

Being a parent is so rewarding but can also be so challenging at times, no more so than during lockdown.



**Starting Well Partnership**  
EVERY CONTACT SHAPES A LIFE

- Do you feel your routine is all over the place?
- Are the kids not listening to you?
- Or, maybe being consistent and implementing positive discipline is a struggle at the minute?

**Look no further -  
give us a call.**

We have some great strategies & techniques to help & support you!

**Please see page 2  
to find out more.**



Provided by:



In partnership with:



You can call us on the numbers below to speak to a Parent Support Worker. They'll be able to:

- Talk you through loads of parenting strategies
- Give tips & ideas
- Support your understanding of your child's behaviour
- & much more!

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We also offer **FREE** online courses: they look at building a positive relationship with your child, how they are developing, how we communicate with each other, brain development & behavioural difficulties.

- Understanding Your Child
- Understanding Your Teen
- Understanding Your Baby

Follow **[this link](#)** to find these **FREE** courses

To speak to a Parent Support Worker please call:

**Redditch - 07506 554297**

**Bromsgrove - 07943 832294**

Or access our services online:

**[www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk)**

We look forward to hearing from you!



Do you have a communication or information support need? If so please contact Holly Trees Family Hub on 01527 61360 so that those needs can be recorded & responded to.