



Are you looking for free family advice and guidance?

Norfolk Family Information Service (FIS) is an online, telephone and face-to-face service providing free information and advice to families including:

Advice on
choosing
childcare

Information
about paying for
childcare and
free entitlement

Details of breakfast
clubs, after school
clubs and holiday
play schemes

Where to find your
local Sure Start
Children's Centre

General advice
on how to lead a
healthy lifestyle

Help for families
of children with
special education
needs or a
disability

Information about
early education
and preparing your
child for school

Support for mums,
dads, lone parents,
new parents and
parents to be

www.norfolk.gov.uk/fis

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