

## Summary: Chapter 10 - Parent to parent: Finding someone to talk with who shares your experience.

Parent support groups offer a chance for parents to meet together, support each other and share information and experiences.

Contact Supportive Parents to find out if there is a local support group. The Children's information Service and Contact a Family are also sources of information about groups in your area.

If you want to start a group up, Supportive Parents can help. Contact a Family produces an advice pack.

Groups set up or run by parents tend to be more sustainable.

Your local opportunity group, children's centre, school or similar setting may be able to offer you practical help to get started.

Don't be too ambitious to start with and remember to enjoy yourself! Find a comfortable venue, decide what your group is for and make a list of allies who will support you to achieve your goals.

Think about ways to reach other parents and don't forget to celebrate your successes!