



"Nurturing curiosity and inspiring imagination"

## Early Help at Sandy Lane Nursery and Forest School

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## We want to help...

At Sandy Lane Nursery and Forest School, we care about our children and their families and our aim is to support them in the best possible way that we can.

Being a parent or carer is one of the most important jobs there is and it is also one of the hardest. Parents and carers are key to giving children a happy, stable childhood. If one person in a family has a problem, it might be a child, young person or adult, then the whole family is often affected. If the whole family is supported it's more likely things will improve.



## What is Early Help?

Early help refers to the offer of any information, advice or support to children, young people and their families as soon as possible in their lives, or when issues emerge, to help prevent problems from getting worse.

We are here to support you with any concerns about your child or children, your family or home circumstances. It could be around behaviour, problems at school, housing, debt, routines and boundaries, or other difficulties. Our support means families can manage their own lives and find solutions to their problems. Getting help early can prevent little concerns from becoming big concerns.

## How it works...

We will bring together different people who will be able to offer the support you need. This could include health visitors, housing officers, health professionals and more. We will ensure that the people in the team are able to meet the specific needs that you have and there will be one key person who you know really well to support you whenever you need it.



Your key person will be your co-ordinator and you will help to decide who they are. This person will be the main contact for you and will keep you up to date with what is happening. They will listen to your views and support you through the process. If you're unsure or unhappy about anything, you can call them and talk it through.

## Getting Started...

### Step 1 – Talking to you

Your key person will ask about any problems you're having and what support might help. They will ask some questions and complete your 'Early Help Assessment'. This assessment will have all the information relating to you, your family and your current needs and this will mean that you won't need to keep telling your story to lots of different people.

### Step 2 – The plan

A meeting will be arranged with you and the people who will be able to help. At the meeting we will talk about the kind of support available to you and, as a group, we will agree a plan of how to help. This plan sets out who does what and when they do it.

### Step 3 – The review

Everyone comes back together to see how things are going and if anything needs to change. Reviews take place for as long as they are useful. They help to ensure that the plan continues to be suitable and helpful to your family. New targets will be set to help provide different support if this is needed.

An Early Help Assessment means everyone can make sure the support is working and making a difference to your family.