

Suzie Hayman

Suzie Hayman trained as a counsellor with Relate and volunteered with them for 5 years, is an accredited TripleP (Positive Parenting Programme) parenting educator, a broadcaster and author of thirty books. She writes an advice column for Woman magazine. She has written weekly columns in The Times and the Saturday Guardian, has been the agony aunt for Woman's Own magazine and BBC Health Online and was the counsellor seen guiding five families through their family dilemmas on the major BBC1 series, **Stepfamilies**. She was one of the founding agony aunts in Kids In The Middle, an alliance of agony aunts and charities, lobbying for increased support for children caught up in family breakdown. She has worked for the Family Planning Association, Brook and Family Lives.



She is a spokesperson and trustee for Family Lives, the major UK parenting charity, and contributes articles and appears in a variety of podcasts on their website. She is a trustee of The Who Cares Trust, for “looked after” children and contributes to “Who Cares?”, and “Who Cares Junior”, magazines for kids in care produced by The Trust. She makes frequent appearances on national and local television and radio on programmes such as BBC Breakfast, You and Yours, PM and Women's Hour and is a regular on BBC 5Live, BBC Scotland and BBC Wales as well as many local BBC and commercial stations. She has also been an occasional presenter on her local BBC radio station, BBC Radio Cumbria. She is a freelance journalist and has written features, mainly on parenting, relationship, health, sex and counselling matters, for a wide range of national magazines and newspapers – most recently the Times, Daily Mail, Guardian and Independent. She has conceived and written leaflets and website material for Family Lives, Drinkaware, the NSPCC, One Parent Families, the Family Planning Association and Brook including a Young Mum's Guide for OPF, “Hands Off” for the NSPCC and “Say Yes, Say No, Say Maybe” for Brook. She is regularly asked to give expert comment in national and local media and to speak at conferences and to give seminars on a wide range of issues to do with relationships and parenting.

Her books, many of which have been translated, are as follows:

Live A Life Of No Regrets Teach Yourself General (January 2014)

How To Have A Happy Family Life Teach Yourself General (October 2012)

Be More Assertive - Teach Yourself General 2010

Raise a Happy Teenager - Teach Yourself General 2010

Be a Great Step Parent - Teach Yourself General 2010

Be a Great Single Parent - Teach Yourself General 2010

Stepfamilies – surviving and thriving in a new family – Simon and Schuster 2005

Sensational Sex – Carlton 2002

It Happened To Me – Drug Addict – Franklin Watts 2002 (for schools)

It Happened To Me – Teenage Pregnancy – Franklin Watts 2002 (for schools)

Tantric Sex – Carlton 2002

Sexual Fantasy – Carlton 2002

Moving on – Breaking up without breaking down – Ebury 2001

Your Kids, My Kids – how to cope when there are children from a previous relationship
– Hodder and Stoughton 2001

Make Your Honeymoon Last – Hodder and Stoughton 2000

Pandora’s Book of Sexual Fantasies – Carlton 2000

You Just Don't Listen – a parent’s guide to improving communication with young people
– Vermilion 1998

The Relate Guide to Second Families - Ebury 1997

PMS - the complete guide to treatment options - Piatkus 1996

The Good Sex Guide Abroad - Carlton 1995

Good Sex Guide 2 - Carlton/Ebury 1994

Other People's Children - Penguin 1994

The Family Planning Association Guide to Contraception - Thorsons 1993

Good Vibrations: the complete guide to sex aids and sensual pleasure - Piatkus 1992

Vasectomy and Sterilisation - Sheldon Press 1992

Endometriosis - Penguin 1991

The Well Woman Handbook - Penguin 1989

Living With a Teenager - Piatkus 1988

It's More than Sex: a survival guide to the teenage years - Wildwood House 1986

Hysterectomy: what it is and how to cope with it successfully - Sheldon Press 1986

Personal details

Lives in a 300 year old farmhouse with Vic, her husband, and 2 cats. She has one stepson and one granddaughter. Loves fine wine, good food, fell walking and Vic !

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