

PARENTS & CARERS

For everyday family life. For tricky conversations. For those moments when your child needs a little extra help.

HEADSTART IS...

...packed with practical ideas, trusted information and friendly advice to help you support your child to:

- ✿ **Thrive** online
- ✿ **Feel** confident at school
- ✿ **Handle** friendships
- ✿ **Understand** feelings and emotions
- ✿ **Build** resilience
- ✿ **Find** help when it's needed

Scan to explore our **FREE** resources



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KERNOW

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www.headstartkernow.org.uk/parents