

# Early help - Early support



There may be times when families need extra help and support.

Providing 'Early help' to our families allows us to improve outcomes for children, families, and communities, giving support, so you get the right help at the right time before problems arise.

We can help you or signpost you to the right people/agencies who can support you.

## Ways, we can support you:

- Leaflets to support potty training, weaning, healthy eating, positive behaviour strategies, healthy lifestyles, fussy eaters, wellbeing, communication and language, online safety, sleeping, baby led weaning, breast feeding, reading with 3- and 4-year-olds, online safety.
- Promoting the 'Dummy Elf' and advice on the use of dummies.
- Story boxes/bags that support sensitive issues – bereavement; moving house; separated parents; hospital visits; oral health and going to the dentist; new baby; sleeping.
- Story boxes/bags that support your children's learning and development – communication and language development; mathematical development; treasure basket for heuristic play and personal/social/emotional development; physical development; music; fine motor skills; understanding the world.
- Websites to support online safety – 'Smartie the Penguin'; language development - 'Tiny Happy People and cbeebies'.
- Sharing courses run by the Starting Well Partnership - <https://www.startingwellworcs.nhs.uk>
- Webinar links on sleep, sensory play and sensory strategies.
- Signposting to speech and language support resources [www.hacw.nhs.uk/childrenssl](http://www.hacw.nhs.uk/childrenssl)
- Speech therapy referrals.
- Displaying Worcestershire Here2Help service's poster.
- Advice on how to access schemes and government funding for household support, food and other essentials, free school meal vouchers, healthy start in pregnancy.
- NHS support leaflets - 'Every Mind Matters' and 'Live Well' -supporting children's mental health and healthy living.
- Being part of Operation Encompass – supporting children and young people who have experienced domestic abuse.

**Please come and ask us for 'Early help'.**