

EARLY YEARS

A Guide for Parents

Islington Family Information Service

www.islington.gov.uk/fis

020 7527 5959



ISLINGTON

Early Years, A Guide for Parents

The Early Years Guide gives parents with children under five, advice and information about the support available to them in Islington. The guide has been written in collaboration with practitioners from early years, education, family support and health and with parents themselves.

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Being a Parent

What do children need?

As children move from being babies, they develop quickly, becoming more interested in the outside world, talking and playing, having friends, and taking the first steps towards more independence. Suddenly they will want to start to find their own way through life, learning new skills and testing boundaries.

Happy confident children grow to be happy, confident adults. During these early years, your child's sense of self is developing, and the messages they get from you, both spoken and unspoken, play a big part in shaping their own sense of who they are. So what do children need?

- To spend time with their parents, particularly at home
- To be loved and to feel cared for
- To be listened to and talked with
- Lots of specific praise and not too much criticism
- Encouragement to try things out and to make their own decisions
- To feel that they are valued and worthwhile

What do parents need?

All parents want the best for their children, but sometimes parents can feel under pressure to get it 'right'. Many parents live away from their own parents and family, so there isn't necessarily anyone to call on to help out.

There's no such thing as a perfect parent, and children learn as much from parents making mistakes and admitting it as from them getting it right all the time. Sometimes parents need a helping hand. It might just be asking someone for information, it might be being able to talk to someone at the end of the phone, and occasionally parents need more help to cope with a particularly difficult problem.

There is a huge amount of information and advice available on the internet, in leaflets, at the end of a phone or face to face, whatever suits you best. There is a list of places giving information and advice about particular subjects on pages 18 and 19 of this booklet.

Family Directory

The Family Information Service's online **Family Directory** lists over 700 services for children, young people and families in Islington, including information on parenting, leisure and play, family support, childcare, health services, money advice and schools.

www.islington.gov.uk/familydirectory



Children's Centres

Children's centres are fantastic places for parents and children under five to meet people and find support. As well as providing childcare and education places, children's centres offer **healthcare**, including support before and after the birth of your child; **family support**, including individual and group support, parenting programmes, advice on benefits and getting a job; **activities** - stay and play, baby bounce, yoga and toy libraries.

There are 16 children's centres in Islington, so there is a centre within walking distance of where you live. You can find your nearest centre by using the map on page 3.

To find out what's going on at your local children's centre, drop in and speak to staff or phone the centre for details.

You can also find out what is on offer at the children's centre nearest to you on the internet at www.islington.gov.uk/childrenscentres



1	Margaret McMillan Nursery School and Children's Centre Hornsey Rise, N19 3SF, 020 7281 2745
2	Archway Children's Centre Vorley Road, Archway, N19 5HE 020 7527 4827 Hargrave Park Extended Community School (childcare places) 51 Bredgar Road, N19 5BS 020 7272 3989
3	Hornsey Road Children's Centre 8 Tiltman Place, Hornsey Road, N7 7EN 020 7527 2005
4	Willow Children's Centre 1a Holbrooke Court, N7 0BF 020 7527 1990/1
5	Ambler Children's Centre Ambler Primary School, Blackstock Road, N4 2DR, 020 7359 7628
6	Paradise Park Children's Centre 164 Mackenzie Road, N7 8SE 020 7697 7330
7	Bemerton Children's Centre 1a Coatbridge House, Carnoustie Drive, N1 0DX, 020 7527 4806
8	Kate Greenaway Nursery School and Children's Centre York Way Court, Copenhagen Street N1 0UH, 020 7527 4850
9	New River Green Children's Centre 23 Ramsay Walk, N1 2SX, 020 7527 4813

10	The Factory Children's Centre 107 Matthias Road, N16 8NP 020 7923 9879
11	Golden Lane Children's Centre Golden Lane Campus, Whitecross Street, EC1Y 8JA, 020 7786 4800 (entrance through Fortune Park, 8am to 4pm)
12	Hungerford School and Children's Centre 249 Hungerford Road, N7 9LF Hungerford Children's Centre: 020 7619 9149 Hungerford Primary School and Nursery: 020 7607 4187 Goodinge Site (Corporation Street, N7 9EH): 020 7607 5850 Robert Blair Primary School (childcare places): 020 7607 4115
13	North Islington Nursery School and Children's Centre 110-112 Tollington Park, N4 3RB 020 7527 4844
14	Conewood Street Children's Centre 14 Conewood Street, N5 1DL 020 7527 4440
15	The New North Community School and Children's Centre 32 Popham Road, N1 8SJ, 020 7704 3903 Moreland and King Square Children's Centre
16	Moreland Community House 31 Moreland Street, EC1V 8BB 020 7336 8453 (option 1)

Children's Centres in Islington



Parenting Programmes

Islington offers free parenting programmes for mothers, fathers and carers of children who would like the opportunity to develop their parenting skills in a supportive and friendly group.

Parenting programmes take place in children's centres, schools and community venues and involve meeting together with a trained group leader for 8-12 weeks for 2-3 hours a week. You will receive a certificate at the end of the group and a crèche is usually available.

Topics include: understanding child development, play, positive discipline, communication, building family relationships, dealing with stress and anger, looking after yourself as a parent, and much more.

There are a number of different programmes on offer. You can speak to your health visitor or local children's centre to find out what would suit you best.



These are some of the programmes currently on offer:

PAFT (parents as first teachers, 0-3yrs)

Parents are visited at home usually once a month by a family support worker. The visits involve play activities for parents and children together and information about child development. Parents can also attend group sessions in some children's centres.

Incredible Years

Three programmes are on offer: an 8-week programme for parents of babies under six months and 12-week programmes for parents of toddlers and for pre-school children 3-6 years.

Strengthening Families, Strengthening Communities (3-18 yrs)

A 13-week programme which is also available in Turkish, Somali and Bengali as well as English. This programme also looks at parenting across different cultures.

You can print a list of parenting programmes currently running in Islington from the FIS website at www.islington.gov.uk/fis

Play, Play, Play!

Children play naturally as a way of learning about the world around them. Play is not wasted time; when they are playing, they are learning really important skills. The more interesting and varied play is in these early years, the better start you will be giving your child in life.



- Play is messy: water, sand, paint, play dough, all the things young children love to play with
- Play is sociable: children learn about making friends and working together
- Play is good for health: getting lots of exercise and developing control of their bodies is important
- Play helps children know their limits: children have to take risks – most children know when to stop before it gets dangerous – so don't stifle their sense of adventure.

Make time to play with your child. What do they like doing? Let yourself follow their lead – is it pirate ships on the sofa? Building a castle from Lego? Drawing a huge monster?

Islington has lots of play activities for you and your child to do together. The Family Information Service (FIS) – see Contacts at the end of this leaflet – has put together a leaflet called **Things to do: babies and children under 5**. It has lots of ideas of places to go and things to do with your young child such as story time sessions in libraries, music groups, one o'clock clubs, stay and play sessions, playgrounds, local farms and other outdoor activities.

Making friends

As your child gets older, he or she will start to make friends. At first young children play alongside other babies and toddlers and as they get older they will begin to play co-operatively. Playing with others helps children learn how to negotiate; however they will often need adults to help them sort out conflict. Sharing is a particularly difficult thing for young children to do and they are not really able to do so properly until they are four or five. You are your child's most important role model in learning how to behave socially.

Help encourage your child to be assertive, without being aggressive. For example, if another child snatches your child's toy, encourage him or her to ask an adult for help rather than snatching back or walking away.

Children really benefit from getting to know other children in their local area. How about joining local drop-ins or stay and play groups? You can find out what is on locally through your nearest children's centre and through the FIS 'Things to do' leaflets.

Childcare

The FIS has information about all childcare available in Islington. You can contact the FIS on **020 7527 5959** or email fis@islington.gov.uk. You can also download all the FIS leaflets at www.islington.gov.uk/fis

Choosing childcare is an important decision for parents. Different kinds of childcare offer different experiences for your child, and you will need care that fits in with your needs. The following care is available in Islington:

- Children under 3 can use childminders, nannies, private and voluntary nurseries and children's centres.
- Children over 3 years old can go to all of the above. They also have the opportunity to attend a nursery attached to a school.



Childcare for children aged 0 to 3

Family

Many parents prefer to go to work knowing that their child is being looked after by someone in their family, perhaps a grandparent or an aunt. Before choosing this option for their child, parents might want to ask themselves whether this is the best choice for their own particular family situation.

Points to think about:

- You may not be able to get help with childcare costs if a family member is looking after your child, unless they are a registered provider.
- What would you do if you disagreed with something they did, or if you felt they should be doing something differently? Would you be able to talk to them about it? Sometimes it's easier to raise issues with a childminder or nursery than with your own family.
- If you need full time childcare all year, would it be too great a burden for a member of your family, particularly if it was unpaid? Could you combine some other childcare, such as part-time nursery or shared childminder with care from a member of your family?

Childminders

Childminders are self-employed and work in their own home. A childminder is registered and is regularly inspected by Ofsted, to make sure their home is safe and suitable for children. Everyone who lives in the home over 16 must have a Criminal Records Bureau check.

Registered childminders have attended training at a pre-registration course which includes first aid, health and safety, child protection, learning through play, positive behaviour management and equal opportunities. Some have qualifications such as an NVQ in Childcare and Early Years or are working towards a qualification.

Childminders can look after children from babies to teenagers, and many will pick older siblings up from primary school as well as looking after a younger child. Childminders are allowed to look after up to six children under eight, but only three should be under five, and of those, usually no more than one can be under a year.

Points to think about:

- Childminders will look after your child in their home, not yours; can you take your child there in the morning and pick up in the evening?
- Childminders may offer flexible childcare but check their working hours and how many children they look after
- What activities and routines does the childminder provide for the children?
- When does the childminder go on holiday? Will you have to organise alternative childcare to cover that time?

Nannies

Nannies look after children in the child's home. Nannies can register with Ofsted on the Voluntary Childcare Register (VCR) which expects basic training standards and a Criminal Records Bureau check. All nanny agencies should check qualifications, (although nannies are not required to have any specific qualification), provide references and arrange CRB checks. Registration on the VCR means that parents may be able to claim tax credits or childcare vouchers to help with costs. Nannies can look after just one child, or you could be part of a nanny-share with another family, which reduces the cost. As a nanny's employer, you would have to pay their salary, deducting national insurance and tax.

For a list of nanny agencies, phone the FIS or print up the list at www.islington.gov.uk/fis Alternatively ask friends about their nannies, look in Nursery World magazine or on its website, www.nurseryworld.co.uk There is also a website dedicated to nanny sharing at www.nannyshare.co.uk

Nursery

There are various types of nursery provision:

- **Maintained** settings such as children's centres which are run by schools or directly by the local authority
- **Voluntary** settings such as community nurseries, children's centres and playgroups
- **Private** settings are run by a private company

Nurseries offer full or part-time places to children. They are usually open from about 8am to about 6pm and provide care, play and education for children. Most nurseries are open all year, not just term time. For a list of nurseries, phone the FIS or download a leaflet from www.islington.gov.uk/fis

You should apply for a place directly with each nursery, whether it is maintained, voluntary or private. There is no central admissions system in Islington for nurseries.

Points to think about:

- Is your child ready to spend their time with other children? Many children thrive on being part of a larger group, but some may take longer to feel at home
- Does a nursery meet your needs in terms of time?
- Will your child respond well to the more structured environment of a nursery?
- Not every nursery has a siblings policy, so even if you have one child already at nursery, it doesn't mean a place for a young brother or sister is guaranteed

Childcare for children aged 3 and over

In addition to all the childcare options described above, there is the option of a nursery class attached to a school for children aged 3 and over.

Nursery classes at school

Nursery classes attached to schools can take children full or part time, term time only. While they offer play and education for children, the hours may not be so convenient for working parents. If your child attends a nursery class you may need to use some form of additional care - usually a childminder - to collect or drop off your child and care for them during school holidays.

Attending a nursery class at school does not guarantee your child a place at the school. You will have to apply for primary schools through Islington's Schools Admissions department, even if your child has been to the nursery.

What to look for when choosing childcare

Before choosing childcare you should visit and spend a little time observing and talking to the carers. Ask yourself:

- Do the children seem happy and relaxed?
- Is the building and garden pleasant and suitable to play in?
- Are the staff approachable?
- What are the staff's qualifications and experience?
- How does the childcare settle in a new child?
- What food is provided? Can they provide meals for children with religious needs or with allergies?
- What happens if you are late to pick up your child?

Making sure that children are safe

It's very important that parents can trust the people who look after their children, so childcare is inspected by the Office for Standards in Education, Children's Services and Skills (Ofsted), who also inspect schools to make sure that they are achieving high standards and keeping children safe. All staff have to receive basic training in health and safety. Ofsted carry out regular inspections of all registered childcare providers and all their reports can be read on the website, www.ofsted.gov.uk Parents can ring Ofsted's helpline for more information on **0300 123 1231** or email them on enquiries@ofsted.gov.uk

The Costs of Childcare

The costs of childcare vary enormously. In Islington:

- Childminders charge £200 to £275 a week
- Nannies charge £400 plus per week but amounts vary depending on whether the nanny lives with the family or not
- Private nurseries charge up to about £360 per week for a full time place
- Council or voluntary nurseries charge up to £255 for a full-time place during term time, with some variations, depending on your income and the age of your child



You may be eligible for extra help with childcare costs through the childcare element of Working Tax Credit.

The childcare element is intended to assist working parents with the cost of registered childcare. The amount of the childcare element that you receive will depend on your family income and circumstances.

Many factors affect your entitlement, so it is recommended that you check your eligibility.

For advice on how to pay for childcare please contact the FIS or the childcare tax credit helpline on **0845 300 3900**.

Assistance from Employers

Your employer might offer help with childcare costs.

- Some employers run workplace nurseries
- Some employers might pay direct for childcare: this is a tax free benefit for you up to £55 weekly or £243 monthly
- Some employers offer tax free child care vouchers, again up to £55 weekly or £243 monthly.

Islington Childcare Bursaries

Islington Childcare Bursaries can provide funding for childcare for parents who are seeking work, starting work, doing a work placement, or undertaking some training courses that are less than 3 months. Islington Working for Parents can support parents to move closer to work and training and give further information about this bursary.

You can contact Islington Working for Parents on **020 7527 4486** or islingtonworking@islington.gov.uk

Free nursery places for 2 year olds

Islington offers free part-time places for some disadvantaged two-year-olds from the term after their second birthday. To find out more you should ask at your local children's centre or speak to your health visitor.

Free nursery places for 3 and 4 year olds

From the term after your child's third birthday, they can have a free nursery place which continues until they go to school. They are entitled to 15 hours a week free, term time only. This could be taken, for example, over 3 days a week for five hours a day, or over 5 days a week for 3 hours a day.

If you need longer hours, you will have to pay for additional daycare outside these hours and during school holidays. There are no free places during school holidays.

All nurseries can offer these free places: it could be in a nursery school, children's centre, community or private nursery, most independent schools or in a playgroup. Nursery classes in primary schools are free.

Most four year olds are offered a full-time education place (9.30am-3.30pm, term time only) free of charge in maintained nursery classes attached to primary schools, in nursery schools and in the council's directly run children's centres. Some four year olds are offered part-time places. Islington may also offer older three year olds a full-time or part-time education place in nursery classes attached to primary schools.

All about Nursery

Do I have to send my child to nursery?

No, it is entirely up to you. But many parents choose to send their child to nursery, for some hours a week. The Government say that children need 'high quality learning and development experiences' – parents can provide those as well as nurseries, but children are likely to have a broader range of opportunities at nursery.



Can I choose the hours that suit me?

You may be able to get part-time places. These can be either morning or afternoon only, or just for some days per week. Nurseries try to balance full and part-time places, so you may not get what you want straight away. However many hours you want, you will have to commit to the same each week.

What happens during school holidays?

Some private nurseries and most playgroups close in the school holidays. All primary school nursery classes close in the holidays, but a few provide childcare before and after school and in the school holidays. Children's centres, voluntary nurseries and most private nurseries are open all year round but may close for two weeks in the summer and over Christmas and the New Year.

What do I have to do to get a nursery place?

Get a list of nurseries from Islington FIS. Most nurseries do not have vacancies straightaway and you will probably have to put your child on a waiting list. Visit the nurseries that you are interested in. There is an admissions policy for council-run and council-funded nurseries. Private nurseries operate differently and do not have to follow council admissions policies. Phone Islington FIS for details or download the information from www.islington.gov.uk/fis

What will my child do at nursery?

Nurseries have different routines, so talk to the staff before your child starts – that way you can chat to your child about what to expect before they start. Nurseries allocate a key worker to each child to help them settle in, introduce them to the routines and structure of the nursery, and help them identify one trusted adult. Within the daily life of nursery, children will be given the opportunity to: learn through play; take part in songs, stories and circle times; help themselves to healthy snacks; help tidy up; have lunch; rest. All nurseries follow the Early Years Foundation Stage requirements outlined by the Government (see box overleaf).

The Early Years Foundation Stage

The Government has introduced an Early Years Foundation Stage, which carries on through nursery into the end of the first year of primary school. All nurseries have to follow the requirements set out in the Early Years Foundation Stage. So, what is it?

- It says that children learn best through play
- There are six areas of learning: Personal, Social and Emotional Development; Communication, Language and Literacy; Problem Solving, Reasoning and Numeracy; Knowledge and Understanding of the World; Physical Development; Creative Development
- Your child's keyworker will work with your child, and will be able to monitor their development. The nursery will discuss your child's progress with you. Problems identified early mean that children can be given the help they need.

Settling in

Before they start.....

Prepare your child before he or she goes. Small children like structure. If something new is going to happen, it can make children anxious.

- Visit the nursery or school with your child
- Explain what will happen during the day
- Read books together about children starting school or nursery
- Point out any friends who have recently started school or nursery and talk about the fun they are having
- Talk about your child's interests and the things he'll enjoy there.

It will help your child if he or she feels confident looking after themselves, and is able to ask adults for help. Practise with them:

- Getting dressed and undressed
- Looking after their belongings
- Using appropriate cutlery
- Teach simple chores that may be useful at nursery, such as packing away toys
- How to ask for help if using the toilet

Before your child's first day, you may also want to check the following with the nursery or school:

- What's the usual daily routine?
- How long can you stay once you have dropped off your child?
- Do they require your child to be toilet trained?
- Are there any routines you can practise in advance, such as resting after lunch?

The first few weeks

Practical tips when leaving your child

- Always say goodbye to your child, smile and leave immediately (NEVER SLIP OUT)
- Prolonging your exit will only upset your child for a longer period
- There may be a few tears, but nurseries will never let your child cry for a long time without contacting you. You are welcome to ring the nursery, if you are concerned
- Be confident in your child's ability to cope alone, as they will pick up on these positive feelings
- Talk to other parents, they will reassure you that all children go through similar stages

Other useful tips

- Settle your child in over a week's period - don't expect to be able to go right back to work full time. Some children may take longer to settle
- Talk to staff and ask about their day and your child's. Take a general interest in the nursery
- Tell the staff (who should ask you anyway) about your child's routine and likes and dislikes. Some nurseries encourage children to bring something of their own with them that they are fond of, for comfort
- Make sure your child is dressed in the right clothes: they are likely to get dirty and messy when they paint, play with water or clay. It's really helpful for children to wear trousers that are easy for them to pull up and down when going to the toilet
- Children need shoes that they can run and climb in
- If you are unable to take a whole week off work, make arrangements with other people your child trusts, to spend some time in the nursery until your child feels secure enough to be left

Eating and drinking

Nurseries have a healthy eating policy, and don't like children coming in with crisps, sweets or fizzy drinks. Nurseries will take account of children's special diets, so make sure you talk to them beforehand.

Your child may be trying food at nursery that they haven't come across before. Encourage them to try new things, and even if they don't like it first time, it's worth persisting. Children need to try things several times before they like them.

Starting School

In Britain, children have to start school on the first school day of the term following their fifth birthday. However, Islington admits children to Primary School in September so it is likely that your child will still be four when they start in Reception Class at school.



Applying to primary school

Most Islington children go to their nearest primary school. In Islington, there are 45 primary schools (one is part of an academy); the majority are community schools, and a number are voluntary-aided faith schools. For a full list of primary schools, go to www.islington.gov.uk/Education/schoolyears/primary and you can see which primary schools are nearest to you.

It is up to the parents to apply to a primary school. Islington produces a brochure called Islington Primary Schools with an application form in the September before the academic year when your child will start school. Parents can contact the Schools Admission Department on **020 7527 5515** or pick up a booklet from a local nursery, school, library or at the Municipal Offices at 222 Upper Street, N1 1XR.

The booklet gives you all the detailed information you need about applying to primary school. It has a lot of information about primary schools' admissions policies. Some schools are oversubscribed, and the booklet sets out the oversubscription criteria for the voluntary-aided (Church) schools. As there are 45 primary schools in Islington the brochure only contains contact details and some other basic information. If you would like more detailed information about individual primary schools, each school has its own brochure which you can obtain from them direct.

Visit the schools you are interested in and check whether you are likely to be in the catchment area of the school you like. You can ask the school for advice.

If you have any questions...

Or need to know more about the application process, you can contact School Admissions 222 Upper Street, London, N1 1XR on Tel: **020 7527 5515**

Timetable for applying

- The primary schools booklet will be available in September; all the application forms are in the back of the booklet
- Visit the schools between September and the beginning of January
- The closing date for applications is mid January
- You need only fill out one application form from the borough where you live, even if you want to apply to primary schools in other local boroughs
- You can state six preferences on the application form
- If you are applying to a faith school, you will need to fill out a supplementary registration form. You can get the form from the Admissions Office, or download it on www.islington.gov.uk/Education/admissions/primary
- You can also apply online at <http://www.islington.gov.uk/Education/admissions/primary>
- You will get a letter telling you which school your child will go to at the beginning of April

What happens if my child doesn't get the school we wanted?

If you are not offered a place at your preferred school or if you are unhappy with the school place allocated to your child, for whatever reason, you have the right to appeal to an independent panel. The letter you receive from the admission authority for the school should also provide information about your right to appeal. The letter will explain what to do next, but you must make sure you make your appeal within the deadline given.

Getting ready to start school

Don't leave it to the last minute, start preparing well in advance.

Visit your child's new school

Many schools will invite you in for an open day the term before your child starts school. Do go if you can – it's a chance for you and your child to meet the teacher, and other children and parents.

Home visits

In some schools, your child's teacher will visit you and your child in your home before your child starts school. Home visits are an excellent way for the staff to get to know you and your child.

School uniform

If your school has a uniform, you can enquire at your school office about where you can buy it.

Pre-school injections

Make sure your child has had their pre-school injections from the doctor. You may need to book the pre-school booster/MMR with your GP.

Childcare – before and after school

Will you need childcare once your child goes to school? Make sure all your arrangements are in place before your child starts school, so that they know what they are doing. Many schools provide childcare after school, either in the school or very nearby.

Children under 5 cannot go to the after school clubs, so you may need a childminder to pick up your child. You may be eligible for extra help with childcare costs through the childcare element of Working Tax Credit.

School holiday dates

It is really useful to get the dates of school holidays and inset days. These are extra days when the school is closed for staff training. If you work, you will need childcare for these days as well. Contact the FIS about out of school activities and holiday schemes or visit www.islington.gov.uk/fis

Educating your children at home

You are allowed to teach your children at home but you must make sure that your child is educated suitably for their age and ability and for any special educational needs they may have. If you choose to educate your child at home, you will need to contact Islington's Education Welfare Service on **020 7527 5833** or email, ews.camb-ed@islington.gov.uk

You can also contact Education Otherwise, an organisation that gives information and advice for parents who want to educate their children at home.

Helpline **0870 730 0074**; www.education-otherwise.org

Disabled Children, Additional Needs

Some parents may, as their child develops, start to feel anxious and wonder whether their child has a disability or additional need. If you have noticed things that worry you, do talk to your GP, and be persistent.

Your child's GP or health visitor will help you access the services that your child needs. They can also give you advice and guidance themselves or ask the specialist health visitor for more information. They may refer you to a paediatrician (a doctor who specialises in treating children) to assess your child's needs.



Useful Contacts

Support services in Islington

Islington Family Information Service, FIS

Islington Family Information Service (FIS) has produced an information leaflet about services in Islington offering support to all parents and specialist services for parents of disabled children and those with additional needs. You can also contact the FIS for all information on childcare. For further information and to download a range of leaflets, go to the FIS website, www.islington.gov.uk/fis email fis@islington.gov.uk or phone the FIS on **020 7527 5959**.

Centre 404

Centre 404 is a parent-led organisation which provides advocacy, support and information to parents of disabled children and those with additional needs.

404 Camden Road, N7 0SJ

020 77697 1325

www.centre404.org.uk

Disability Action in Islington

Services for disabled parents and carers and parents of disabled children or young people. There is a Disability Information Line or you can drop in to the office at specific times. Drop-ins run from:

90-92 Upper Street, London N1 0NP

020 7226 0137

info@daii.org

www.daii.org

Daycare Trust

Daycare Trust is the national childcare charity, campaigning for quality, accessible, affordable childcare and raising the voices of children, parents and carers.

Childcare Hotline: 0845 8726251

www.daycaretrust.org.uk

Home-Start Islington

Families with a child under 5 can ask for support from a volunteer, usually another parent, who has been trained to help parents with the stresses of bringing up a young family.

84 Mayton Street, N7 6QT

020 7609 8030

www.netmums.com

Netmums is a national web forum, with individual area sites. Meet other mums in Islington, find out what's going on locally, and join the chat forums online.

Paying for childcare and benefits

Parents' Guide to Money

The website run by the Money Advice Service provides advice on paying for childcare, calculating your benefits and debt advice.

www.moneyadvice.service.org.uk

Working Families

Gives information and advice on employment rights and childcare as well as paying for childcare.

Helpline: 0800 013 0313

www.workingfamilies.org.uk

National Organisations

Children's Legal Centre

Legal advice on child and family issues

Advice line: 0808 8020008

www.childrenslegalcentre.com

Contact a Family

UK-wide charity providing advice, information and support to the parents of all disabled children.

Helpline: 0808 808 3555

www.cafamily.org.uk

www.dads-space.com

Advice website for fathers

Family Lives, formerly Parentline Plus

Parents can phone the helpline with any concerns that may arise in family life.

www.familylives.org.uk

Gingerbread

Advice and information for single parents.

www.gingerbread.org.uk

Helpline: 0808 802 0925