

Family and Parenting



Websites

Separated Families | Separatedfamilies.info

Information and advice for everyone affected by family separation to help bring better outcomes for children.

Resolve | resolvemediation.com

Mediation for families.

Parent Connection | Theparentconnection.org.uk

Gives advice on separation and divorce.

Anna Freud Family Ties | annafreud.org

Online therapy for parents in conflict

Getting Help

Relate | relate.org.uk

Offers counselling for individuals and families.

Family Hubs | info.westberks.gov.uk/familyhubs

Offer a range of services for families with young children.

Newbury Family Counselling Service |

newburycounselling.org

A free, self-referred, professional counselling service to parents/carers who are struggling with emotional difficulties and/or the stress of parenting.

Parenting and Family Support – Family Lives |

familylives.org.uk

A national family support charity providing help and support in all aspects of family life.

Home Start | homestart.org.uk

Helping families with young children through challenging times

West Berkshire Local Offer |

<https://directory.westberks.gov.uk/kb5/westberkshire/dir>

Books

Two Homes | Claire Masurel

A gently reassuring story that focuses on what is gained, rather than what is lost when parents' divorce.

Dinosaurs Divorce | Marc Brown

A picture book to help young people and their families deal with the anxieties that may arise when divorce occurs.

The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive | Robert Emery

Robert Emery applies his 25 years experience as a researcher therapist and mediator to offer parents a new road map to divorce.

How to deal with your acting-up teenager; practical self-help for desperate parents | Robert Bayard and Jean Bayard

Offers practical advice on giving teenagers responsibility, reinforcing good behaviour and standing up for your parental rights.

Understanding children's behaviour | Dr Dinah Jayson and the British Medical Association. If a child is difficult to manage, if parenting doesn't come easily or if you want to improve your relationship with a child as a parent or carer, this book offers some strategies that you can try.