hold it and count to ten

your survival guide with young children

1. Recognise your child as an individual right from the start
2. All children are different – comparing them is not always helpful
3. Give their needs and your own enough time in the day
4. Don't ask more of them than they can manage
5. If tempers flare – hold it and count to ten – they need you to stay calm
6. Look after your own health as well as theirs
7. Don't take on more tasks than you have to
8. Parents need other parents for support – your Health Visitor will put you in touch
9. If you feel low and lonely – don't stay isolated
10. Above all – don't get desperate, get help

YoungMinds Parents' Information Service
Information and advice for anyone concerned about the mental health of a child or young person.
freephone **0800 018 2138** *web* **www.youngminds.org.uk**

Parentline
Help and advice for anyone looking after a child.
freephone **0808 800 2222** *web* **www.parentlineplus.org.uk**

Cry-sis
Local support for those caring for a newborn child.
phone **020 7404 5011**

Association for Postnatal Illness
phone **020 7386 0868** (helpline) *web* **www.apni.org**

Contact a Family
Help for parents and families who care for children with any disability or special need.
freephone **0808 808 3555** *web* **www.cafamily.org.uk**

ChildcareLink
Information about child care in your local area.
freephone **0800 096 0296** *web* **www.childcarelink.gov.uk**

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