



Parenting Support

Action for Children - Parent Talk

https://parents.actionforchildren.org.uk/

Family Lives

https://www.familylives.org.uk/

Helpline - 0808 800 2222

Action for Children Parent Talk

Down-to-earth parenting advice you can trust.

We're on hand to support parents when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

How can Family Lives help?

People contact Family Lives about all aspects of family life that include all stages of a child's development, issues in school and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.



Action for Children offers a live 1:1 parent chat with a trained parenting coach!