

## Supporting Parents and Carers

Being a parent is one of the most challenging, rewarding and important roles that anyone can have. All children deserve to be supported from their earliest years in learning and developing life skills so that they can grow up happy and healthy.

Children's Centres offer early intervention family support which aims to help families before problems get too big. We can offer a range of approaches and resources to improve children's emotional well-being and social skills.

If you require more specific support than we can offer, we can signpost or refer you to other agencies eg Relate or HomeStart.

This service is confidential and we will not disclose any information to any other party without your agreement, unless we consider that a child is at risk of harm.

## Meeting our Family Outreach Worker

Parents can refer themselves for family support by contacting us at Barleyfields Children's Centre by telephone or email, coming along to one of our sessions or popping in for a one-to-one chat.

Health Visitors, Pre-school Leaders, Social Workers and other professionals can also refer families to our outreach service.



## What does a Family Outreach Worker offer?

We recognise that you know your child better than anyone and that you want what is best for your child. We don't have all the answers, but we can help you to find them by:

- Providing information on local activities and services.
- Meeting with you face to face at the Children's Centre, at your home or at another places where you feel comfortable.
- Offering support and advice and providing resources around a range of issues including:
  - Positive parenting – managing your child's behaviour and setting boundaries;
  - Child development;
  - Support at key times – birth of a new baby, settling into pre-school and school;
  - Parent's own well-being and confidence;
  - Financial worries and difficulties including debt, benefits and housing issues;
  - Support for parents returning to work education, employment or training – gaining skills and finding appropriate childcare.
- Suggesting fun activities for families to enjoy at home which will support learning and development.

## What happens next?

Contact us to arrange the first meeting. If the first meeting is at your home the Family Outreach Worker and Children's Centre Manager will both attend.

At this meeting you will have the opportunity to discuss your concerns and for us all to agree how we can best support you.

Our one to one work will generally be short term (4-6 visits) with ongoing support through groups and activities at the Children's Centre