ask for help you feel like you're a bad parent. It's ok to ask - it just means you need a bit of help that's all."
Young parent from Rochdale**

Problems you may be experiencing as a parent such as domestic violence, depression, debt, alcohol / drug abuse.



269 parents and carers have attended parenting courses during the last year.

There are people dedicated to helping parents and their children who are finding family life difficult or challenging. They are here to listen and to understand what is going on. They are not here to judge you. If you feel you want to talk to someone or need some information or advice, you can speak to your Health Visitor, School Nurse or someone else in school, call into your local Children's Centre (for under 5s), contact your GP or someone you trust within your community. There are some useful contact numbers on the back page.

**"I had to have Social Services (Children's Social Care Service) involved. It was really stressful but helpful and relieving."
Parent from Middleton**



The key points and our vision for the future are:

- no matter how big or small you think your problem is, we want parents to know there will be someone to help and no matter where you go, you will be able to get the information you need, get a positive response and be treated with respect;
- we know that every family is individual, with their own individual needs;
- we recognise that parents know their children better than anyone else and services need to work in partnership with parents;
- we respect that everyone has a different way of going about being a parent and we don't want to make everyone the same;
- we want parents to recognise the important job they do and to value themselves as parents, as well as recognising that they are responsible for their own children;

**"I've got 4 teenagers and they were driving me wild. I had to go on a course and it really helped. It helped me learn to listen to them and not to scream and shout. Now we sit together and they are more chilled and relaxed - we get on better."
Local parent who was subject to a parenting order.**

- we want a range of information, advice and support to be available for parents, from pregnancy and child birth to adulthood and every stage in between so that parents get the right support or information at the right time;
- we know that preventing problems before they get out of hand is much better for both parents and their children;
- we recognise that some parents may first need some support themselves before they are ready to get support with their children;
- we will consult with parents on a regular basis so that you are influencing parenting support services in the borough.

"I got help with my son and his behaviour at school. They (Young Carers Workers) went to the meetings with me. It was fantastic support - it helped to keep my son in school. I think he would have been out otherwise." Parent from Young Carers Group



"I got some counselling - it was great and made a huge difference to me. It gave me the time to think about myself and helped me to realise I need time for myself. I wouldn't have realised or done anything about this (parenting) without the counselling. I am a lot calmer and relaxed now and this has a knock on effect on the whole family. "

Parent from Heywood

"Wish I'd had something like this (antenatal group) when I was pregnant before. All my friends aren't pregnant so they don't understand what it feels like, but here they do." Young parent from Rochdale

"There was a time when I needed support with my son who is autistic. His behaviour was really difficult. I got a lot of support and feedback from the group and lots of ideas from other parents. I found the group really supportive and it was helpful talking to other parents with similar problems."

Parent about Survival Skills For Families

Family Information Service 01706 719900
www.rochdale.gov.uk/childcare

(Provide a range of information such as childcare, holiday activities and local services)

Parenting Support Team 0845 226 5533
(Offer courses for parents and support for young parent)

Parentline Plus 0808 800 2222
www.parentlineplus.org.uk
(National 24hour helpline for mothers, fathers and carers)

Families Need Fathers 08707 607496
www.fnf.org.uk
(For issues involving separation)

www.dad.info
(Provides information specifically for dads and male carers)

Samaritans Helpline 08457 909090

Alcoholics Anonymous Helpline 08457 697555

Domestic Violence Helpline 0808 2000 247

Si vous êtes un parent ou un accompagnant et nécessitez d'une aide, d'un conseil ou de plus amples informations, veuillez appelez le Family Information Service (service d'information aux familles) au 01706 719900 ou le Parenting Support Team (équipe d'aide aux parents) au 0845 226 5533.

Jeśli jesteś rodzicem lub opiekunem i chciałbyś uzyskać informacje, poradę lub wsparcie, skontaktuj się z Serwisem Informacji Rodzinnej (Family Information Service) pod numerem 01706 719900 lub Zespołem Wsparcia Wychowawczego (Parenting Support Team) pod numerem 0845 226 5533.

اگر آپ والد والدہ یا کیئرر (دیکھ بھال کرنے والے) ہیں اور آپ کو کچھ معلومات، صلاح و مشورہ یا مدد چاہئے ہے تو ہمیں انفارمیشن سروس کو 01706 719900 پر یا بیئرنگ سپورٹ ٹیم کو 08452265533 پر فون کریں۔

إذا كنت والدا أو ولي أمر (راعيا لطفل)، و تريد بعض المعلومات، النصيحة (المشورة)، أو الدعم، فاتصل بخدمة معلومات الأسرة على رقم: 01706719900 أو بفریق دعم الأبوة على رقم: 0845226 5533

আপনি যদি একজন মাতা / পিতা অথবা একজন তত্ত্বাবধানকারী (কেয়ারার) হইয়া থাকেন এবং তথ্য, পরামর্শ অথবা সাহায্য পাইতে চান তাহা হইলে 01706 719900 নম্বরে ফ্যামিলি ইন্ফরমেশন সার্ভিস অথবা 0845 226 5533 নম্বরে পেরেন্টিং সাপোর্ট টীমের সঙ্গে যোগাযোগ করুন।



SureStart
Integrated Services for all Children and Families

ROCHDALE
Borough Children's Trust