

Parenting support:

- [Behaviours That Challenge Us](#) is for parents/carers of 5 – 11 year olds who find their child's behaviour difficult to manage at times. Presented by a Child Clinical Psychologist, to help you support and understand your child's challenges and difficulties and learn more about brain development.
- [Family Lives](#) run online parenting courses for families with children at primary school or younger.
- [Action for Children](#) has a fantastic parenting hub for families with children of all ages offering free advice and resources, plus a live chat service with a qualified parenting coach.
- [Place2Be](#) have resources covering many aspects of mental health and wellbeing for children of primary school age as well as tips to help prepare your child move up to secondary school.
- [ParentLine](#) for parents of **0 – 5's** from Dorset NHS Health Visiting team is a confidential text message service, providing advice about children's health and development
- [ParentLine](#) for parents of **5 – 19's** from Dorset NHS School Nursing Team is a confidential text message service, providing advice about children's health and development.
- [Educational Psychologists](#) at Dorset Council offer 30 minute consultations to parents/carers who have concerns about learning, behaviour, wellbeing and emotions of children age 3 to 18 (up to 25 if the young person has special educational needs or SEND).
- [Supporting Your Own Mental Wellbeing](#) online workshops are for parents/carers and grandparents of children under 16. You will explore how to support and develop your own wellbeing, with useful tips and activities that will promote better family relationships and look at what other support is available.

For families of a child with SEND:

- [The SEND Nurture Network](#) is based in Gillingham and supports families with a child with SEND from across the area. They run a regular parent/carer support group at [Riversmeet](#) in Gillingham and at [The Vale Family Hub](#) in Sturminster Newton, as well as additional special events.
- [EarlyBird Programme](#) from the National Autistic Society, is for the parents/carers of 4 to 10 year olds with a confirmed ASD diagnosis. This 3 month course combines group training sessions with individual home visits and is run by Yewstock School in Sturminster Newton.
- [Dorset Council Local Offer](#) is an information and signposting service to help young people and their families in Dorset get the right help and support to meet their needs.
- [Dorset Parent Carer Council](#) is recognised by the Dept of Education, Dorset Council and NHS Dorset and is run by parents and carers for parents and carers of children and young people age 0 - 25 with SEND in Dorset.
- [Ambitious about Autism](#) have a 'Quality of life at home' toolkit with short films for anyone who needs advice on distressing behaviours within the family.
- [SENDIASS](#) provide free confidential advice and support to parents and carers of children and young people with SEND living in Dorset.
- [IPSEA](#) are the leading charity in the field of SEND law in England, providing free and independent legal advice and support to families.

If you're experiencing conflict with your partner or ex:

Whether you are living together or not, if your relationship has broken down and there are frequent unresolved arguments, it's more likely that your child may become upset, anxious or angry and this can be reflected in their behaviour or attitude towards you or your partner. For parental relationship support, visit:

- [Support for inter-parental communication](#) offers free counselling to parents to help improve communication, reduce conflict and create better outcomes for your child/children.
- [OnePlusOne](#) run 3 free online courses: Arguing Better, Getting it Right for Children, You, Me & Baby Too. You can work at your own pace and will get resources, ideas and tips on how stop disagreements turning into arguments to help reduce stress for you and your child. You'll need to register for an account to get access to the courses.