

Family / Parenting Support

- **Solihull** – online parenting resources for parents, carers, grandparents and teenagers in South Glos. This is **free** lifetime access to a range of e-learning and online resources which span from pregnancy to 19 years. These courses can be worked through at a pace which suits the individual, with the aim of increasing parental knowledge and confidence around child development through all stages of the parenting journey. The courses aim to nurture emotional health and wellbeing so that our children can thrive as kind, sociable and emotionally aware people throughout their lives. [inourplace | Solihull Approach – South Gloucestershire | inourplace](#)
- **NHS website:** Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: [Live Well - NHS \(www.nhs.uk\)](#)
- **Parent Buddies** is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services. [HOME | My Site \(parentbuddies.co.uk\)](#)
- **CCP – Caring for Communities and People** – Offer outreach support for families at an early help level. Families can self-refer. [Home \(ccp.org.uk\)](#)