



HELP IS AT HAND

Parenting website Rollercoaster.ie have teamed up with SMA to launch the 'Every Step Panel', a board of experts who offer help and advice to floundering mummies and daddies. The panel includes family psychotherapist John Sharry, ante-natal expert

Susan MacNicholas and nutritionist Anne Sidnell, and parents can log a question in the weekly advice hub to be answered personally by the relevant expert. Log on to rollercoaster.ie/sma for more information.