



**Nottinghamshire  
County Council**

Nottinghamshire  
**Children's Centre  
Service**



# **Children's Centre Service Interventions Guide for Referring Agencies**

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## Children's Centre Service Interventions Guide for Referring Agencies

This document details the interventions that are provided through the Children's Centre Service. Interventions are available for expectant parents and families with children under the age of 5 with emerging needs as well as those with entrenched and complex needs.

Organisations who want to refer a child, parent or family to the Children's Centre need to complete the online referral form available at [www.nottinghamshire.gov.uk/childrenscentreservice](http://www.nottinghamshire.gov.uk/childrenscentreservice)

This guide has been developed to help referring agencies understand the types of interventions and services offered by the Children's Centre Service. While most interventions will be available at some point, not every intervention will be available in every Children's Centre cluster. Referring agencies are asked to consider the needs of the family and Children's Centre Service will advise on the best intervention or support package required.

### The service actively targets the following priority groups:

- Low income families with identified needs.
- Workless families
- Children and families known to Social Care.
- Children of teenage parents /teenage parents.
- Families identified as having mild/moderate mental health issues.
- Children with English as an additional language.
- 2, 3 and 4 year olds not accessing their minimum childcare entitlement.
- Unemployed/single parents.
- Unemployed parents living in rural areas.
- Children under 5 with speech, language and communication delay.
- Black and minority ethnic groups where there is a need.
- Parents of children with SEND who do not meet thresholds for specialist services
- Children on Levels, 2, 3 and 4 of the Nottinghamshire Pathway to Provision

### The Children's Centre Service aims to achieve the following outcomes:

- A. Early identification and prevention of risk of harm.
- B. Children achieve a good level of development, are ready for school and are effectively supported to close the attainment gap.
- C. Parents are job ready and economically active, with increased aspiration for themselves and their children.
- D. Improved health and wellbeing of children and parents.

Interventions are grouped as follows:

<b>Family Support</b>	Evidence Based Parenting Programmes
	Group work
	One to One Support
<b>Children's Development</b>	Little Learners Creche provision
	Forest Schools
	Group Activities
	Parental Engagement and Home Learning
<b>Work Readiness and Aspirations</b>	Volunteering
	Preparing for work and Adult Education courses
<b>Health and Wellbeing</b>	Peer Support
	Group Activities
	Campaigns and Health Promotion

In addition, the Children's Centre Service hosts a wide range of organisations who support expectant parents, and families with preschool children. These include Healthy Family Teams and Maternity clinics, adult substance use services, Job Centre Plus etc.



## A. Family Support

### Evidence Based Parenting Programmes 0 – 4 years

#### Baby Massage

Aimed at babies 8 weeks old and not yet crawling.

Babies need to be touched in order to thrive. Massage gives parents the opportunity for positive touch which helps with bonding and attachment and building those early relationships. Massage also encourages early communication from parents towards their babies through using nursery rhymes during massage. Baby massage is something parents do 'with' their babies, not 'to' their babies which encourages parental awareness of their baby's responses and needs.

The programme will give parents/carers the knowledge to practise massage safely with their babies. They will also learn how to understand their baby's non-verbal cues, when it is the best time to massage, oils to use, how affects babies stress, how they deal with stress, and how babies self-calm.

Baby massage is a powerful form of communication that can strengthen the emotional bond between parent and child. Other benefits include:

- Relaxing, soothing and calming
- Increases and improves circulation
- Improves the general functioning of the immune system
- Reduces the discomfort of colic, wind or constipation
- Empowering for parents/carers
- Improves parents' confidence in handling their babies

Baby Massage has shown to improve a range of outcomes for parents and carers from low income groups and these families are actively targeted to engage in these programmes.

**Duration:** 1 x 1.5-hour session a week for 5 weeks



## Incredible Years (IY)

**Baby Incredible Years** is aimed at parents who are pregnant or with a child aged up to 6 months. The key areas the course covers are:

- Communication
- Feeding
- Parents Wellbeing
- Safety in the home
- Brain Development
- Routines
- Learning and Development of your child
- Increasing Confidence and Awareness of bonding and attachment
- Responding to babies needs

The course is run with the baby and parent/carer together and is based on interactive learning which includes use of practical demonstrations and observing techniques on DVD. The size of the group is around 10 families per group. Each attendee is expected to complete a weekly journal and carry out home activities

**Toddler Incredible Years and Pre-School Incredible Years** – are aimed at parents/carers of children aged 1 - 4 years 11 months and at Level 2 - 4 on the Pathway to Provision and where support with parenting is required and this has been identified as the appropriate programme for the parent/carer. The key areas the course covers are:

- Strengthening parent-child interactions and attachment, helping toddlers to feel loved and secure
- How to establish clear and predictable routines
- Setting clear limits for the child
- How to support parent and child to manage separations and reunions,
- Reducing harsh discipline and increasing positive behaviour management
- Promoting parents' ability to support children's social, emotional, and language development.
- Supporting age appropriate child development
- Encouraging school or preschool readiness

### **Duration:**

- Baby Incredible Years – 6 weeks (2 hours per week and parents are expected to attend all the sessions).
- Toddler Incredible Years - 8 weeks (2 hours per week and parents are expected to attend all the sessions) plus Little Learner induction week
- Pre School Incredible Years - 12 weeks (2 hours per week and parents are expected to attend all the sessions) plus Little Learner induction week



## Sleep Tight

Sleep workshops are for parents who have a child aged 1-4 with a poor sleep pattern due to environmental factors. The workshops are for all children who find it difficult to sleep inclusive of children with additional needs.

The workshop aims to help parents:

- Establish why their child may have a sleep difficulty
- Develop an understanding of sleep cycles
- Have an understanding of what makes a good bedtime environment
- Plan a good bedtime routine

The course includes:

- The importance of sleep
- Sleep deprivation effects the whole family
- Sleep cycle
- Sleep diary
- Self-settling
- Night wakening's
- Anxiety
- Checklist for good sleep
- Developing a good routine
- 'Sleepy' foods
- Rewards
- Consistency

**Duration:** 5 weekly sessions – 1½ - 2 hours in length (4-10 parents per course)



## 123 Magic

The course is aimed at parents/carers with 2-4yr olds. Each programme will be delivered to a specific age group. It is an evidence-based behaviour programme based on behavioural principals and child development.

The programme targets parents and carers of children aged 3 years plus and at Level 2 - 4 on the Pathway to Provision and where this parenting group tool has been identified as the appropriate programme for the parent/carer.

This programme also supports families with children who have a diagnosis or are undergoing assessment with a consultant paediatrician for Autistic Spectrum Disorder (ASD) which includes Attention Deficit Hyperactivity Disorder (ADHD) Attention Deficit Disorder (ADD) or higher functioning autism or a learning disability.

The programme involves:

- Thinking straight
- Controlling behaviours
- Managing kids testing and manipulation
- Encouraging good behaviour
- Strengthening your relationship with your children
- Sibling rivalry
- Out in public

123 Magic focusses on the following outcomes:

- Help children grow up to be self-disciplined adults.
- Helps children manage own feelings as well as understanding and responding to the emotions of others.
- Strengthen parents and child relationships.
- Gives parents appropriate behaviour management strategies by reducing harsh discipline and increasing positive behaviour management.
- Supports establishing appropriate routines.
- Gives tools for supporting challenging behaviour of children who are showing signs of or had a diagnosis of ASD or ADHD.
- Gives parents the opportunity for peer support.

**Duration:** 5x 2-hour sessions plus Little Learner Crèche Welcome / Induction Week



## The Solihull Approach – Parenting Programme

This evidence-based course focuses on building a positive relationship between parents/carers and children and is designed to:

- Promote secure attachment, to enable parents/carers to identify and understand their own objectives.
- To learn about the age and stage of the child and how to communicate in an effective way with them.
- To recognise how their own and their child's feelings impact on everyone's behaviour.
- To learn how to promote a calmer and happier home environment for everyone.

The course explores issues such as:

- Tuning into children
- Explore feelings
- Parenting styles
- Communication – what is being communicated through a behaviour
- Temper tantrums and what might be meant by them
- Sleep patterns
- Behavioural difficulties

The programme targets parents with low to moderate needs with a child under 5 years old who are would like to improve their relationship with their child.

**Duration:** 10-week course, 2 hours per session



## EPEC – “Being a Parent” Parenting Programme

Delivered by parents for parents, gives families peer to peer support and space to share the challenges of “being a parent”.

The programme targets new Parents/Carers with children aged 2-5, Level 2 families with an emerging identified need for behaviour management and Families who have received previous parenting programme intervention with little/no impact.

The “Being a Parent” Parenting Programme will focus on:

- Session 1: Being a Parent, getting to know each other, Goals for parent and child ‘Good enough’ vs ‘perfect’ parent, Taking care of ourselves
- Session 2: Feelings, remembering what it was like to be a child, Acknowledging and accepting feelings, Expressing Feelings
- Session 3: Child led play – Special Time
- Session 4: Valuing my child, avoiding ‘labels’ and describing behaviour, using descriptive praise to change behaviour
- Session 5: Understanding children’s behaviour, understanding children’s needs and their behaviour in response to needs, Discipline, Commands, consequences, rewards and star charts
- Session 6: Discipline strategies, understanding what we mean by boundaries, Time Out and saying ‘No’, Household rules
- Session 7: Listening, Communication styles, helping a child when upset, ‘Open’ and ‘Closed’ questions, Reflective listening
- Session 8: Review and support, Coping with Stress, Reviewing the course & knowing where to get support, Ending and celebration

**Duration:** 1 x 2 hours session a week for 8 weeks plus welcome week (crèche induction & course intro week)



## EPEC – “Being a Parent Together” Parenting Programme

Delivered by parents for parents, gives co-parenting couples peer to peer support and space to share the challenges of “being a parents together” and working as an effective co-parenting team.

The programme targets Co-Parents/Carers with children aged 2-5, Level 2 families with an emerging identified need for behaviour management and Families who have received previous parenting programme intervention with little/no impact.

The “Being a Parent Together” Parenting Programme will focus on:

Session 1: Being a Co-Parent, getting to know each other, Goals for parents and child ‘Good enough’ vs ‘perfect’ co-parents, Taking care of ourselves and each other

Session 2: Recognising and expressing feelings, remembering what it was like to be a child, Acknowledging and accepting feelings

Session 3: Expressing feelings and child-led play – Special Time

Session 4: Valuing our child, avoiding ‘labels’ and describing behaviour, using descriptive praise to change behaviour

Session 5: Understanding children’s behaviour, understanding children’s needs and their behaviour in response to needs, Household rules and consistency

Session 6: Discipline strategies, giving clear instructions, encouraging and rewarding positive behaviour

Session 7: Time Out and Saying ‘No’

Session 8: Listening, Communication styles, helping a child when upset, ‘Open’ and ‘Closed’ questions, Reflective listening

Session 9: Review and support, Coping with Stress, Reviewing the course & knowing where to get support, Ending and celebration

**Duration:** 1 x 2 hours session a week for 9 weeks plus welcome week (crèche induction & course intro week)



## Domestic Abuse support programmes

The three programmes below are available through and run by Women's Aid and often hosted in Children's Centres

### Freedom Programme

Available from Notts Women's Aid and Women's Aid Integrated Services, often in partnership with Children's Centres Services.

The Freedom Programmes is a 12 – week programme for women who have or are currently experiencing domestic abuse. It aims to inform and empower women to recognise abusive behaviours and make better relationship choices using 'The Dominator' and 'The friend'. It is an opportunity for survivors of domestic abuse to understand male violence towards women. It helps women understand the behaviours and beliefs of their abusive partners or ex-partners, connect with other women who have had similar experiences, feel less isolated and alone and have the chance to work through their feelings and experiences in a safe way.

### Hands are not for Hurting

Available from Notts Women's aid in partnership with Children's Centres Services.

It is a 12-week therapeutic programme for children and their mothers who have experienced domestic abuse. Separate groups are delivered for mothers and children who attend the programme. The children are grouped according to age and ability.

Any women can attend if:

- Who have experience domestic abuse and have children aged between 4 and 16 years of age.
- The person who was violent must have left the family home.

The aim of the programme is to create a safe space for children and provide them with the opportunity to disclose process and understand the violence and abuse that they have witnessed.

**One to One Support for Parents and Carers with children aged 0 - 4**

Parents who have particular needs often require one to one support with a lead worker whom they trust. Parents who are reluctant to engage in a parenting programme or group support often access one to one support prior to accessing other interventions.

One to One support can provide support for parents with particular needs such as (but not limited to):

- Parenting support
- Supporting parent child interactions including attachment and bonding and child development
- Relationships Really Matter (reducing parental conflict)  
[https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=xHode1\\_EFJ4](https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=xHode1_EFJ4)
- Bereavement separation and loss
- Perinatal mental health
- Self-esteem and confidence
- Managing anxiety
- Managing debt
- Sleep support
- Theraplay
- Housing and homelessness
- Support for families where a parent is in prison or due for release
- Support for parents with children who have SEND
- Support for parents and children with English as an Additional Language (EAL)

One to One support can also be provided by trained parent volunteers who offer the following interventions:

- Breast Feeding Peer Support



## Sleep Clinics

Sleep Clinic is a targeted service for parents/carers of children aged 12 months-4yrs 11months who are struggling with their child's sleep despite general advice - poor sleep hygiene, difficulty settling to sleep and/or night waking.

Sleep Clinics can provide more specific advice for parents of children with a particular disability or medical condition, parents who are struggling with own emotional health issues that have children with sleep issues that require intervention.

Families will receive individual plan tailored to support them to improve their child/children's sleep; this will be reviewed with the family & will be adapted if necessary.

The programme will cover but is not limited to:

- Increased parental knowledge of effective sleep hygiene.
- Knowledge of the right amount of sleep appropriate to their age and stage of development.
- Understanding what makes a successful bedtime routine.
- Knowledge of sleep cycles.
- Causes of sleep issues.
- Circadian Rhythm & its impact on sleep.
- Understanding of positive parenting at bedtime.
- Knowledge of strategies to use to teach children to self-settle to sleep

**Duration:** Up to 5 contacts (Initial Assessment appointment – 60-90 minutes; up to 4 follow-up appointments either 1:1 or by phone/email)

## One to One Sleep Support – via outreach home visits

Aimed at parents with children aged 1 to 4 years old, for children with a poor sleep pattern due to environmental factors

A full sleep assessment is completed with the family. This information is then analysed, and an individual sleep programme is written for the child. The family is then expected to follow and implement the programme consistently for a minimum of 2 weeks (as it takes 2 weeks for a child to learn a new behaviour).

**Duration:** Minimum of 2 weeks, following assessment with a follow-up appointment either 1:1 or by phone/email



## One to One Theraplay

Aimed at parents/carers of children aged from 18 months and under 5 years with behavioural and interpersonal difficulties and children and adults who have significant bonding, attachment, and relationship difficulties.

Theraplay is a therapeutic play approach, designed to build relationships, help children to grow, develop and connect with others and their own emotions. The goal is that children will become more at ease with adults and other children, have better attachments, better self-esteem and have less need to stay in charge and be able to experience and express feelings. The programme is carried out via activities with the Child and their Parent.

One to One Theraplay focuses on four themes:

- Structure – to live with order
- Nurture – to feel loved
- Challenge – To take risks
- Engagement – to be heard and involved

**Duration:** weekly session. Reviewed after 8 weeks

**Length of session:** 45 mins to 1 hour



## B. Improving Children's Development and Readiness for School

### Early Education Evidence Based Interventions

#### Little Learners Crèche

Parental feedback and local knowledge states that one of the key barriers to parents/carers participating in targeted interventions such as parenting programmes and training and learning activities is the lack of appropriate and timely childcare which supports the needs of their family. Crèche provision is therefore an integral part of the services we offer in the Children's Centre Service enabling parents to attend early support targeted interventions.

Little Learners Crèches are led and facilitated by qualified and experienced Early Years Practitioners. They are highly skilled in observing, assessing planning for and meeting the needs of all children and work to the following key principles:

- Crèches are safe, secure, physically accessible, welcoming, culturally inclusive and non-judgmental
- When parents first make contact, they are made to feel welcome and valued - for many parents, this will be their first experience of formal childcare and likely to be their first experience of separation from their child
- Staff plan provision that reflects children's interests, needs and stages of development in line with the Early Years Foundation Stage and Characteristics of Effective Learning. It is important to us that crèche provision is well planned and offers the best possible learning for the children.
- Crèches use a key worker approach
- Early Years Practitioners and course facilitators work closely together for example, where a child is having difficulty settling or may become upset, the facilitator supports the separation process, perhaps by being flexible about start times
- Both learning for adults and care for children are integral and equally important parts of the provision. *(Please note: except in exceptional circumstances, children are unable to join a Little Learners crèche midway through a programme as the children attending will have already settled).*

**Duration:** 4 weeks up to 12 weeks

**Length:** up to 2 hours weekly depending on the targeted intervention being supported.

These sessions are provided for children under 5 whose parents require a level 2 or level 3 early support intervention (according to the Pathway to Provision) where childcare creates a barrier to accessing services



## Forest Schools

Forest School a specialised outdoor pedagogical approach that sits within the EYFS Curriculum and the Characteristics of Effective Learning. It complements the wider context of outdoor learning and education and fully supports the holistic growth and development of the whole child, fostering resilient, confident, independent and creative learners. It offers children regular opportunities for children to take risks, develop self-mastery skills and achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or outdoor learning environment

The programme is adaptable /semi-structured in order to meet the needs of all children. Staff have the opportunity to plan various sessions taking into account the season, weather and environment to offer a bespoke learning experience for the children that attend.

Various activities are planned according to the age and needs of the children, and the resources and space available in the setting. These may include:

- Den building and creating fairy gardens
- Woodland treasure hunts
- Exploring the outdoor environment
- Using tools to make jewellery, bug houses etc.
- Outdoor cooking; making fires

The Forest School Programme is a targeted intervention aimed at the following:

- Children where there is a risk of developmental delay and /or an additional need has been identified, including language and communication needs
- Children who lack outdoor play opportunities and stimulation
- Children's whose physical gross motor and/or fine motor skills need additional support to aid development
- Children who need support with understanding boundaries and behaviour
- Children who need support to manage their emotions and to support their emotional health and well-being
- Children who need support to develop their personal and social skills
- Children who need support in developing their self-help skills

**Duration:** 6 weeks

**Length:** under 3's = 1-hour session each week

3 – 5 years old = 1.5-hour session each week



### **Let's Play (Home Learning through Play)**

Let's Play is a semi-structured outreach service delivered by qualified early years professionals which focusses on supporting parents to play and interact with their children and understand their child's development ages and stages.

#### **The aims of the programme:**

- To improve parental knowledge and confidence in how to play, talk and interact with their child at home to support the learning, language and development (age appropriate)
- To support parents in making changes to their routines, activities and interactions at home to provide a better learning and play environment to help support their child's development.
- To help strengthen the bond between parent and child
- To help develop children's early language, communication and listening skills
- To provide brief interventions for sleep and behaviour
- To provide the foundation for a lifelong family learning approach
- To support parents to access local services and support access to these services where needed

#### **The programme includes:**

- Play ideas
- How to play
- A focus on the holistic developmental needs of a child
- Where to play together out in the community
- Low cost, no cost play ideas
- The environment inside and outside
- Support to access 2-year funded place
- Low-cost play and interaction ideas to do at home

#### **Let's Play is a targeted intervention aimed at the following:**

- Children under 5 identified as at risk of having poor play opportunities and limited stimulation at home.
- Children at risk of developmental delay
- Children not accessing their 2-year funded place.
- Family receiving family support but in need of support with play and development (jointly working with Children's Centre Family Support worker)
- Parents who require additional support and ideas regarding low cost play ideas in the home to support their child's development

**Duration:** 6 weeks

**Length:** 1 hour each session. (Flexible service could be shorter or longer dependent on need)



## Little Talkers

Little Talkers is a semi-structured programme to support Early Years Practitioners to deliver language focused and fun sessions for families and their children to participate in together.

### **The groups will focus on:**

- developing children's speech, language and communication by sharing positive interactions strategies with parents/carers.
- adopting a family learning approach - parent/carer and child to attend together.
- providing language focused groups for families and children 0-3½ years in priority groups.
- providing an additional language-learning opportunity for children and families waiting for Home Talk or children and families who have completed the programme but who need further consolidation.
- Supporting children and families who are about to start in a school-based nursery provision.

Little Talkers is a targeted programme for children and families from priority groups whose children are aged under 3 ½ where there are concerns in relation to the risk of language delay and/or require positive interactions and social opportunities to support their development.

Little Talkers is not intended for children with suspected autistic spectrum disorder or similar needs.

**Duration:** 5/6 weeks

**Length:** babies 30 mins + social, toddlers 45 mins, 2.5 – 3.5 (ready for nursery 45 Mins to 1 hour)



## “Now I Am Two”

This targeted intervention is for parents/carers and the children aged 18 months up to the age of 3. The focus of the programme is to promote stimulation and play.

### **Priority groups include:**

- Improved physical development
- Improved speech, language and communication
- Family Support - toileting, sleeping, behaviour etc
- Personal, Social and Emotional Development
- Information, advice and guidance about 2 year funded early education places
- Information, advice and guidance on a range of child development topics / themes
- The importance of the home learning environment
- Low cost play and interaction ideas to do at home

‘Now I am Two’ groups are for children from the age of 18 months - 2-year olds/up to 3 year olds. Programmes will actively target 2 year olds who are eligible for funded early education/childcare but do not take up their place.

### **The following groups are also targeted for this programme:**

- Children where there is a risk of developmental delay and /or an additional need has been identified, including language and communication needs
- Children from low income families with an identified need
- Children who lack play opportunities and stimulation
- Children’s whose physical gross motor and/or fine motor skills need additional support to aid development
- Children who need support with understanding boundaries and behaviour
- Children who need support to manage their emotions and to support their emotional health and well-being
- Children who need support to develop their personal and social skills
- Children who need support in developing their self-help skills
- Those who require support with toileting
- Children / Families involved with Social Care
- Children from BME families where there is a need

**Duration:** 6 weeks

**Length:** 1.5 hour weekly sessions (5 sessions with the children and parents and week 6 to evaluate)



## Toileting Workshop

To support parents with their potty-training/toileting journey. The workshop is based on the principles and advice provided by ERIC (The Children's Bowel and Bladder Charity).

### **Priority groups include:**

Children 18 month to 3 years (recognising that it is more about the readiness for toilet training than it is about the age of the infant).

**Duration:** One off workshop

**Length:** One hour

### **Key themes covered:**

- Thinking about getting ready to toilet train
- Choosing the right time for your child
- Off We Go – the building blocks to beginning and establishing a routine
- Tuning into your child's communication and understanding their cues
- Introduction of pants
- Praising and positive reinforcement
- What to do if it doesn't go a planned
- Becoming dry at night time



## C. Work Readiness

### Volunteering

The Children's Centre Service works to support parents to be ready for work by providing training and opportunities for parents as volunteers.

### Volunteer Training - Core Training

Volunteer training is available to all parents and other groups who can then choose to specialise in a particular activity which required additional training.

#### Priority groups include:

- Low income / workless families with young children
- Parents with children aged under 5 who are looking at getting into employment or careers in early years, health and social care.
- Grandparents with less caring responsibilities
- Students aged 17 - 19 interested in progressing career working with children.
- Young People who are Not in Education Training or Education (NEET)
- Care Leavers

#### Core Volunteer Modules include:

- Welcome Week: Crèche induction/Intro to volunteering
- Week 1: E&D/ H&S
- Week 2: Think Family
- Week 3: Communication skills and group facilitation
- Week 4: Early Years Foundation Stage
- Week 5: Children's Centre Core offer & Signposting to targeted interventions

Following completion of course each volunteer will be assigned a mentor who will have undertaken mentoring courses.

**Duration:** 5 x 2-hour sessions per week plus 1 x welcome week



## Volunteer Training – Breastfeeding Peer Support

Peer support is provided through trained parent volunteers who facilitate BABES breastfeeding groups.

Parent volunteers receive the core volunteering training and additional training which includes:

- Welcome week/Introduction week
- Week 1: Breastfeeding support in Notts
- Week 2: Antenatal conversations:
- Week 3: Management of breastfeeding
- Week 4: Practical skills
- Week 5: Barriers to breastfeeding, UNICEF Baby Friendly Initiative (BFI) and workbook support
- Week 6: Communication skills
- Week 7: Effective group work skills
- Week 8: Breastfeeding in public
- Week 9: Practical Assessments:

Following completion of course each volunteer will be assigned a mentor.

**Duration:** 9 x 2-hour sessions per week + Welcome week/crèche induction



## Preparing for Work and Adult Education Courses

### Opening Doors with Confidence

Opening Doors with Confidence is a 6-week course to help increase parent's confidence using a range of tools and activities to help learners identify their own reasons for their lack of confidence, increase their self-awareness and provide them with the strategies necessary to make a positive change in behaviour. This will have a positive impact on the whole family whilst improving a better outcome for the child.

#### **The course includes the following topics:**

- Week 1 – Introduction & where are we now?
- Week 2 - How is Confidence influenced by previous experiences
- Week 3 – How we put others needs above our own
- Week 4 – Thoughts, feelings and behaviours
- Week 5 – How past criticism influences thoughts
- Week 6 – Setting achievable goals

#### **The course is targeted to:**

- Low income/workless households
- Parents with low mood/anxiety – particularly those who may not have accessed the Children's Centre Service before
- Parents who need to start looking for work as part of Universal Credit
- Parents with low self-esteem and lack confidence in themselves / their abilities
- Parents accessing PHEW groups
- Parents being discharged from Footsteps Perinatal support.
- Lone parents
- Parents who need to start looking for work as part of Universal Credit
- Parents receiving family support, particularly those who meet the criteria for Troubled Families and are out of work / in receipt of benefits

**Duration:** 6 weekly sessions x 2-hour sessions



## Opening Doors to Employment

This is a 6-week programme designed to support parents in returning to work.

The programme is led by Community Development Workers and includes:

- Week 1 – Welcome, Active Listening Skills, Relaxation Techniques.
- Week 2 – Skills as Parents, Where do you want to be? Positive and Negative Cycle
- Week 3 – Change the thought -Change the Feeling, Action Planning, Accessing Further Education, Training.
- Week 4 – Writing CV's, Completing Application Forms.
- Week 5 – Interview Skills – Practice and Practical.
- Week 6 – STAR Competencies, Evaluation and Graduation.

### **Key elements include:**

- Online Job search
- STAR approach & Competencies in job Interviews
- Work search in the Digital age, Linked In, Facebook, Agencies, Privacy settings

**Duration:** 6 weekly sessions x 1.5 - hour sessions

**NB:** this programme may not be delivered in all areas.



## **D. Improving Health and Wellbeing of Children and Families**

### **Peer Support**

#### **Antenatal Babes – antenatal breastfeeding information sessions**

Early access to support services, Antenatal Babes supports families to understand their changing relationships, provide information on breastfeeding and feeding choices, increases knowledge on safe sleeping and preparation for becoming a parent.

**The course is targeted to:** Parents to be from 28 weeks gestation

**Key elements include:**

1. Norms of new-born behaviour.
2. The importance of keeping baby close. Feeding cues.
3. How breastfeeding works. Positioning and attachment. The importance of skin-to-skin contact.
4. Benefits of breastfeeding. Hand expression. Milk storage.
5. Caring for baby at night. Safe sleeping. Responsive (pace) feeding.

**Delivery:** Virtual

N.B. If access to I.T is a barrier, then individual needs will be considered

#### **BABES Breastfeeding Peer Support Groups**

BABES is a weekly group to support and maintain effective feeding including:

- Relevant themes and topics identified through consultation with service users.
- Communicating and connecting with babies.
- Responding to baby's needs and responsive feeding.
- Practical, social and emotional support.

As these groups are led by trained parent volunteers, they are open to all breastfeeding parents.

**Duration:** A weekly session for a minimum of 1 hour and maximum of 2 hours



## Parent Health & Emotional Wellbeing Group (PHEW)

Time limited support group for parents to be and parents who have a child aged 0-5 where a parent is experiencing mild to moderate mental health difficulties. The group offers a safe environment to talk and gain support.

### **Target group:**

- Parents experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and/or loneliness.

### **Aims:**

- To help parents currently receiving or seeking support around their emotional wellbeing
- Reducing social isolation, building confidence, and encouraging support networks
- Help parent build their resilience and provide strategies for coping mechanisms
- Support for families to access community resources
- Exit plans: support to reintegrate into Universal Service or to access specialist services if needed

**Duration:** Weekly or fortnightly sessions, dependant on local need for 6 weeks

**Length of session:** 1 ½ - 2 hours



## Opening Doors with Confidence

Opening Doors with Confidence is a 6-week course to help increase parent's confidence using a range of tools and activities to help learners identify their own reasons for their lack of confidence, increase their self-awareness and provide them with the strategies necessary to make a positive change in behaviour. This will have a positive impact on the whole family whilst improving a better outcome for the child. (for full details please see page 24)

**Duration:** 6 weekly sessions x 2-hour sessions

## New Parent's Group

The New Parent's Group focuses on building a positive relationship between parents/carers and their new baby.

### **It is designed to:**

- To promote positive interactions between parent and child. Improving bonding and attachment
- Increase knowledge or early child development of their baby
- Promote play, stimulation and interaction of the parent and infant
- Promote safe sleep practice
- Identify the issues and concerns of the parent and provide support around this (directly or by referral on where appropriate)
- Provide new parents with an opportunity to meet others, to reduce isolation and build support networks

### **Key priority groups include:**

Parents with a baby from 0-6months of age.

**Duration:** 6 weeks

**Length of session:** 1.5 hour per week

### **The programme includes:**

- What to expect - Adjusting to parenthood
- Play and development 0-6 months
- Getting to know your baby
- Promoting bonding and attachment
- Safe sleep and caring for baby
- Early communication



## Weaning Groups

These groups target parents/carers of babies age between 2 and 6 months old who are CC priority groups.

Weaning Groups are focus on social networks and learning with a programme which focuses on;

- Signs that your baby is ready to start weaning
- What time of the day is best to offer first solid foods
- How much should I feed my baby
- When to introduce cow's milk
- When to introduce a cup
- Baby- led weaning
- New recipe ideas
- Comparison of shop bought versus homemade food, including looking at nutritional values
- The Eatwell guide
- Portion sizes

**Duration:** 4 x 1-hour weekly sessions (3 sessions cover weaning + additional session Save a Baby's Life, currently provided by, Royal Life Saving Society UK).



## Dealing with a Feeling

Dealing with a Feeling would benefit any child with an identified emotional health and well-being need.

Children with an adverse childhood experience (ACE's) would benefit from this intervention. It can provide support to children who have experienced bereavement, witnessed domestic abuse, children with low self-esteem and low self-confidence and anger management however, this list is not exhaustive and can be made bespoke to support individual children's needs.

The intervention is aimed at children aged 2 – 5 years of age

### **Priority groups include:**

- Low income families with identified needs
- Families identified as having mild/moderate mental health issues
- Children of teenage parents / teenage parents: non FNP
- CPP, CIN and LAC Locality Specific Target Group where appropriate
- Children with English as an additional language

### **Key elements of the programme include:**

- Recognise, acknowledge, and understand the difference between a range feelings, emotions, and behaviours
- Turn-taking and social skills development
- Develop own techniques to help regulate a range of feelings, emotions, and behaviours
- Building a child's resilience
- For boys to learn and understand that it is ok to talk about their feelings from an early age
- Develop their self-awareness and identity
- Supports children to communicate to significant others how they are feeling
- Develop their own strategies to help with self-regulation and relaxation
- Increased self- confidence and self-esteem
- Encourage the child to show some understanding and empathy towards others
- To have fun in a safe, non-threatening environment where no child fails at Dealing with a Feeling sessions

**Duration:** 6 sessions to be offered either weekly or fortnightly

**Length of session:** 1 ½ - 2 hours



## Family Food & Fun

To increase learners understanding around the importance of leading a healthier lifestyle and to educate families different ways in which this can be achieved.

### **Priority Groups:**

- Children from low income families with an identified need
- Children at risk of malnutrition / obesity e.g., through Healthy Family Teams where BMI concerns are identified
- Children with poor eating habits
- Parents who require support / advice with healthy lifestyles
- Families who would benefit from support with budgeting skills/debt management

**Duration:** 6 weeks

**Length of session:** 2 hours per week (12-week guided hours)

### **The Programme focusses on:**

- Learning with a small healthy meal being prepared each week
- Eatwell guidance and portion sizes
- Sugar, salt & fat content in foods
- Cooking food safely (potential to complete food hygiene course)
- Shopping for value & food labelling
- Meal planning & budgeting
- Cooking a meal together and celebrate



## Health Promotion Interventions and Campaigns

The Children's Centre Service has a positive social media presence and is heavily involved in a range of health promotion campaigns, regularly sharing campaign materials and resources to expectant parents.

Health promotion activities and resources are a key element of service delivery with information shared with parents online, in print and face to face. Examples include:

- Avoidable Injuries
- Breastfeeding
- Infant Feeding
- Change for Life
- Emotional Health and Wellbeing
- Food and Nutrition
- Healthy Pregnancy
- Healthy Start
- Home safety
- Infectious Diseases e.g. hand washing, promotion of Immunisations and vaccinations
- Oral Health
- Physical Activity
- Safer Sleeping
- Smoke free homes
- Weaning