



Family & Parenting Advice Guide

Supporting You to Build Stronger Families

Parenting can be rewarding, but also challenging, especially when facing financial pressure, housing worries, or mental health struggles. You are not alone.

Common Areas Parents Ask Us About

- Managing children's behaviour
- Setting routines and boundaries
- School-related issues
- Supporting children with additional needs
- Coping with stress as a parent
- Relationship or co-parenting difficulties
- Accessing childcare and financial support

Practical Parenting Tips

1. Building Routines

Children thrive with stability. Create consistent routines for:

- Bedtime
- Homework
- Meals
- Screens and playtime

2. Positive Communication

- Use clear, calm instructions
- Praise positive behaviour

- Make time to talk and listen
- Validate your child's feelings

3. Managing Behaviour

- Use age-appropriate boundaries
- Be consistent
- Avoid harsh punishment; focus on teaching
- Use time-outs or calm-down zones when needed

4. Supporting Emotional Wellbeing

- Encourage children to talk about their feelings
- Notice signs of stress or bullying
- Seek help early if something feels wrong

Parenting in Challenging Circumstances

Single Parents

We offer support with:

- Benefits
- Childcare advice
- Emotional wellbeing
- Parenting skills

Parents of Children with Additional Needs

We assist with:

- EHCP guidance
- SEN support
- Advocacy in school settings
- Accessing specialist services

Newly Arrived Families

We support families adjusting to:

- New education systems

- Cultural challenges
- Housing and benefits
- Language barriers

How Horn Trust Can Help

- 1:1 parent support
- Parenting workshops
- Family mediation
- Help navigating schools and services
- Referrals to childcare, early years, and family hubs
- Benefits and financial support guidance