

**Barking &
Dagenham**



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Parent Talk

Free support for parents
and carers in Barking
and Dagenham.

Talk to a local
parenting coach
online about
anything that's
worrying you.



parent-talk.org.uk/lbbd



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Dagenham**



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Parent Talk

Talk to a local parenting coach online about:

- Additional needs and disabilities
- Behaviour
- Breastfeeding
- Mental health for mums
- Nutrition
- Parenting and relationships
- Stages and development
- Anything else on your mind

No topic is too big, small or embarrassing.

parent-talk.org.uk/lbbd

