

Plain facts

Being good parents



More and more people with learning difficulties are having children.



Beth Tarleton and Joyce Howarth did a research project. They found out about the type of support parents with learning difficulties can get.



A group of parents with learning difficulties helped with the project. These parents were supported by Circles Network.

Parents with learning difficulties



More people with learning difficulties are becoming parents. People with learning difficulties can be good parents if they are given the right support.



Sometimes people think that people with learning difficulties can't be good parents.



The government says that parents with learning difficulties should be given support to help them be good parents.



Some services around the country are supporting adults with learning difficulties to be good parents.



Parents are often scared to get help from services. They think that people will say they can't be good enough parents and their children will be taken away.



Lots of parents with learning difficulties do have their children taken away.



Parents with learning difficulties get very upset and angry when their children are taken away. They miss their children and can get very depressed.



Lots of workers still need to know more about parents with learning difficulties. They need to know how to work with them. In some places parents with learning difficulties are training workers.

Parenting with support



Some parents with learning difficulties are getting support to help them be good parents.



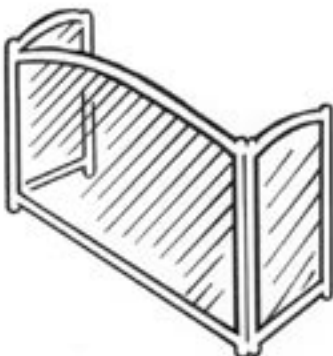
Some parents are getting easy information about how to be a good parent.



Some parents are getting help to learn the skills they need to look after their children properly. They are getting help to learn how to make bottles up, or how to play with their children.



Some parents are getting help at home. Some are getting help to manage their money and to cook healthy food.



Some parents are getting help to keep their house safe and clean for their children.



Some parents are going to groups where they meet other parents. They can talk about being a parent and learn about things together.



Some parents are getting support to go to meetings or go to court to try and keep their children.



Some parents are doing courses about being a good parent. Some parents are learning about cooking healthy food for their children.



Some parents have one worker who they trust and talk to a lot. This worker talks to all the others involved with the family. There can be lots of workers involved in a family's life, like social workers, health visitors and community nurses.



Some parents have one meeting with all the workers who help them. This helps parents know exactly what they should be doing. It helps the workers to all work in the same way with the parents.



Some parents will need support until their children are grown up.

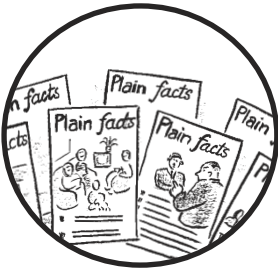


Other parents get more confident as they learn skills and need less support.



Parents should be able to get support when they need it.

Things to do



You can look at **Plain Facts 11 – Being a parent.**

You can look at **Plain Facts 38 – The right support for parents with learning difficulties.**



If you are thinking about having a baby or want to know more about sex and relationships, you can get a free CD from Norah Fry Research Centre.



You can phone Marilyn on:

0 1 1 7 3 3 1 0 9 7 5



or email her: **m.baker@bristol.ac.uk**



You can contact CHANGE to find out about their books: **Planning a baby** and **You and your baby book**. You can also find out about their campaign “**Fighting for our children**” which is changing how people think about parents so their children are not taken away. You can contact CHANGE on:

0 1 1 3 2 4 3 0 2 0 2



or go to

www.changepeople.co.uk



About the project



Beth Tarleton and Joyce Howarth did this project. They talked to parents with learning difficulties in different places.



A group of parents with learning difficulties helped with the project.



Beth and Joyce wrote a report called **Finding the right support? A review of issues and positive practice in supporting parents with learning difficulties and their children.**

You can get a copy of the report free from The Baring Foundation. You can phone them on:



0 2 0 7 7 6 7 1 3 4 8



or you can email them:

baring.foundation@uk.ing.com



You can also download the report at **www.baringfoundation.org.uk**

www.plain-facts.org

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