

## Contents List

<b>Leaflets to give to families</b>
<b>Concerned about your child</b> – describes the roles of different professionals who may help where there is developmental delay
<b>Checklist for parents</b> – a simple explanation of all the financial help available to parents of a disabled child
<b>Helpline cards</b> – details of how to contact our freephone helpline
<b>Contact a Family general leaflet</b> – promotes our services
<b>Contact a Family Review 2009</b>
<b>Guides for parents</b>
<b>When your child has additional needs</b> – information about statutory and voluntary organisations who can help
<b>Services</b>
<b>Disabled children's services in England and Wales</b> – describes social services support and what to expect from assessments.
<b>The NHS and caring for a disabled child</b> – describes NHS services and your rights
<b>Preparing for adult life and transition</b> – explains the transition process when moving to adult services
<b>Education</b>
<b>Special educational needs</b> – explains the process involved in getting educational support for your child lots
<b>A guide to dealing with bullying for parents of disabled children</b> – describes tell-tale signs and suggests practical strategies
<b>Financial</b>
<b>Benefits, tax credits and other financial assistance</b> – describes the range of financial support available and details of organisations that may help.
<b>A guide to claiming Disability Living Allowance for children</b> – explains who can claim and how
<b>Dealing with debt</b> – pointers for families in debt
<b>Help with Council Tax bills</b> – different schemes for reducing council tax bills
<b>Tax credits guide</b> – with a 'ready reckoner' to help assess entitlement
<b>The winter guide</b> – help with fuel bills and keeping warm
<b>Getting direct payments for your disabled child</b> – explains how to get them and how they work.
<b>Money when your child reaches 16 years of age</b> – explains entitlements and what happens to benefits when a young person can claim in own right.

continued overleaf

**Contents List (continued)**

<b>Everyday Living</b>
<b>Aids, equipment and adaptations</b> – how to obtain special equipment and adapt your home.
<b>Finding and paying for childcare</b> – accessing childcare if you are a parent of a disabled child
<b>Holidays, play and leisure</b> – finding leisure activities and holidays suitable for families with disabled children
<b>Working</b> – support available for parents to return to work and employment rights.
<b>Parenting</b>
<b>Feeding and eating</b> – common problems families can face and tips and ideas about managing meal times
<b>Potty/toilet training</b> – information about toilet training for parents of disabled children
<b>Sleeping</b> – provides ways of encouraging children to sleep well, and techniques that help break bad habits
<b>Understanding your child's behaviour</b> – helps parents understand the reason behind their child's challenging behaviour and find strategies to deal with it
<b>Families</b>
<b>Fathers</b> – practical information to fathers of children with special needs as well as sharing the experiences of other dads
<b>Grandparents</b> – identify some of the feelings grandparents may experience and highlighting ideas for how best those grandparents can support the parents
<b>Relationships and caring for a disabled child</b> – advice for couples
<b>Siblings</b> – information about impact of childhood disability on siblings
<b>Health</b>
<b>About diagnosis</b> – an information pack for parents, containing 11 leaflets on topics such as: "Getting a diagnosis", "Sources of medical information" and much more.
<b>For Professionals</b>
<b>About families with disabled children</b> – guide for students and professional workers which highlights some of the issues that are part of a parent's daily experience of dealing with a disabled child; it also details key legislation
<b>Promoting self care</b> – describes the different types of information families might need with details of organisations who can help
<b>Contact a Family posters and order form</b>