

Who can refer?

We accept referrals from any agency or professional, however we must have family consent and **they must be registered with the Family Centre Service**. We suggest that the initial contact should be made by telephone to discuss a possible referral.

Referrals can only be made via the County Referral Portal using this link:

www.hertsfamilycentres.org/professionals-area

Our menu of services will guide you in selecting which package of support you would like us to provide for the family.

What happens when the support offered to a family comes to an end?

On completion of the short term help and support provided to the family, they will be asked to complete an evaluation and the Early Start Worker will provide feedback to the referrer. Families are then supported to engage with our Universal services as a source of continuing assistance if appropriate.

If there are further unmet needs we will look to refer the family into Family Support or Public Health Nursing.



The support on offer is available in the following districts. Please note that the below numbers are for professionals only.

- **Watford and Three Rivers District** - Westfield Family Centre: 01923 932 860
South Oxhey Family Centre: 0208 016 6037
- **Hertsmere District** - The BECC Family Centre: 0208 016 1968
- **Dacorum District** - Windmill Family Centre: 01442 953 170
- **St Albans District** - Sopwell Family Centre: 01727 227 746

We hope that this is a helpful guide to the service provided by the Early Start Team. To find out more please contact us or visit us online for further information.




T: 0300 123 7572 www.hertsfamilycentres.org/professionals-area

Emerging Needs Support

Delivered by the Early Start Team



To register with the Family Centre Service, families can scan the QR code or visit: www.hertsfamilycentres.org

   Find us on social media

 Book courses and sessions through **Eventbrite**



Emerging Needs

Menu of services



We offer short term help for families who require support to improve their life chances. The support, advice and guidance available is tailored to the family's needs through offering either a one-to-one meeting, Universal sessions or learning in an appropriate course environment.

Isolation

A tailored, short term intervention to support families who may feel that they have a barrier to accessing Universal services. Examples include; multiple births, English as an additional language, social anxiety.

Speech and Language

We can help parents with strategies to support their child's speech, language and communication development through play. This can be offered through Universal services or Early Talk, depending on the age of the child.

Early Talk (18mths – 2.5yrs)

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the Speech and Language Team.

Please note that this assistance is not for a child with social communication difficulties or a child who is on the waiting list, or receiving a speech and language intervention.



Introduction to Solid Foods

One-to-one support for families who are either unable to access the **Introduction to Solid Foods** workshop or those who need individual support around introducing solid foods to their baby.

Follow On (7-9 mths)

For families who are still struggling to introduce solid foods to their child having accessed the **Introduction to Solid Foods** workshop or had initial support. This session will provide opportunities to look at different tastes and textures, share recipe ideas and answer questions.

Family Cookery Session

We offer a 5 week course called 'Little Chefs' that is aimed at families with children aged 15 months to 3 years. We support parents to get their children off to a healthy start, looking at healthy eating, portion sizes and parents and children preparing dishes together. We also talk about oral health including how cutting down on sugary foods will help protect both a child's and adult's teeth. Key ingredients will be provided to families.

Oral Health

Through completion of a questionnaire and discussion with a qualified member of the team, support needed for a child's oral health is identified. Following this assessment, a tailored programme is put into place which could include the following: advice and guidance given over the phone; a one-to-one meeting using resources; or learning within a course environment.



Home Learning Bags*

Extended learning in the home environment through 'home learning bags' which support a child's development across specified areas of learning.

Ready to Learn (0 - 2 yrs)

To support a parent's knowledge and understanding of how best they can support their child's emotional and physical development, we can support families to access age appropriate sessions such as **Baby Sing & Play** and **Baby Massage**. In addition we offer the following:

Welcoming your Baby

An opportunity for new parents to meet others that have had a baby around the same time, giving them the chance to begin to form a supportive social network and decrease isolation. This session will consist of two meetings, providing parents with the chance to chat to other parents, exchange phone numbers if they wish to, and have a taster of a **Baby Sing & Play** session. They will then be given the opportunity to join our Universal services.

**Home Learning Bags are available for both Ready to Learn (0-2 yrs) and Ready to Learn (3 -5 yrs).*

Baby Massage (2 – 8 mths)

Families will learn how to massage their baby. They will find out how it helps with their sleeping, digestion, colic and the background of baby massage. Families will learn this new skill which will aid bonding and attachment with their baby. They will also have the opportunity to get to know other families and ask for help and advice if they want it. This is a 5 week course.

Little Learners (10 – 18mths)

A 4 week programme for families with children who need a little extra support to reach their developmental milestones.

Ready to Learn (3 - 5 yrs)

To support a child with the best start in education and to promote their curiosity, we offer various strategies to help build confidence, independence and communication skills. This can include help within our Universal sessions and assistance with accessing Free Early Education and support with transitioning to school or nursery.

PLEASE NOTE:

We do not hold a waiting list and if we are unable to quickly offer a service we will ask the referrer to seek alternative resources for the family and contact us again if the family still needs a service.

During Covid-19 some of these courses will be offered virtually and face-to-face.