





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



Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SC038092. The requirement to have this information on all our literature comes from section 39 of the Charities Act 2011 and the Companies (Trading Disclosure) Regulations 2008.







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.

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