

# Birth to Five: Free information workshops

**contact** a family  
for families with disabled children

Welcoming and informative sessions for families who are concerned about their child's development, and for those who have a disability or additional need

## Birth to Five: Support and Information

- Know about support services for you and your family
- Know how to find support in your local area
- Understand how to get support



Local support



Confidence

## Birth to Five: How to get what you need for your child

- Develop better communication skills
- Feel more confident to make decisions about your child
- Prepare for meetings with professionals

## Birth to Five: Encouraging positive behaviour

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help



Behaviour



Money matters

## Birth to Five: Money Matters

- Know how to improve your finances
- Understand what you're entitled to
- Know where to get support

To find out more, or to book a free session, please get in touch with the Karen Hoe, Yorkshire & Humber Parent Advisor, email ;- [karen.hoe@cafamily.org.uk](mailto:karen.hoe@cafamily.org.uk)



Supporting families

## About Contact a Family

Contact a Family is a UK charity that provides support and information to families with disabled children, whatever the condition or disability.



### Our helpline

Our freephone helpline gives advice and information on any aspect of raising a disabled child, including help with finances, education, emotional and practical support.

 **0808 808 3555**  **helpline@cafamily.org.uk**



### Guides for parents

We have guides for parents on a range of topics, including:

- *Helping your child sleep*
- *Potty/Toilet training*
- *Developmental delay*

All our publications are free to parents who call our helpline, and are free to download.



**[www.cafamily.org.uk/publicationslist](http://www.cafamily.org.uk/publicationslist)**  **0808 808 3555**

## Contact a Family

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