

# A helping hand for parents in Hillingdon

**We know that parenting can be incredibly satisfying and rewarding, but we also know that sometimes it can be challenging. It is at times like this when you may need some support.**

Family Lives has been supporting families for over 40 years and as such has a wealth of experience and resources to help parents navigate their way through a variety of challenges. You may be facing issues such as:

- Setting routines and boundaries
- Understanding children's behaviour and setting limits
- Improving children's wellbeing and confidence
- Co-parenting tips and support
- Hassle free shopping
- Developing good bedtime routines

**If you would like to self-refer and attend one of our group parent support courses and seminars, please contact Annmarie Fevrier on 07949 890749 or email her on [annmarief@familylives.org.uk](mailto:annmarief@familylives.org.uk). quoting PSS (Parent Support Service).**

If, however, you feel that your challenges are more complex, then Family Lives has volunteer parent champions waiting to hear from you. It might be that you are experiencing:

- School avoidance
- Persistent disruptive behaviour in school
- Alienation from family members or peers
- Vulnerability due to additional needs
- Involved in substance misuse
- Social, emotional or mental health issues

Our Parent Champions are volunteers who play a crucial role in their communities by supporting parents and caregivers of children with emerging additional needs. They offer practical guidance, emotional encouragement and support from lived experiences.

**If you would like to self-refer, please contact Raymond Reece on 07971 253163 or email him on [raymondrr@familylives.org.uk](mailto:raymondrr@familylives.org.uk) quoting PCCN, (Parent Champion Carer Network).**

**We build better family lives together**

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