



Top tips for parents



Getting involved and having your voice heard

This is what parents had to say:

“Have food,
fun and be
heard!”

“Joining
groups and
having a voice
enables change
to happen”

“Just take
the first step,
it’s worth it!”

“Build friendships,
support, confidence,
new skills and
encouragement”

“Your voice
can help other
parents”

“As you talk
and share,
you will feel
less alone”

This poster has been co-produced with
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