CHILDREN IN FIFE SUPPORT SERVICE

INFORMATION FOR PARENTS AND CARERS

PARENT / CARER SUPPORT

FOR YOUNG CHILDREN
Parent / Carer Support For Young Children

- **Cottage Family Centre**
  Works to promote and support families with pre-school children aged 5 and under living in the West Kirkcaldy area. Offer support such as home visits and surgeries for advice/information/counselling good quality low cost childcare adult education. Self referrals GPs or other professionals
  Contact Cathy Kirk or Liz Dewar
  29-31 Cawdor Crescent, Kirkcaldy, KY2 6LH
  Tel: 01592 269489
  E-mail thecottage@btclick.com Office Hours Mon-Fri, 9am-5pm

- **Home-Start**
  Provides home visiting by volunteers who offer friendship and practical help to families with children under 5.
  41 Bruce Street
  Dunfermline
  Fife
  KY12 7AG

For further information contact an office nearest to you:

**Fife**
Home-Start Central Fife
14 Cook Square
Lochgelly
KY5 9JN
Tel: 01592 783 041

**Glenrothes**
Home-Start Glenrothes
Community House
47-48 Greenlaw Crescent
Glenrothes
KY6 1JG
Tel: 01592 783 041

**East Fife**
Home Start East Fife
158 South Street
St Andrews
KY16 9EQ
Tel: 01334 477 548

**Kirkcaldy**
Home- Start Kirkcaldy
5 South Fergus Place
Kirkcaldy
KY1 1YA
Tel: 01592 565 285

**Levenmouth**
Home-Start Levenmouth
Methihaven Road
Buckhaven
KY8 3HS
Tel: 01592 414 511

- **Early Education group for Children with Motor Impairment**
  *(Early years under 5s)*

  The curriculum is based on age appropriate activities and targets all areas of child development – gross and fine motor skills, language and communication, social and life skills and fosters early learning and an awareness of the world around them.

  Sandra Watt
  Carleton Nursery
  Bighty Road
  Glenrothes
  KY7 5AS

  Tel: 01592 415662
  Email: earlyeducationgroup@yahoo.co.uk

- **Early Years Resource Centre**

  Promotes the interests of the under 8’s, those who care for them and work with them. A toy library and art shop, information and resources are available.

  Contact Joyce Stark
  Address Castlehill
  Cupar, KY15 4HA
  Telephone: 01334 655566
  E-mail toylibrary@tiscali.co.uk

- **Community Mums *(Scotland)***

  Home visiting programme that recruits and trains experienced mothers as volunteers to visit first time mothers in their own homes or in Levenmouth. Offer regular confidential visits, sharing ideas and information.

  Contact Elaine Richards
  202 Wellesley Road
  Methil, KY8 3JR
  Telephone: 01333 421 823
  E-mail elaine361@btinternet.com
  www.communitymums.org.uk
• **Fife Childcare Information Service**

Free service to parents/carers providing information on local childcare services, nurseries, playgroups and out of school care provision.

Contact Lindsay Wishart  
Address 6 Pentland Court, Saltire Centre  
Glenrothes, KY6 2DA  
Telephone: 01592 414838  
E-mail Lindsay.wishart@fifechildcare.co.uk  
www.fifechildcare.org

• **Gangforth Playbus**

Based on a mobile bus, this organisation provides a play service for the under 5’s

Address: 3/5 Woodend Business Centre  
Cowdenbeath, KY4 8HG  
Telephone: 01383610198  
Office Hours: Mon-Fri, 9am-4pm (by appointment only)

• **NHS Fife- Health Visiting Service**

Provides one to one support for carers with children under school age, and facilitate children’s health clinics. Developmental screening also provided.

Alison Guest        Isobel Thomson  
Kirkcaldy Health Centre        Auchtermuchty Health Centre  
Whytemans Brae        Auchtermuchty  
Kirkcaldy                KY14 9AW  
KY1 2NA

Tel: 01592 266 271        Tel: 01337 824 633

Elaine King  
Medical Centre  
19 High Street  
Markinch
Tel: 01592 761 087

Provides home visiting to any family who may require bereavement visiting, baby massage classes and sleep clinics for families with children who have sleep problems. Clinics also available for children over 7 yrs of age not dry at night or for children who are soiling.

Hazel Sturrock
Balmullo Surgery
1 Pitcairn Drive
Balmullo
KY16 ODZ
Tel: 01334 870 788
Email: hazel.sturrock@gp21204.fife-hb.scot.nhs.uk

Anne Christie
Ladybank Clinic
Ladybank
Tel: 01337 830 398

Cathy Creedican
Newburgh Surgery
Newburgh
Tel: 01337 840 656

- **Parent Plus**

Parent Plus is a project which supports families with children in the West Fife Villages. The Project is staffed by Fife Council Social Work Service (a Social Worker and 2 Family support workers) and Home Start Dunfermline (co-ordinator and volunteers). For further information please contact:

Eleanor Hubbard
High Valleyfield
Tel: 01383 882 536

Joyce Munro
Home-Start Dunfermline
Tel: 01383 621 349
Textphone: 0800 056 0566
• **Young Mothers Initiative**

Aims to encourage and support young girls in continuing their school education during pregnancy and early motherhood. A large range of resources are available and a useful information pack

Contact Mariann Raymond  
Auchterran Centre  
Woodend Road  
Cardenden, KY5 ONE  
Telephone 01592 414662  
Office Hours Mon-Thurs 9am-4pm (by appointment only)

• **NCS: Fife**

Offers weekly confidential counselling to anyone on a wide range of issues such as stress, anxiety, depression, bereavement, abuse, relational difficulties, family and spiritual problems.

Contact Shirley Sim  
24 Canmore Street  
Dunfermline, KY12 7NT  
Telephone 01383 626 064  
E-mail ncs@fife1998fsnet.co.uk  
www.ncsfife.org.uk

• **The Acorn Project**

- Nursery Nurse Support in the Community:  
The project helps to improve relationships and bonding between parents and children through play.

- Development of play skills which can promote communication, family relationships and ease behavioural issues

- Nursery Nurses provide guidance and positive feedback to families, working with families who have one or more children between the ages of 0-5 years, in the family home.

- They also deliver baby massage.

- Referrals come from health professionals, social work and voluntary agencies.

The project is funded by ‘Sure Start’
For contact details please see the following page.

For Further Information contact:

**Kelty & Cardendean**
Diane Wright
Tel: 01592 720 321

**West Fife & Inverkeithing**
Sheena Allan
Tel: 01383 416 068

**Glenrothes**
Evelyn Miles
Tel: 01592 761 087

**Dunfermline & Rosyth**
Morag Hyde
Tel: 01383 416 181

**Kirkcaldy**
Audrey Manual
Tel: 01592 266 271

**Ballmullo & Anstruther** Jaqueline Lorimer -01334 870788

**Levenmouth** Pamela Cowan –
01333 350 449

~~~0~~~

- **Books**

**Beyond Toddlerdom: Keeping Five-To- Twelve-Year-Olds On The Rails.**
Green, C. (2000)
Publisher: London - Vermillion
ISBN: 00918116246


**Behave Yourself: A Guide To Better Parenting.**
Hayes, E. (2001)
NSPCC
Publisher: London - NSPCC

Leaflet for parents which outlines positive ways of encouraging good behaviour in children

Swanson, N. (2000)
Publisher: London - Aurum Press
ISBN: 1854107046

Strategies of response including rewards and time-out, and considers more serious behavioural problems like school refusal, night terrors and attention deficit Hyperactivity Disorder. Contents: Why do they do what they do?, putting yourself back in charge, stopping bad behaviours specific problem behaviours as time goes by.

The Parent/child Game: The Proven Key To A Happier Family.
Publisher: London - Bloomsbury
ISBN: 0747536163

Provides parents with access to the technique known to psychologists as the ‘parent/child game’. Includes ‘useful’ information and a list of helpful organisations.

SOS Help For Parents: A Practical Guide For Handling Common Everyday Behaviour Problems.
Clark,L & Robb, J. (1996)
Publisher: Bowling Green, Ky. - Parents Press
ISBN:0935111204

Covers why children behave and misbehave. Clear communication promotes effective parenting. Ways of increasing good behaviour and methods for managing bad behaviour away from home, using points tokens and contracts, time out two children, timing out a toy instead of the child, handling aggressive and dangerous behaviour.

• Other Useful Books:

A Boy and a Bear: The Children’s Relaxation Book
Publisher: Speciality Press
ISBN: 1886941076

Feelings
Aliki (1989)
Publisher: Piper
ISBN: 0330294083

Feeling Angry
Braithwaite, A. (1997)
Publisher: A& C Black
ISBN: 0713645024
Children In Fife Support Service Information For Parents / Carers

I Feel Angry  
Moses, B. (1994)  
Publisher: Wayland  
ISBN: 0750214031

Helping Your Anxious Child  
Rapee, R., Spence, S. & Cobham, V.  
Publisher: New Harbinger Publications  
ISBN: 157224 918

Siblings Without Rivalry  
Faber, A. & Mazlish, E.

The Huge bag of Worries  
Ironside, V. & Rogers, F. (1996)  
Publisher: Hodds Wayland  
ISBN: 0750021241

Stick Up for Yourself: Every Kid’s Guide to Personal Power & Self Esteem  
Kaufman, G.  
Publisher: Free Spirit Publishing  
ISBN: 1575420686

How To Handle Bullies Teasers and Other Meanies: A Book That Takes The Nuisance Out Of Name Calling And Other Nonsense.  
Publisher: Rainbow books  
ISBN: 1568250290

Cool Cats, Calm Kids: Relaxation & Stress Management for Young People  
Williams, M. (1996)  
Publisher: Impact Publishers  
ISBN: 0915166941

• **BOYS:**

Self-esteem For Boys: 100 Tips For Raising Happy and Confident Children.  
Publisher: London - Vermilion  
ISBN: 009185587X

A guide aimed at parents to help them understand the challenges and opportunities face by boys. Considers behaviour management in a way that promotes and preserves self esteem, how to respond sensitively to setbacks and how to support boys as they learn.
Raising Boys
Publisher: London - Thorsons
ISBN: 0722536860

Includes chapters on child development gender differences parent child relationships sexual development schooling and sport.

Bringing Up Boys: A Parent’s Guide
Publisher: London - Piccadilly Press
ISBN: 1853405264

A book to help parents understand why boys behave as they do. Examines the pressures on boys how parents can help and respond and the issues of role models and masculinity.

• GIRLS:

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence
Publisher: London - Piatkus

Parenting girls
Publisher: Jessica Kingsley London
ISBN: 1853029467

Guide parents and professionals in raising happy well adjusted girls

Self – esteem for Girls: 100 Tips For Raising Happy and Confident Children.
Publisher: London - Vermillion
ISBN: 0091855861

Looks at how to meet girls’ needs, how to facilitate self-knowledge and self-awareness, and how to encourage a positive self-image. Considers behaviour management in a way that promotes and preserves self-esteem.

• Useful Websites:

www.childanxiety.net
www.youngminds.org.uk
www.mentalhealth.org.uk/publications/allpubs/CA-0007/default.asp
www.mentalhealth.org.uk/html/content/bkanxiouschild.cfm
www.aacap.org/publications/factsfam/anxious.htm
www.aacap.org/publications/factsfam/panic.htm
www.klis.com/chandler/pamphlet/panic/panicpamphlet.htm
www.adaa.org/AnxietyDisorderInfot/ChildrenAdo.cfm
www.keepkidshealthy.com/welcome/conditions/anxiety_disorders.html
www.childdevelopmentinfo.com/disorders/anxiety_disorders_in_children.htm