



Northumberland Family Hubs

Central

01670 819988

South East

01670 798800

West

01434 601698

North

01670 620430

Link to online forms nland.cc/fhforms

Or Scan the QR code below



Referrers Guide to Family Hub Services

Northumberland Family Hubs

This document has been produced by the Family Hubs to support professionals working with families in Northumberland

For professional use only

For further information call the Family Hubs

Central - 01670 819988

South East - 01670 798800

West - 01434 601698

North - 01670 620430

Families must be registered with the Family Hubs to attend a programme

Link to Northumberland County Council page - Registration form and Request for Service:

<https://www.northumberland.gov.uk/Children/Family/Childcare/family-hubs-in-Northumberland.aspx>

Guidance for completing a good RFS:

- 1) Parents have a good understanding of the program content and commitment.
- 2) Both parents where possible know you are referring and read referral
- 3) Add all relevant information to the form—any learning needs or reasonable adjustments required, any barriers to attending, past experiences that may have an impact, anxieties being part of a group etc.



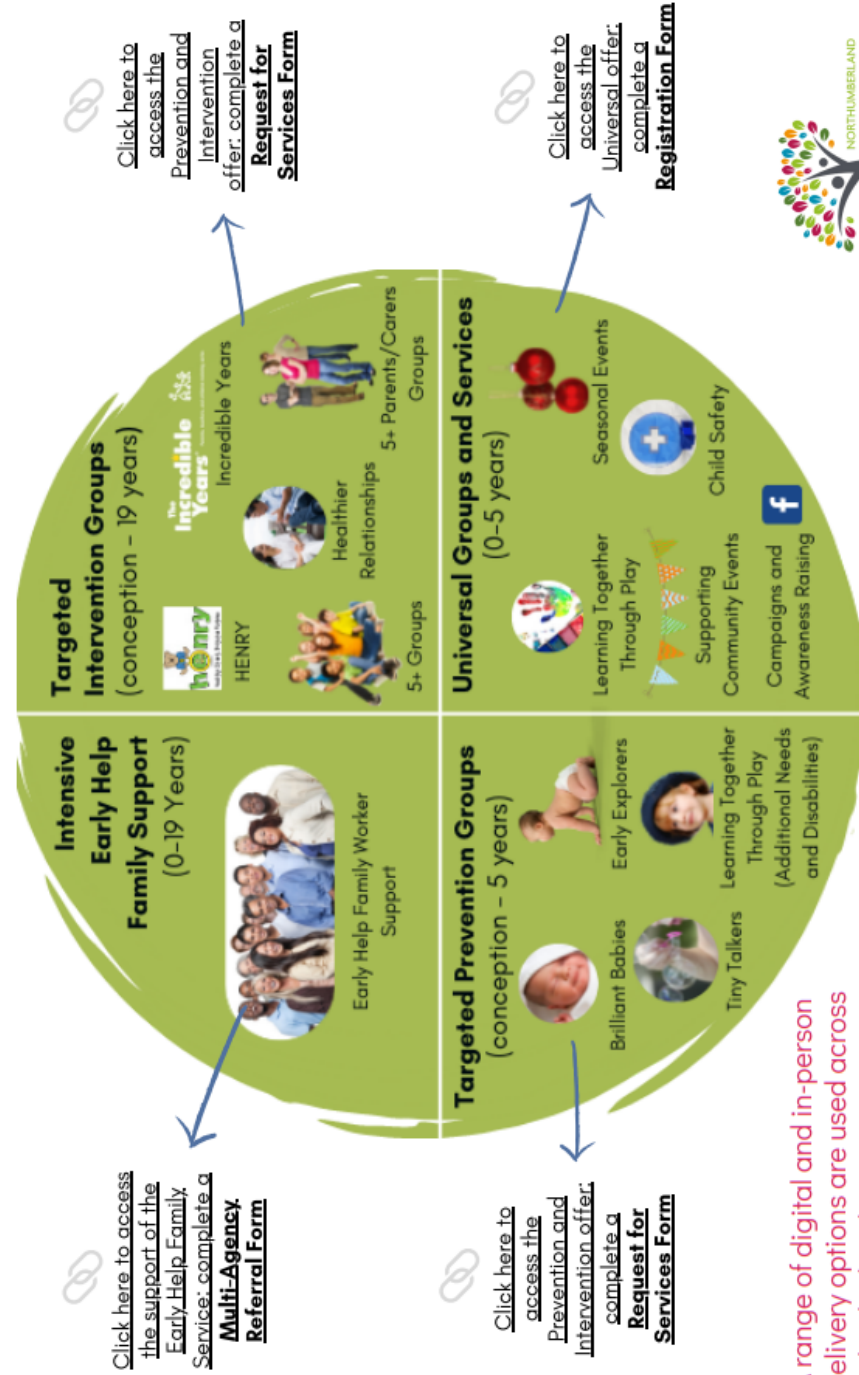
Digital recourse 'learn from home'



Solihull

| Who is this for | Program delivery | Courses |
|--|--|--|
| Free digital courses, for Parents and carers. These are a 'must do' to prepare for any challenges ahead... | <p>Parents access digitally. Follow instructions below:</p> <p>Go to: Inourplace.co.uk</p> <p>Use Access Code: HADRIAN</p> <p>Use parent postcode</p> <p>Select the course you want.</p> | <p>Understand pregnancy, labour, birth and your baby: online course for everyone around the baby. Mums, dads, grandparents, friends and relations. <i>Written by Registered Midwives and NHS professionals.</i></p> <p>Understanding your baby: online course for everyone around the baby, supporting you and the new arrival</p> <p>Understanding Your Child (0-19 years, MAIN course) t looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more</p> <p>Understanding your child with an additional need</p> <p>Understanding your relationships: make space to think about the relationships you have and the effect they have on your family.</p> |

Prevention and Intervention Pathway: A Range of Service Delivery Options



A range of digital and in-person delivery options are used across individual and group prevention and intervention services.



Early Help 0-19 Services

Prevention Pathway - the prevention offer is a range of programmes to target particular areas of development for children, delivered by Early Years Practitioners

Brilliant Babies 0 - 6 months

| Who is this for | Program delivery | Course content |
|---|--|---|
| <p>A 6 week programme assisting parents knowledge in giving their baby the best start in life. Parents and babies will have the opportunity to take part in lots of fun activities focused on very early development</p> <p>If the family require a higher level of intervention, there is a program on the Intervention Pathway called Incredible Babies</p> | <p>Face to face groups</p> <p>Relaxed atmosphere</p> | <ul style="list-style-type: none"> • Week 1 - Being responsive - The best start in life, 5 to Thrive, responding to baby’s cues, skin to skin, coping with crying • Week 2 - Relaxing and sleeping - Bath, book and bed • Week 3 - Play and Learning - development milestones, types of play • Week 4 - Keeping safe - tummy time, toy safety, home safety, water safety, car safety • Week 5 - Communication - baby cues, everyday opportunities for communication, sharing books, stories and rhymes • Week 6 - Recap and celebration <p>Home practice will be required for some sessions</p> |

Healthy Relationships - Getting it Right for Children

| Who is this for | Program delivery | Course content |
|---|--|---|
| <p>For parents with children aged 0-19 years</p> <p>Parents who are separated and are coparenting together and experiencing frequent and poorly resolved arguments.</p> <p>Parents do not attend together in the sessions.</p> <p>It is better if both parents can attend but there are still benefits if only one parent can attend.</p> | <p>Individual log in provided for independent learning.</p> <p>1-1 support with trained practitioner</p> <p>Group work face to face and virtual.</p> | <p>Main content is watching videos and discussing them.</p> <ul style="list-style-type: none"> • Week 1– Children Raise our awareness and understanding of how we might put our children in the middle of our conflict, staying calm, listening • Week 2 - Seeing it differently Building on last week of staying calm, listening and now seeing it differently • Week 3 - Working it out Looking at skills – staying calm, sticking to the rules, speak for myself and negotiating • Week 4 - Recap Come back together as a group a few weeks after programme to review tools and address any problems they may have come across <p>Home practice resources will be required for some sessions</p> |
| <p>If Domestic abuse is an issue in current relationship HR programmes aren't suitable</p> | | |

Healthy Relationships - Arguing Better

| Who is this for | Program delivery | Course content |
|--|--|--|
| <p>For parents with children aged 0-19 years</p> <p>This is for parents who are in a relationship with each other and when there are frequent and poorly resolved arguments.</p> <p>Please note that one parent can do it, it is more beneficial with both attending</p> <p>The aims are to help parents manage their stress and communicate in better ways that is helpful for their relationship and their children.</p> | <p>Individual log in provided for independent learning.</p> <p>1-1 support with trained practitioner</p> <p>Group work face to face and virtual.</p> | <p>Main content is watching videos and discussing them.</p> <ul style="list-style-type: none"> • Week 1 - Understanding Stress Exploring what can cause stress and the possible effects of stress • Week 2 - Coping with stress together • Identify sources of stress and learning ways to cope together and support each other. • Week 3 - Arguing better Exploring what a helpful argument is and exploring solutions when they become unhelpful. • Week 4 - Optional one to one Update on how goals have been going that they have set themselves as well as putting the learning into practice. <p>Home practice resources will be required for some sessions</p> |

If Domestic abuse is an issue in current relationship HR programmes aren't suitable

Early Explorers 6 - 18 months

| Who is this for | Program delivery | Course content |
|--|--|---|
| <p>A 6 week programme assisting parents to understand their toddler's development and needs, and find out how to support them to learn and grow, with some important tips for this stage</p> <p>If the family require a higher level of intervention, there is a program on the Intervention Pathway called Incredible Years</p> | <p>Face to face groups</p> <p>Relaxed atmosphere</p> | <ul style="list-style-type: none"> • Week 1 - Unique child - relationship with your child, 5 to Thrive, serve and return, circle of security, routines and boundaries • Week 2 - Exploring play - playtime partners, why play matters, age and stage of development, development matters • Week 3 - Communication and Language - how do children learn to communicate, I can top tips • Week 4 - Health and Wellbeing - eat sleep play, weaning, food safety, Eat well plate, safe sleeping, separation anxiety • Week 5 - Active learner - busy bodies indoor/outdoor activities, executive functions activities, safety—handbag of hazards, falls • Week 6 - Positive parenting - signposting and celebration <p>Home practice will be required for some sessions</p> |

Tiny Talkers 12 months - 3 years

| Who is this for | Program delivery | Course content |
|---|---|---|
| <p>A 6 week unique and exciting language programme is designed to enable parents to support their child's early attempts to communicate. Parents will enjoy a wide range of themed sessions with their child, developed to promote early communication skills</p> <p>Further signposting to Speech Therapy service if required following the prevention program</p> | <p>Face to face groups or virtual</p> <p>Relaxed atmosphere</p> <p>Prior home visit</p> <p>Consistent caregiver to attend</p> | <ul style="list-style-type: none"> • Week 1 - Understanding your child's communication - learning to communicate, stages of language development • Week 2 - Introducing tips and techniques for developing communication - adult and child interactions, spaces to communicate, child led play • Week 3 - Developing communication through play - using play to promote communication, types of play, open ended play • Week 4 - Developing communication through everyday activities - using everyday activities to develop your child's communication • Week 5 - Developing communication through books and songs - benefits of sharing books, stories and rhyme • Week 6 - Lets celebrate - recap of sessions, celebrate achievements and next steps <p>Home practice will be required for some sessions</p> |

Healthy Relationships - Me You and Baby Too

| Who is this for | Program delivery | Course content |
|---|--|--|
| <p>It is aimed at parents who are still in a relationship with each other, during pregnancy or in the first 12 months of their child's life.</p> <p>Helps new and expectant parents prepare for changes in their own relationship, giving them the skills to communicate better and support each other.</p> <p>Aims to:</p> <ul style="list-style-type: none"> · Raise parents' awareness of the impact of their relationship on their baby · Prepare parents for the changes to their relationship · Support parents to develop skills to manage conflict constructively. | <p>Individual log in provided for independent learning.</p> <p>1-1 support with trained practitioner</p> <p>Group work face to face and virtual.</p> | <ul style="list-style-type: none"> • Week 1 - Changes for Me and You Supporting Parents to understand how their relationship with each other will change and why it matters to their baby • Week 2 - Coping with stress Supporting parents to identify sources of stress and learn ways to of coping together and supporting each other • Week 3 - Conflict & communication Supporting parents to think about how their arguments start and how they get out of hand and most importantly give them the skills to resolve arguments in more constructive ways. • Week 4 - Optional one to one Update on how goals have been going they have set themselves as well as putting the learning into practice <p>Home practice resources will be required for some sessions</p> |

If Domestic abuse is an issue in current relationship HR programmes aren't suitable

Incredible Years—Toddler Preschool

| Who is this for | Program delivery | Course content |
|--|----------------------------|--|
| <p>This is an intensive program for parents who need support to meet the emerging needs of their children aged 1-6 years.</p> <p>A 14 week evidence based parenting programme aimed at giving parents the tools and knowledge to manage everyday parenting situations. The group provides a supporting and nurturing space for parents to meet other parents and carers, discuss concerns and learn new skills.</p> <p>Family care givers can attend together to provide consistency for the child.</p> <p>This is an in-depth program and there is an expectation that parents attend all sessions.</p> | <p>Face to face groups</p> | <ul style="list-style-type: none"> • Week 1 - Child directed play promotes positive relationships • Week 2 - Child directed play promotes positive relationships • Week 3 - Academic and persistence coaching • Week 4 - Social and emotional coaching • Week 5 - Effective ways to praise and encourage your child • Week 6 - Motivating children through incentives • Week 7 - Rules, responsibilities and routines • Week 8 - Effective limit setting • Week 9 - Follow through with Limit setting • Week 10 - Ignoring Misbehaviour • Week 11 - Time out to calm down • Week 12 - Time out • Week 13 - Natural and logical consequences • Week 14 - Teaching your child to problem solve <p>Home practice resources will be required for some sessions</p> |

LTTP AND (Learning Together Through Play Additional Needs and Disabilities) 0 - 5 years

| Who is this for | Program delivery | Course content |
|---|---|---|
| <p>LTTP AND is a group for families with a child under 5 with an additional need or waiting for assessment</p> <p>Feel confident and empowered in your parenting</p> <p>Gain information about services that could support your family's journey</p> <p>Parents may be asked to complete an About Me style form so that we can breakdown information needed into 5 key categories</p> | <p>Face to face groups provision</p> <p>Relaxed and informal</p> <p>Guest speakers and services attend depending on needs of attending families</p> | <ul style="list-style-type: none"> • Week 1 - Lets get to know you • Week 2 - Lets move • Week 3 - Lets make noise • Week 4 - Lets explore our senses • Week 5 - Lets get messy • Week 6 - Lets make marks • Week 7 - Lets get seasonal • Week 8 - Lets choose • Week 9 - Lets splash • Week 10 - Lets build • Week 11 - Lets create • Week 12 - Lets celebrate |

Intervention Pathway - The Intervention offer is primarily delivered by Early Help Family Workers who complete specialist training to deliver the following evidence based programmes

HENRY PFP (Preparing for Parenthood - 20 weeks +)

| Who is this for | Program delivery | Course content |
|---|--------------------------------|---|
| For parents to be who are 20 weeks + pregnant | Face to face groups or virtual | <ul style="list-style-type: none"> • Week 1 - Becoming a parent - How big am I and What can I do • Week 2 - A healthy pregnancy - healthy food preparation • Week 3 - Bonding - Unicef Baby Friendly video • Week 4 - Caring - Safer sleep for babies, bathing baby • Week 5 - Giving birth - What to pack in hospital bag, stages of dilation, pain management • Week 6 - Life after birth - action planning booklet <p>Home practice resources will be required for some sessions</p> |

Incredible Babies 0-6 months

| Who is this for | Program delivery | Course content |
|---|---------------------|---|
| <p>For parents with a baby aged 0-6 months old (children aged 6-12 months can be considered).</p> <p>Parents who need intensive support to meet their baby's needs.</p> | Face to face groups | <ul style="list-style-type: none"> • Week 1 - Becoming a parent - Getting to know your baby • Week 2 - Babies as intelligent learners • Week 3 - Providing Physical, tactile and visual stimulation • Week 4 - Providing Physical, tactile and visual stimulation • Week 5 - Parents learning to read babies minds • Week 6 - Gaining Support • Week 7 - The emerging sense of self • Week 8 - The emerging sense of self <p>Home practice resources will be required for some sessions</p> |

HENRY Healthy Families growing Up 5 - 11 years

| Who is this for | Program delivery | Course content |
|--|---------------------------------------|---|
| <p>An 8 week program to support parents of primary age children. Support and ideas for helping your family to be healthier.</p> <p>Parents receive a workbook.</p> | <p>Face to face groups or virtual</p> | <ul style="list-style-type: none"> • Week 1 - Exploring what changes you want to make. Thinking about a healthy family and what we can do as parents to help • Week 2 - How to juggle life with growing children so you all get what you need. Thinking about healthier meals and snacks • Week 3 - What we can do as parents to help children grow up feeling good about themselves. • Week 4 - Responding to children's needs without giving in to all their demands. Enjoying getting active as a family • Week 5 - Food groups, labels, portion sizes for the whole family, and healthy food swaps • Week 6 - Positive mealtime tips for a happy family and reducing mealtime stress for everyone • Week 7 - Negotiating agreements as a family, including around food, screen time and sleep • Week 8 - Supporting your children as they grow older. Exploring body image and peer pressure. Planning your family's future <p>Home practice resources will be required for some sessions</p> |

HENRY Right from the Start 0 - 5 years

| Who is this for | Program delivery | Course content |
|--|---------------------------------------|---|
| <p>An 8 week course designed to help parents give their children the healthiest start and future</p> <p>Sessions cover parenting confidence, physical activity, what we eat, lifestyle habits and enjoying life as a family</p> <p>Parents receive a free toolkit to help them to maintain changes</p> | <p>Face to face groups or virtual</p> | <ul style="list-style-type: none"> • Week 1 - Decide what changes you want to make and set your own goals • Week 2 - How to juggle life with young children so you all get what you need • Week 3 - How to respond to children's needs without giving in to all their demands • Week 4 - Positive mealtime tips for a happy family - reducing mealtime stress for everyone • Week 5 - Ideas for active play to help children learn, develop and stay happy • Week 6 - Food groups, food labels, portion sizes for under 5s, first foods and snack swaps • Week 7 - Understanding and managing your child's behaviour for a happier home • Week 8 - Celebrate your success as a parent and plan the future <p>Home practice resources will be required for some sessions</p> |