

bounty[®]

 family
lives

6-18 months –

From first tooth to first steps



Being a new parent can be isolating – but there's no need to be lonely. Getting out and about with your baby and meeting others builds a strong support network which can last through and beyond your baby's pre-school years.

Join online communities like the one at www.familylives.org.uk for advice and support on any parenting or family subject, or register with www.netmums.com for information on activities and events for families in your area. Your health visitor or local health centre should have a list of local new parent and baby groups (there are often groups for mums, dads and grandparents available) – a great way to make new friends.

Here for you

Don't forget, at this and every stage of your child's development, Family Lives is here for you whatever your problem, big or small. Contact us now and see how we can help. Our support is free, confidential and for all the family. For help, call us, email us or go to www.familylives.org.uk.

We're the UK's leading charity providing support to parents and families. We can give you the support you need, on any issue, when you want it – and in a way to suit you.

Family Lives helpline –

0808 800 2222

Call the Family Lives helpline for free* and speak to someone who knows just what you're going through – because they're a parent too. It's open 24 hours a day.

It helps to share your problems or concerns and get a new perspective on things.

You can discuss ways of dealing with issues and start enjoying family life again.

Remember, you are one call away from taking the pressure off.

*from landlines and most mobiles



Email us at –

parentsupport@familylives.org.uk

Don't want to talk? Email us and we'll provide a personal, confidential response within three working days. Or go online to access our Live Chat service: www.familylives.org.uk/livechat



Visit our website –

www.familylives.org.uk



Looking for information? Our targeted websites offer topical, regularly updated information on all aspects of parenting from new baby days to teens and beyond.




Or take advantage of –

one-to-one local support

One call isn't enough? You can get one-to-one local support, or be put in contact with other parents experiencing the same problem. Speak to our main helpline for more details.




Family problems? We can help.


 Free¹, 24-hour, confidential **Parentline** on **0808 800 2222** for advice, information and support on any aspect of parenting and family life

 Or Skype us via our website – **www.familylives.org.uk**

We offer advice and information as well as extended support for complex and difficult issues.

 **Free textphone** for people who are deaf, hard of hearing or speech impaired – **0800 783 6783**²

 Personalised email service at – **parentsupport@familylives.org.uk**³

 **Online advice and information** on all aspects of parenting and family life

Live chat at **www.familylives.org.uk/livechat**

Give and receive support and advice from other parents and adult family members experiencing similar problems – **www.familylives.org.uk**

Advice and information for professionals working with families at – **www.familylives.org.uk/professionals**

 Face-to-face support groups and workshops. Find out what is available in your area at – **www.familylives.org.uk/localsupport**

¹From landlines and most mobile networks. ²Please note, this service is available from 9-5pm Monday to Friday.

³Guaranteed reply within three working days.

Or alternatively –

For over three generations **Bounty** has been working with leading organisations to provide expectant and new mums with packs containing important information, expert advice and support. Bounty aims to help you choose what is right for you and your family from the early months of pregnancy into the early stages of your baby's life.

Visit **www.bounty.com**

Founded in 2000 **Netmums** is the UK's fastest-growing online parenting organisation with over 840,000 members, mostly mums. Netmums is a family of local sites that cover the UK, each site offering information to mothers on everything from where to find playgroups and how to eat healthily to where to meet other mothers.

Visit **www.netmums.com**



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Family Lives is a company limited by guarantee registered in England and Wales.
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