

THE NSPCC

We're committed to finding the best ways to help protect children, and one of the ways we do that is by making sure parents have the right support in place.

You can find more help and advice from us at nspcc.org.uk/parenting



LIGHTEN
**THE
LOAD**

Struggling to cope? If you have a child under the age of six, help is at hand.





DON'T STRUGGLE ALONE

Being a parent to young children is a demanding job – and it can be harder when other worries and issues take hold. SafeCare® is a programme of long-term, one-to-one support designed with this in mind.

“IF I COULD JUST SORT SOME STUFF OUT...”

We all know that feeling. Things like money or relationship worries can feel like a barrier, when all you're trying to do is just get by. But SafeCare can help. We visit you at home for about 20 weeks. That gives us enough time to give you practical support, helping you develop your skills as a parent and focus on the needs of your child.

If you have a child six or under, you could be eligible to join the SafeCare programme.

HOW WE AIM TO HELP YOU

There are three main areas that we can help you with:

- keeping your child fit and healthy
- keeping the home safe, clean and organised
- having a good relationship with your child and managing their behavior.

We can also help you develop problem-solving skills that you can use to manage other situations that are part of family life.

HOW DOES IT WORK?

First off, you will get to know one of our trained workers, who will visit you from week to week. Together you will agree some goals to aim for.

We then use the 20 weeks to focus on the areas that need addressing, work out a plan and work towards meeting your goals.

At the end, we take a look back your progress and how your relationship with your child has improved.

IF YOU WOULD LIKE TO KNOW MORE, GET IN TOUCH

Contact your nearest NSPCC centre delivering SafeCare to find out more: