

Families First

Useful list of external resources

Websites:

- **Childline | Childline**
- **Contact - for families with disabled children | Contact**
- **YoungMinds - children and young people's mental health charity**
- **Home | Mind**
- **www.relateforparents.org.uk**
- **www.parenting.co.uk**
- **Parenting Mental Health**

Books:

Recommendations well worth a read

- **The Whole-Brain Child** by Daniel J. Siegel and Tina Payne Bryson
- **Hold Onto You Kids** by Dr Gordon Neufeld and Gabor Mate
- **Calm Kids** by Lorraine E. Murphy
- **Parenting From the Inside Out** by Daniel J. Siegel and Mary Hartzell
- **How to Talk so Kids Will Listen & Listen so Kids Will Talk** by Adele Faber and Elaine Mazlish
- **No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind** by Daniel J. Siegel and Tina Payne Bryson