

**NHS Greater Glasgow & Clyde
Multilingual Health Information Directory**

Parenting

Scope	2
Specialist Parenting Sources	3
Parenting Multilingual Health Resources Directory	5
Addiction	5
Health Conditions	6
Mental Health	8
Positive Parenting	9
Safety	12

Scope

The parenting topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in week beginning 30th April 2007.

The sub-topics searched were

- Parenting skills
- Positive parenting
- Nutrition for children
- Handling behavioural difficulties
- Behaviour management
- Coping with mental health for parents and children
- Addictions in the family
- Play
- Child Safety
- Coping with children's health issues

Specialist Parenting Sources

Baby and Kids

<http://www.babyandkids.co.uk/>

British Association of Play Therapists

<http://www.bapt.info/>

Bullying Online

<http://www.bullying.co.uk/>

Contact a family

<http://www.cafamily.org.uk>

Education and Resources for Improving Childhood Continence

<http://www.eric.org.uk>

Family Support

<http://www.home-start.org.uk/>

Fathers Direct

<http://www.fathersdirect.com>

Family and Parenting Institute

<http://www.familyandparenting.org/>

Families Needs Fathers

<http://www.fnf.org.uk/>

Gingerbread

<http://www.gingerbread.org.uk>

National Family and Parenting Institute

<http://www.nfpi.org>

National Literacy Trust

<http://www.literacytrust.org.uk/>

One Parent Family Scotland

<http://www.opfs.org.uk>

One Plus One

<http://www.oneplusone.org.uk/home.asp>

Parents Online

<http://www.parents.org.uk>

Parentline Plus

<http://www.parentlineplus.org.uk>

Raising Kids

<http://www.raisingkids.co.uk/>

Relate

<http://www.relate.org.uk/>

Scottish Book Trust

<http://www.scottishbooktrust.com/>

Scottish Marriage Care

<http://www.scottishmarriagecare.org/>

Single Parent Action Group

<http://www.singleparents.org.uk/>

Single Parent Action Network

<http://www.spanuk.org.uk/>

Single Parents UK

<http://www.singleparents.org.uk/>

The “Meet a Mum Association”

<http://www.mama.co.uk/>

The National Autistic Society

<http://www.nas.org.uk/>

Parenting Multilingual Health Resources Directory

Addiction

<p>Alcohol and drug problems happen in all kinds of families</p> <p>Description How counselling can help people with drug and alcohol problems, and their families.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Drug information for parents</p> <p>Description A parents guide to talking to children about drugs</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Kurdish, Somali, Turkish</p> <p>Cost Free</p> <p>Published 22/07/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Talking to teenagers about alcohol</p> <p>Description How parents can teach teenagers good sense about alcohol</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 16/09/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

Health Conditions

<p>Asthma and children: a guide to coping</p> <p>Description Advice for parents on recognising the symptoms of asthma in children, and how to cope if a child has asthma</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Autism – how to help and understand your child.</p> <p>Description Parents guide to understanding and managing a child with autism.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Bedwetting in children</p> <p>Description A parents guide to understanding bedwetting in children and adolescents.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Bringing up children with Downs Syndrome</p> <p>Description A leaflet presenting facts about Down syndrome and how early education helps.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Constipation (1 year and beyond)</p> <p>Description Parents guide to constipation in children, including recognising symptoms, prevention and treatment</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Disruptive disorders in children</p> <p>Description A parents guide to recognising signs of disruptive behaviour in children, and how to cope.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 28/11/2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>Febrile convulsions</p> <p>Description How to recognise febrile convulsions (fits) in children, and what to do if they happen</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Helping children with concentration problems</p> <p>Description A guide to Attention Deficit Hyperactivity Disorder (ADHD)</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 01/05/2001</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Is your baby at risk of developing asthma?</p> <p>Description How parents can help reduce the risk of asthma in babies.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian</p> <p>Cost Free to download</p> <p>Published 19/03/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>An introduction for parents and carers of people with Autism and Asperger.</p> <p>Description Information on Autism and Asperger.</p> <p>Format Leaflet</p> <p>Language English, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact The National Autistic Society http://www.nas.org.uk/</p>

Mental Health

<p>Anorexia nervosa in children and young people</p> <p>Description A parents guide to recognising signs of eating disorders in children, and how to cope.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Anxiety in Children – what we should know as parents</p> <p>Description A parents guide to recognising anxiety in children and teenagers.</p> <p>Format Leaflet</p> <p>Languages English, French</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Anxiety in children</p> <p>Description A parents guide to recognising signs of anxiety in children and where to find help</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Depression during pregnancy and early parenthood</p> <p>Description A leaflet giving information about depression in pregnancy and early parenthood, including signs and symptoms of depression.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Self-esteem in young children under five</p> <p>Description A parents guide to developing self-esteem in young children</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Stress – it affects children too</p> <p>Description A fact sheet explaining how parents can help children cope with stress in their lives.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Preventing youth suicide</p> <p>Description The risk factors for youth suicide and what parents can do to help prevent it.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

Positive Parenting

<p>12 Alternatives to hitting your child</p> <p>Description 12 alternatives to hitting your child – information for parents</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Caring for your new baby at home</p> <p>Description Tips for coping with a new baby at home for parents.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Children and discipline: a parent's guide</p> <p>Description A parents guide to encouraging good behaviour in young children.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Domestic violence hurts the whole family</p> <p>Description Advice on services available to those affected by domestic violence</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Happy playtime makes happy children</p> <p>Description An illustrated guide to help parents strengthen good relationships with children through play</p> <p>Format Leaflet</p> <p>Languages Arabic, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Healthy food and active lifestyle = happy life for my family</p> <p>Description A guide to healthy eating and physical activity</p> <p>Format Leaflet</p> <p>Languages Arabic, English,</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Helping children maintain a healthy weight</p> <p>Description A parents' guide to helping children avoid weight problems</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>How to get your children moving</p> <p>Description How families can encourage children to be active and avoid problems with weight</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 19/01/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>Making food fun for children and parents</p> <p>Description Tips to help parents avoid feeding problems with young children</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>		<p>Parenting in a new culture – the pre school years</p> <p>Description Parenting information for immigrants with small children in a new cultural environment</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	
<p>Play is a serious business</p> <p>Description This video presents information on the importance of play.</p> <p>Format Video</p> <p>Language English, Punjabi, Urdu</p> <p>Cost £37.25</p> <p>Published Unknown</p> <p>Contact N Films Ltd, 78 Holyhead Road Birmingham, West Midlands, B21 0LH Telephone:- 0121 507 0341</p>		<p>Play for Asian parents and children</p> <p>Description This video presents information on the importance of play for young children.</p> <p>Format Video</p> <p>Language English, Punjabi, Urdu</p> <p>Cost £37.25</p> <p>Published Unknown</p> <p>Contact N Films Ltd, 78 Holyhead Road Birmingham, West Midlands, B21 0LH Telephone:- 0121 507 0341</p>	
<p>Playing is all about learning – a guide to play for parents of children 2 ½ - 5 years</p> <p>Description A fact sheet giving information for parents of young children to help them learn and develop.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>		<p>Talking to teenagers and establishing rules</p> <p>Description Information about establishing rules and what to do if teenagers get into trouble</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

<p>Talking to your child during daily activities</p> <p>Description Tips for parents on helping children develop language skills by talking to them during daily activities.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Talking to your child in your language</p> <p>Description Tips for parents on helping children develop language skills by talking to them in your own language.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Teenage behaviour – when parents cannot cope</p> <p>Description A fact sheet with advice on dealing with difficult behaviour, including teenage violence.</p> <p>Format Leaflet</p> <p>Languages Arabic, English, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>The teenage years: making them easier for parents and young people</p> <p>Description Why the immigration experience can create extra conflict between teenagers and parents.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>What parents should know about bullying</p> <p>Description How bullying can harm children and what parents can do about it.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

Safety

<p>A parents guide to holiday safety</p> <p>Description A parents guide to holidaying in safety</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Car and home: smoke free zone campaign</p> <p>Description How passive smoking harms children, and what parents can do to protect them.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Cigarette smoke and children</p> <p>Description Poster on the risks of passive smoking and children</p> <p>Format Poster</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>House fires and scalds: is your family at risk?</p> <p>Description Importance of smoke alarms. Reducing the risks of scalds & treating burns</p> <p>Format Leaflet</p> <p>Languages English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 28/02/2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Preventing dog bites and other problems with pets</p> <p>Description Guide to avoiding bites and other health problems with pets</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	