SELF HELP FOR PARENTS

[www.solihullparenting.com](http://www.solihullparenting.com/)  – free online course ‘understanding my child’

[www.opfs.org.uk](http://www.opfs.org.uk/)  – support and advice for single parents

[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk/)  – advice and resources for parenting apart

[www.sleepscotland.org](http://www.sleepscotland.org/)  – help with children’s sleep issues

[www.sdsscotland.org.uk](http://www.sdsscotland.org.uk/)  – guidance on your child’s health and education

[www.enquire.org.uk](http://www.enquire.org.uk/)   – advice for parents about additional support for learning

[www.youngminds.org.uk](http://www.youngminds.org.uk/)   – mental health charity for children, young people and their parents

[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk/)  – support to families affected by imprisonment

[www.sfad.org.uk](http://www.sfad.org.uk/)   – Scottish Families Affected by Alcohol and Drugs