

Thank you for registering for Essential Parent.

Essential Parent is an online digital library of videos, articles and information to support you in your parenting journey from pregnancy through to parenting teens.

The aim of Essential Parent is to help expectant and new parents and carers bond with their children during the early years and help those children grow into resilient, healthy and independent teenagers and adults.

We hope you find the information and support you need. If there is anything you feel is missing from this site, please let us know by completing this feedback form: <https://forms.office.com/e/cyCEPRmHjg>

Essential Parent Feedback Form



You can also get advice and support from the Health Visiting and School Nursing Advice Line: 0161 835 6789, Monday to Friday 9am – 4.30pm