

# Family life and parenting made a little more understandable by Relate - the relationship people



**Relate for Parents** - a free, user-friendly, multi-media resource for parents and families who would appreciate a little help now and then.

Visit:

[www.relateforparents.org.uk](http://www.relateforparents.org.uk)

to get instant help and information  
on your family relationships



**relate**  
the relationship people

# Parenting services from Relate



## Parenting

the most demanding and important job in the world, made a little more understandable, by RELATE ...the relationship people

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The starting point is where you are -

- What **DO** you do already? And how do you **FEEL** about the results?
- **WHY** do you think things are as they are, and what would you like to **CHANGE** if you could?
- **WHAT** could you do to bring that change about, and might some of our website **IDEAS & EXAMPLES** be helpful to you?

**Watch film dramas** of the McIntyre family, as their lives unfold over the course of several months, and they adjust to having a new step-dad in their midst.

**Map your own family** situation in a creative and fun way, and find help to do some thinking about the network of relationships it reveals.

**Listen to Podcasts** - several men and women speak openly about their parenting worries and challenges, to do with parenting after separation and divorce, family conflict, secrets in families, grand-parenting, divided loyalties, and trying to be a good dad.

**Read interesting articles** written by experts to help you gain insight into your own parenting and family concerns, and find useful links to other sources of help and information.

**Get personal help** from a specially trained counsellor through our free and confidential online Live Chat service.

**Relate for parents and families.** Good thinking for better parents

To find out more about our range of services for parents, families and children visit:

[www.relateforparents.org.uk](http://www.relateforparents.org.uk)

or call: 0300 100 1234

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