

# Children 1st

SCOTLAND'S NATIONAL CHILDREN'S CHARITY



Who we are  
What we do





Children 1st is Scotland's National Children's charity. Some children have little to smile about. We're determined to give them reasons to.

We help Scotland's families to put children first, with practical advice and with support in difficult times. And when the worst happens, we support survivors of abuse, neglect, and other traumatic events in childhood, to recover.

We help Scotland's communities to play their part in looking-out for and protecting children.

We listen to Scotland's children and families. And when government or society fails to hear them or respect their rights, we speak out.



## Supporting Families

You'll find us in many of Scotland's communities, giving hands-on support to families under stress. There's no 'one-size-fits all'. Sometimes it's about giving parents and carers confidence to build a relationship, play and have fun with their child. Sometimes it's about helping them cope with financial and housing worries. Sometimes our help is needed to bring divided families together so they can make decisions in the best interests of their children.

*"I now have a better routine at home, and have play time and story time with my child. It's great to see my child smile and have fun with me!"*



## Supporting children

Sometimes children need our support directly – which we give, tailored to their age, circumstances and wishes.

*“I lacked confidence and self-esteem, and was self-harming. I struggled with exams. The staff have really helped me with all of this.”*

Where children have experienced traumatic events such as abuse or neglect it leaves lasting emotional scars. That’s why we support survivors to express their feelings and make sense of their experiences. We use art, play and drama to help children recover, and involve parents and carers in the healing process. We don’t take shortcuts. Recovery takes time, empathy, commitment and consistency.

*“Thanks for helping me to express my feelings.”*



# Worried about a child or need some parenting advice?

Call our ParentLine Scotland helpline on  
**08000 28 22 33.**

ParentLine Scotland is our free helpline, email and web-chat service for anyone caring for or concerned about a child. It's open Mon-Fri 9am-9pm.

ParentLine Scotland can also tell you what Children 1st offers to children and families locally.

e: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

w: [www.children1st.org.uk/parentline-scotland](http://www.children1st.org.uk/parentline-scotland)

*"I was really struggling but calling this helpline was the starting point of moving onto something better."*

**ParentLine**  
SCOTLAND 08000 28 22 33



# Get involved

You can help us give children reasons to smile by making a donation, helping us raise funds, or becoming a Children 1st volunteer.

w: [www.children1st.org.uk/get-involved](http://www.children1st.org.uk/get-involved)

t: **0131 446 2300**

We can't do it without your donations. The money you raise ensures that we can continue to be there for thousands of children that need our help. To become a regular giver or make a one-off donation visit [www.children1st.org.uk/donate](http://www.children1st.org.uk/donate)



in the £1 goes directly to Scotland's children and families

w: [www.children1st.org.uk](http://www.children1st.org.uk)



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Children 1st is the operating name of the Royal Scottish Society for Prevention of Cruelty to Children (RSSPCC), founded in 1884.

**Determined each child  
has reasons to smile**



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