

# PARENTING SUPPORT ORGANISATIONS

## Dad Info

Advice for parents from a dad's perspective. [www.dad.info](http://www.dad.info)

## Family Lives

A national charity providing help and support on family life. [www.familylives.org.uk](http://www.familylives.org.uk)

## Mumsnet

Information and advice for parents. [www.mumsnet.com](http://www.mumsnet.com)

## Parent Channel.tv

Free parenting videos and advice. [www.parentchannel.tv](http://www.parentchannel.tv)

## Gingerbread

Advice and support for single parents. [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Contact a Family

A national charity supporting the families of children with a disability. [contact.org.uk](http://contact.org.uk)

## CoramBAAF

Information, resources, training and family finding services, plus links to adoption and fostering agencies. [corambaaf.org.uk](http://corambaaf.org.uk)

## Happy Steps

Research and resources for those parenting within stepfamilies. [happysteps.co.uk](http://happysteps.co.uk)

## Young Minds

Committed to improving the emotional wellbeing and mental health of children and young people. [youngminds.org.uk](http://youngminds.org.uk)

## Thinkuknow

Online support and advice for parents, carers and children about websites, mobiles and new technology. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## FRANK

The website for the government's drugs information campaign. [www.talktofrank.com](http://www.talktofrank.com)

## Drinkaware

Aims to change the UK's drinking habits for the better, with a section especially for parents. [www.drinkaware.co.uk](http://www.drinkaware.co.uk)