

## Hubs resources - Information for you to give to families

- Our **Concerned about your child** leaflet is useful when talking to families about developmental delay. **Our poster** encourages families to consult with you if their child is not reaching key milestones.
- **Medical information** on over 400 disorders including rare disorders. Useful for any professional supporting a disabled child.
- We have three guides helpful to families going through the diagnosis process - **Developmental delay**, **Living without a diagnosis** and **Living with a rare condition**.
- **Practical ideas to help children sleep better**. 40 to 80 per cent of children with additional needs have disordered settling and sleep patterns. This guide endorsed by the Royal College of Paediatrics and Child Health (RCPCH) contains practical ideas for parents on how to help their child sleep better.
- **Help parents toilet train their disabled child**. This guide is endorsed by the Royal College of Paediatrics and Child Health (RCPCH) provides advice to help parents toilet train their disabled child.
- **Give parents strategies for managing their child's behaviour**. Research shows that providing parents with strategies to help them manage their disabled child's behaviour improves the physical and mental wellbeing of the whole family. This guide is endorsed by the Royal College of Psychiatrists provides these strategies.
- **Help parents support their child's feeding and eating**. A disabled child can find it more difficult to feed because of physical disability. A child with a learning disability may find it difficult to understand behaviour around eating and mealtimes. This guide is endorsed by the Royal College of Paediatrics and Child Health (RCPCH) gives practical suggestions for parents to help their children develop these skills.

## Contact a Family's publications

Our parent guides and leaflets cover a range of subjects for parent carers with disabled children. All guides can be downloaded for free or single copies of any of our guides are available free to families with disabled children.

To obtain copies:-

- call us on the freephone Helpline 0808 808 3555
- email [helpline@cafamily.org.uk](mailto:helpline@cafamily.org.uk)
- download free copies via our online resources library at <http://www.cafamily.org.uk/advice-and-support/resource-library/>

### Some examples of other publications available for families with disabled children

*Benefits and financial help:*

- Disability Living Allowance (DLA) – a guide to claiming for children under 16
- The Tax Credits guide
- Help with Council Tax Bills

*Education:*

- Special Educational Needs
- Preparing for adult life and transition
- A guide to dealing with bullying

*Family:*

- Fathers
- Siblings
- Relationships and caring for a disabled child
- When your child has additional needs

*Health:*

- NHS & caring for a disabled child