

## Children's health and wellbeing: Information for parents and carers.



This page has links to sites which offer information, advice and support about specific issues regarding children's health and wellbeing. Both the **NHS Choices** and **Young Minds** websites cover several topics and are a good initial point of enquiry. Alongside these links we have included other sites under the topics listed below.

### ADHD

**Living with ADHD:** A website designed to support those whose lives are affected by Attention Deficit Hyperactivity Disorder (ADHD) - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition. <https://www.livingwithadhd.co.uk/>

**Young Minds:** works with children, young people, their families and professionals for better mental health and wellbeing.  
[http://www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/adhd](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/adhd)

### Autism, Asperger syndrome

**The National Autistic Society:** a leading UK charity for people with autism (including Asperger syndrome). They provide information, support and various services.  
<http://www.autism.org.uk/>

The Cambridge branch can be found at: <http://www.cambridge-autism.org.uk/>

The Cambridgeshire Family support coordinator can be contacted by email:  
[Jessica.gray@nas.org.uk](mailto:Jessica.gray@nas.org.uk)

**NHS Choices:** <http://www.nhs.uk/conditions/autistic-spectrum-disorder/Pages/Introduction.aspx>

### Bedwetting and soiling

**Bedwetting.co.uk:** an online guide to bedwetting. <http://www.bedwetting.co.uk/>

**ERIC:** ERIC is a national charity that supports children with continence problems and campaigns for better childhood continence care. <http://www.eric.org.uk/>

**NHS Choices:** <http://www.nhs.uk/conditions/bedwetting/pages/introduction.aspx>

## **Bereavement**

**STARS** offers support to children and young people who have experienced the death of an important person in their lives and those who know that someone important to them is going to die. <http://www.talktostars.org.uk/>

**Cruse Bereavement Care** offers individual and group support after the death of someone close. <http://www.cruse.org.uk/>

**NHS – Live well – Bereavement:** The NHS offers advice about coping with bereavement after the death of a loved one, including losing a parent, child or someone you've been caring for, miscarriage, stillbirth, suicide and other forms of loss and grief.

<http://www.nhs.uk/Livewell/bereavement/Pages/bereavement.aspx>

## **Depression and anxiety**

**Young Minds:** works with children, young people, their families and professionals for better mental health and wellbeing.

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/depression?gclid=CIqN-PKaob8CFejHtAodcx0AxQ](http://www.youngminds.org.uk/for_parents/worried_about_your_child/depression?gclid=CIqN-PKaob8CFejHtAodcx0AxQ)

## **Dyslexia, Dyspraxia**

**The British Dyslexia Association:** <http://www.bdadyslexia.org.uk/>

**Dyspraxia foundation:** <http://www.dyspraxiafoundation.org.uk/about-dyspraxia/>

**NHS Choices:**

[http://www.nhs.uk/conditions/dyspraxia-\(childhood\)/pages/introduction.aspx](http://www.nhs.uk/conditions/dyspraxia-(childhood)/pages/introduction.aspx)

<http://www.nhs.uk/conditions/Dyslexia/Pages/Introduction.aspx>

## **Separation, loss and divorce**

**Net Mums** offers advice regarding the emotional and practical issues that you and your children might face when the family unit breaks down.

<http://www.netmums.com/parenting-support/divorce-and-separation>

**Gingerbread** provides advice and support for single parents: <http://www.gingerbread.org.uk/>

## **Speech and language**

**Cambridgeshire Community Services NHS Trust:** The Children and Young Person's Unit delivers services across Cambridgeshire and Luton. Services care for and support children

aged up to 19 and include routine care, such as that delivered by health visitors, child health services and school nursing, through to specialist care in hospitals and community.

<http://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people/specialist-services/children's-speech-and-language-therapy>

### **Sleeping difficulties**

**Young Minds:** works with children, young people, their families and professionals for better mental health and wellbeing.

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/sleep\\_problems?gclid=CNybvCfob8CFSfLtAodYmIAYQ](http://www.youngminds.org.uk/for_parents/worried_about_your_child/sleep_problems?gclid=CNybvCfob8CFSfLtAodYmIAYQ)

**NHS Choices - Livewell:** NHS Choices is the UK's biggest health website. The Livewell section has over 100 topics on healthy living

<http://www.nhs.uk/Livewell/Childrensleep/Pages/childrensleephome.aspx>