



Support for You and Your Child

Useful services for families in Lincolnshire

Practical help and advice for everyday challenges, emotional wellbeing and additional needs
(Years 3–6)

You are
not alone



Behaviour, emotional regulation and parenting support

- Meltdowns or outbursts at home
- Understanding your child's behaviour
- Routines, boundaries and positive relationships
- Practical parenting strategies



Free online parenting courses (Solihull Approach) for Lincolnshire families.

 [learn.inourplace.co.uk/
online-learning/free-access-checker](https://learn.inourplace.co.uk/online-learning/free-access-checker)



Ask about local parenting courses and family support in your area.

 **01522 843000**
 [www.lincolnshire.gov.uk/
best-start-life](https://www.lincolnshire.gov.uk/best-start-life)



Anxiety, worries and emotional wellbeing

- Anxiety or persistent worries
- Low mood or feeling overwhelmed
- Difficulties coping with emotions
- Support for you and your child



Children and Young People's
Emotional Wellbeing Service

Parents, carers and young people can contact Here4You directly for advice and guidance.

 **0800 234 6342**
Open 24/7 for advice
(self-referrals 9am–4:30pm, Mon–Fri)
 www.lpft.nhs.uk/young-people/lincolnshire



Autism, ADHD, sensory needs and additional needs (SEND)

- You think your child might have additional needs
- Sensory differences or neurodivergence
- Finding support groups and activities
- Understanding what help is available



Free parent membership, peer support, workshops, events and information.

 www.lincspcf.org.uk



Search for local services, support groups and activities (no diagnosis needed).

 [www.lincolnshire.gov.uk/
start-send/what-local-offer](https://www.lincolnshire.gov.uk/start-send/what-local-offer)



Questions about SEND support or EHCPs

- Understanding SEND rights
- Advice about school support
- Information about assessments or EHCPs
- Impartial guidance for parents and carers



SENDIASS
(Information, Advice and
Support Service)

Free and impartial advice for parents and carers.

 **0800 195 1635** Mon–Fri, 9am–4pm
 www.liaiselincolnshire.org.uk



Sleep, routines and everyday family challenges

- Bedtime difficulties
- Morning routines
- Screen time and boundaries
- Support with family routines and behaviour



Free online parenting courses with practical advice and strategies.

 [learn.inourplace.co.uk/
online-learning/free-access-checker](https://learn.inourplace.co.uk/online-learning/free-access-checker)



Ask about local parenting programmes and support.

 **01522 843000**
 [www.lincolnshire.gov.uk/
best-start-life](https://www.lincolnshire.gov.uk/best-start-life)



Support for parents and carers

- Feeling overwhelmed or isolated
- Support with family life
- Your own mental health and wellbeing
- Information and advice



A range of support for families in your local area.

 **01522 843000**
 [www.lincolnshire.gov.uk/
best-start-life](https://www.lincolnshire.gov.uk/best-start-life)

Useful national support

Family Lives – parenting advice and support

 www.familylives.org.uk

YoungMinds – children's mental health advice for parents

 www.youngminds.org.uk/parent

NHS Every Mind Matters – looking after your own wellbeing

 www.nhs.uk/every-mind-matters



Need urgent help?

If you are worried about a child's safety or wellbeing:

- **Contact Children's Services: 01522 782111** (Mon–Fri, 8am–6pm)
- **Out of hours: 01522 782333**
- **In an emergency: 999**

Your school is here to help

If you have concerns about your child's safety, wellbeing or needs in school, please continue to speak to us so we can work together.

