TRAFFORD FAMILIES

Trafford Families

Spring guide

What's On

Holiday Activities and Food Programme (HAF)

Easter Half Term Activities

Special Educations Needs and Disabilities Activities

Trafford Directory

Link Newsletter

Advice

For general advice for your family you can contact **Family information Service (FIS)** by telephone or by dropping into one of the community hubs.

FIS: 0161 912 1053
Open hours: 8:30 - 5:30 Monday - Friday

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Padlets

NHS

Trafford Local Care Organisation

TRAFFORD COUNCIL

Support for parents, carers and families

Did you know we have Padlets - online bulletin boards - full of information about services available to support you and your family in Trafford?

Scan QR code or click on the titles to access

Start for life
For families with children aged 0-5

5-11 and families
For families with children

11-25 and families
For children and young people and families

Family help
On many topics ranging from parenting to cost of living, to gambling and smoking

Educational SEND
For families whose children have special educational needs or a disability

Barriers to education
and emotionally based school non attendance

Mental health and wellbeing
Events, information and resources

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Support for Families

Solihull Approach

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Would you like to understand more about your child's development and needs? We have a fantastic selection of FREE online programmes and resources that will help and guide you through - from baby and toddler to teenager! Please click on the titles below to start exploring, using the code **WATERPARK** when asked. These are available in a number of different languages.

Understanding your child - from toddler to teenager
Understanding your child with additional needs
Understanding your child's feelings
Understanding your child's mental health & wellbeing
Moving up to secondary school for children with additional needs

To visit the full programme library click HERE

Parenting Smart

Place 2Be

Do you feel you would like some more support with your everyday parenting challenges and to strengthen your relationship with your children?
Parenting Smart is an online course which aims to give you the extra tools to achieve just that. The course is made up of 6 modules, is free and available to Trafford residents.
The Place2Be website is also jam packed with short videos and pracitcal tips to support your child's wellbeing and behaviour.

Click **HERE** for Place2Be website

Triple P

Is your child's anxiety causing you concern and you would like to help them? Are they aged between 6-14? Triple P Fear - less is an online course designed to support parent carers to manage their child's anxiety more effectively.

Visit their **Website:** Fear less for more information.
Contact us on: online.parenting@trafford.gov.uk to fill in a short survey and to receive your FREE code.

EPEC - Empowering Parents, Empowering Communities

EPEC provides local parents/carers with an opportunity to learn the skills needed to deliver a program in their community which supports families strengths and improves wellbeing.

For more information and how to get involved click **HERE** to visit our website. Or email Trafford's Parenting Co-ordinator, Helen on epec@trafford.gov.uk

Trafford Sleep Services

Is your child struggling to sleep? Is their bedtime routine a challenge? Don't worry, Trafford Sleep Services are here to help. They provide webinars for parent carers with information and strategies tailored to suit children 2+ and those with additional needs. Click **HERE** to book on to one.

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Relationships Matter

One Plus One Resources

We know how difficult and stressful parental relationships can be, whether you are together or apart. The **One Plus One online courses** aim to support parents with advice and skills to work through any difficulties and conflict that may be happening. There are 4 online courses listed below which you can both access for **FREE**.

Me, you and baby too (new parents)
Arguing better (intact couples)
Getting it right for children (separated parents)
Debt and relationships

Trafford Community Collective

Our aim in Trafford is addressing parental conflict and the impact it has upon children.
Whether you're parenting together or apart, there is support you can access.
Reducing Parental Conflict – help and support

Separating Better App

Are you a parent going through separation? Separating better is a **brand-new FREE** mobile app, designed to help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements, all with the wellbeing of your child in mind.

Other Information

Cost of Living Support -
Find resources and services in Trafford to help you and your family make the most of your money.
Cost of living help and resources

Housing Benefit and Council Tax Support - Find support on knowing what benefits / supports you may be eligible for, how to make a claim or register a change in circumstances.
Housing Benefit and Council Tax Support