

Welcome to our Buckinghamshire Parenting Handbook

There are many rewards that you gain from parenting, and there is no more important role that any of us can play than being a parent.

However, we recognise that being a parent is one of the most difficult jobs in the world, with so much responsibility. Each stage of your child's life, from being a baby through to a teenager, brings up different challenges and rewards. It is a job where very little training is given to prepare parents for what lies ahead.



We believe that every parent experiences difficulties from time to time, as there is no such thing as a perfect parent, or a perfect child. However there are some things that can be done to make parenting less stressful and more rewarding.

These easy to follow factsheets aim to offer ideas and information to parents and carers, to help them find their way through what can be a maze of issues. The topics chosen include helpful tips and information, together with local and national contacts for further advice if needed.

We hope you find this handbook useful and worth keeping (and sharing) for future reference.

A handwritten signature in blue ink, appearing to read 'D. McPhail', written in a cursive style.

Donald McPhail

Independent Chair of the Buckinghamshire Safeguarding Children Board

