The best ways to do this are:

[www.fegans.org.uk/family-hub/](http://www.fegans.org.uk/family-hub/)   there are loads of articles, tips and advice here for parents and carers, and it is being updated all the time, as well as signposting parents to other help.

[www.dad.info](http://www.dad.info/); Fegans parent support workers are on here every day and can answer any questions on the forum that parents may have. It is a great place for parents to get support from each other as well as from our team.