

# Information for parents:

## Useful websites



Being a parent can be the most rewarding thing you will ever do, but it can also be challenging and it may be difficult to know where to go for help.

Luton Children and Families Information Service (CFIS) have put together this list of useful websites, which may be of assistance to you.

Website Name and Address	Description
<b>Direct Gov</b> <a href="http://www.direct.gov.uk">www.direct.gov.uk</a>	Information and advice on a wide range of topics for all ages.
<b>Parents Centre</b> <a href="http://www.parentscentre.gov.uk">www.parentscentre.gov.uk</a>	Information and support for parents on a wide range of topics
<b>NHS Life Check</b> <a href="http://www.nhs.uk/lifecheck">www.nhs.uk/lifecheck</a>	An online service to help you assess your own and your child's health and well-being
<b>Baby Centre</b> <a href="http://www.babycentre.co.uk">www.babycentre.co.uk</a>	Information, advice and online groups on topics up to your baby's development over the first five years.
<b>BBC Parenting</b> <a href="http://www.bbc.co.uk/parenting/">www.bbc.co.uk/parenting/</a>	Information and links on topics that may be useful to parents.
<b>Parentline Plus</b> <a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a>	Information and support available 24 hours a day on a wide range of topics.
<b>Luton Children and Families Information Service</b> <a href="http://www.luton.gov.uk/cfis">www.luton.gov.uk/cfis</a>	Information on childcare, family services, activities for children & young people, help with the cost of childcare and much more.
<b>Directory of Services for Children and Young People</b> <a href="http://www.luton.gov.uk/childservicesdirectory">www.luton.gov.uk/childservicesdirectory</a>	A directory of useful organisations for children, young people and their families in Luton.

For more information please telephone CFIS on 01582 548888  
or email [cfis@luton.gov.uk](mailto:cfis@luton.gov.uk)