

Worried About Your Child?



Worried about your child - where to find help and support?

As a parent or carer, you are the expert when it comes to your child so there is a good chance that you are the first person who notices that “something isn’t quite right” in your child’s development. We know it is hard when things aren’t going as you hoped they would, but we also know that with the right help as early as possible, your child can have the best start in life. Most children learn more abilities during the first five years of their lives, than at any other time, and just by being a loving parent, you are helping them develop. By giving your child love and affection, keeping them safe, talking, listening, singing, and playing with them, you are teaching them skills for the rest of their lives. But its also worth noting that some things emerge as children get older and those needs become more obvious. In rarer cases, an explanation and identification doesn't happen until children become adults and can identify their needs for themselves.

How do I know if my child has additional needs?

Just as we all grow at different rates, we can develop at different rates too. Although you shouldn’t compare your child to others all the time, there may be things that worry you, so talk to someone. Trust your instinct as a parent, after all , you are the expert in your child! And sometimes its a series of small things rather than a big thing. Some needs might be passing and children will grow out of them, Some will last a lifetime and with support your young person will cope with them and use them to their advantage. What matters is that every child achieves their potential and thrives. Early help and support are key as it gives the child the best life chances.

Who can help?

Speak to your health visitor or GP so that any help your child needs can be given to them as soon as possible. They will be able to help find the best source of help, support and information that matches your child's individual needs.

You don't need to have a name or diagnosis for the thing(s) that are worrying you. You just need to be able to say what you hear and see that is bothering you.

“Asking for help isn’t a sign of failure” - as one of our parent carer. recently said

Where to find out more on website:

[hwww.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information