*Drug, Alcohol and Domestic Violence support service*

*Advice for parents*

**Teenage Parent Advice**

[www.coram.org.uk/Young\_Parents/Get-Support](http://www.coram.org.uk/Young_Parents/Get-Support)

**Advice for Fathers**

Support for Fathers when the family unit breaks down.

<https://fnf.org.uk/south-london-bromley>

**Nursery World**

A parent's guide to developing independence

<https://www.nurseryworld.co.uk/nursery-world/news/1098703/parents-guide-developing-independence>

**Oral health advice**

Supporting your family to have Healthy teeth and reduce their sugar consumption.

https://www.bda.org/sugar

[www.child-smile.org.uk/parents-and-carers/birth-to-3-year-old/drinking-from-a-cup.aspx](http://www.child-smile.org.uk/parents-and-carers/birth-to-3-year-old/drinking-from-a-cup.aspx)

**Advice to quit smoking**

These websites provide support and advice for anyone who wishes to quit smoking.

<https://www.nhs.uk/smokefree>

<https://www.stopsmokingbromley.co.uk/>

**Energy Saving Advice**

This website provides advice for lowering your emissions and reducing your energy bills.

https://www.energysavingtrust.org.uk/

**Active Travel advice**

Active travel means walking, cycling, scootering, or any similar transport where human energy is spent to travel. The health benefits of active travel are well recognised, particularly as an alternative to motorised or sedentary forms of transport. Using public transport almost always includes walking to and from destinations, and therefore also can be considered as active travel.

https://www.healthykids.nsw.gov.au/campaigns-programs/childrens-active-travel.aspx

*Advice for supporting our environment*

*Mental Health services*

Useful links to Extended Services and information for parents and primary caregivers

**Talk together Bromley**

A free NHS evidence-based talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression. This is a service that you can self-refer to.

https://www.talktogetherbromley.co.uk/

**Bromley Well**

**This service** launched in October 2017 to help people living in Bromley borough to improve and maintain their health and wellbeing.

https://www.bromleywell.org.uk/

**Bromley Mind**

**A variety of services available to residents in the borough of Bromley**

<https://www.blgmind.org.uk/>

**BDAS (Bromley Alcohol and Drug Service) –** a self-referral service which offers a range of treatment and support services for adults aged 18+ who have concerns about their drug or alcohol use and are residents in the borough of Bromley

<https://www.changegrowlive.org/content/bromley-drug-alcohol-service-bdas>

**Bromley and Croydon Women’s Aid**

BCWA aims to empower anyone suffering domestic abuse so they can make informed choices about their future. The services offered are confidential, non-judgmental and respectful of diversity.

https://www.bcwa.org.uk/

**Bromley Health Services** https://www.bromleyhealthcare.org.uk/explore-our-services/

This website provides an index of health services that are available in the London Borough of Bromley and surrounding areas. You will find links on this website for hearing screening services, dental services, speech and language therapists and health visitors.

**Start 4 life -** https://www.nhs.uk/start4life

For trusted NHS help and advice during pregnancy, birth and parenthood

**Maternity services**

<https://www.bromleymaternityvoices.org.uk/>

Supporting expectant Mothers during pregnancy and after giving birth.

**Immunisation advice**

Advice about your child’s immunisations.

https://www.nhs.uk/conditions/vaccinations/vaccination-appointment-tips-for-parents/

*Parenting Support Services*

**Breastfeeding advice**

http://www.breastmilk.com/

<https://www.nhs.uk/conditions/pregnancy-and-baby/benefits-breastfeeding/>

<https://www.unicef.org.uk/babyfriendly/>

Breastfeeding is a skill that you and your baby learn together, and it can take time to get used to. Advice is available on these websites to support you and your baby.

**Potty training advice**

<https://www.eric.org.uk/guide-to-potty-training>

<https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/>

Children are ready for potty training between about 18 months and 3 years old. These websites help parents and carers to recognise when their child is ready to start toilet training, how to prepare them for it, and what to do to make it a success. Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's pace. Being patient with them will help them get it right, even if you sometimes feel frustrated.

**Childcare and Parenting Services** <https://www.gov.uk/childcare-parenting>

This website provides access to a range of information including financial support for families, children’s health and well-being services, legal issues surrounding family breakdowns and information about looked-after children.

**Childcare Choices -** https://www.childcarechoices.gov.uk/

Childcare Choices is a website that provides information about the Governments new scheme to support families with childcare costs. This will include information about the 30 hours free childcare scheme that is being offered to some families. This website enables you to check your eligibility for support with childcare costs.

**Bromley Children Project**

<https://www.bromley.gov.uk/info/200071/parental_support/769/bromley_children_project/5>

The Bromley Children Project is a service for families with children up to the age of 18 living in the Borough of Bromley. It provides a range of drop in sessions and workshops for parents including baby massage, parenting courses and health visiting and midwife services. They can also provide impartial advice and information about children with additional needs and help to support parents to support their child’s development and education.

*Family Support Services*

*Speech and Language services*

*Health services*

Useful links to Extended Services and information for parents and primary caregivers

**Bromley Speech and Language services** https://www.bromleyhealthcare.org.uk/explore-our-services/childrens-speech-language-therapy/

This website is the direct contact details of the team at Bromley Healthcare for Speech and Language services. If you have concerns about your child’s speech and language you can self-refer or attend a drop-in clinic, you will find information on how to self-refer on this website and updated information about up and coming drop-in clinics.

**Talking point** http://www.talkingpoint.org.uk/

This is a useful website for anyone who wishes to support a child’s communication skills. Communication is key to helping a child’s development in all areas of learning and this website provides a range of information and ideas to help to support these skills. This website is also useful if you have a concern about your child’s communication skills. There is a progress checker for each age and stage and a helpful local service search bar.