

USEFUL LINKS FOR PARENTS/FAMILIES WITH CHILDREN UNDER 5

Parenting Information

<http://www.parentchannel.tv/0-5-years>

<http://familylives.org.uk/triplep>

Health Information for you and your child

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/why-breastfeed.aspx>

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/helping-your-childs-speech.aspx>

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-children.aspx>

<http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx#close>

<http://www.bhf.org.uk/childrens-resources/for-parents.aspx>

<http://www.quit4life.nhs.uk/>

<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/whooping-cough-vaccination-pregnant.aspx>

<http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>

Information on Adult Learning

<http://www.fareport.co.uk/>

<http://www.fareham.ac.uk/>

<http://www.stvincent.ac.uk/Courses/AdultEducation/StVincentOutThereProject.aspx>

Volunteering

<http://www.gosportvolunteercentre.org.uk/>

<http://www.gosport.gov.uk/job-vacancies/volunteer-vacancies/>

Information for parents of children with additional needs

<http://www.cafamily.org.uk/>

http://www.parentvoice.info/en/Home_Page

<http://www.autism.org.uk/living-with-autism/parents-relatives-and-carers.aspx>

Teenage Parents

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx#close>

Information on benefits

<https://www.gov.uk/browse/benefits>