



Early Help

Sessions for children, young people and their families

The sessions below are facilitated by the Early Help - Children and Family Support Workers (CFSW's) and have been designed to be versatile and delivered virtually on a one to one basis with families or face to face in a group based situation.

If you know of, or are supporting, a child, young person or family who would benefit from attending one or more of these sessions, please encourage them to book directly onto the course by ringing the area number below or emailing the local Hub so consent can be obtained.

East Locality	West Locality	Central Locality
C&FHubscarborough@northyorks.gov.uk 01609 534101	C&FHubCraven@northyorks.gov.uk 01609 533118	C&FHubHambleton@northyorks.gov.uk 01609 532320
C&FHubWhitbyRyedale@northyorks.gov.uk 01609 534129	C&FHubHarrogate@northyorks.gov.uk 01609 533127	C&FHubSelby@northyorks.gov.uk 01609 532343

Family names will be added to a list of interested participants, and the Children and Family Support Workers who are leading on the courses will contact them directly to make arrangements for session delivery.

The sessions are offered virtually and may be a combined cohort from across the County to reduce the barriers for families accessing face to face sessions.

Session Name	Length of session	Session Overview
0 -5 Sessions		
Amazing Babies	5 week programme	A five-week programme aimed at ante-natal to 1 year olds which includes information, advice and support on brain development; early development and the importance of the first 1001 days in your baby's life; responsive parenting and attachments; the importance of play and early communication. It will also include ideas around play and interactions for babies' development, and a special session for parents on well-being and mindfulness.
Babbling Babies	4 week programme	A four-week programme for parents/carers and their babies aged 0-6 months to promote speech, language and communication. Parents are given simple ideas on how to sing, read, chat and play with their baby supporting them to create a good home learning environment in which their child can grow and learn. This is a targeted session, referral via Healthy Child Team only.
Small Talk	6 week course	Sessions to help families understand the importance of speech, language and communication for children aged 1 - 2 years old, providing lots of tips and techniques to help encourage language and communication skills.
Building Blocks for Language	7 week course	Sessions to promote the importance of speech, language and communication skills for children aged 2 - 3 years old, providing lots of tips and techniques to help promote better language and communication skills.



Session Name	Length of session	Session Overview
Primary Age Sessions		
Create Confidence	6 week programme	A course designed to offer emotional support for primary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about past trauma and provides them with coping strategies.
Heads Up	6 week programme	Heads Up is for children aged 4 - 7 years and is delivered over six sessions which last approximately one hour. Each session focuses on a theme -self-esteem, emotions, anxiety, anger, friendships, safe relationships and being kind. Each week there is a mixture of stories, games and activities to ensure the sessions are interactive.
Youth Sessions		
Create Confidence	6 week programme	A course designed to offer emotional support for secondary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about past trauma and provides them with coping strategies.
LGBTQ+	Weekly drop-in sessions	The relaxed sessions are designed to be flexible so young people can drop in and out as needed. The group looks for opportunities for the young people to gain insight into the support available. The sessions offer information on well-being, identity, sexual health and support from the wider community. Contact your local Hub for details of groups in your area.
Parenting		
Solihull Parenting Programme	Virtual Course	Online modular based learning on subjects including, understanding your baby, understanding your child, understanding your teenager and many more. The courses are free for all North Yorkshire residents including parents, carers, grandparents and other family members. Each course consists of approximately 18 modules, each of which take about 15 minutes to complete. These can be accessed at a time and a place that suits the family on any device which has access to the internet. www.inourplace.co.uk Access code: NYFamilies
Face to Face Parenting Sessions	5 week programme	Parenting courses are available to deliver in a group-based situation or on a one to one basis where needs have been identified and the Solihull Parenting Programme would not be appropriate. These courses are structured and last for a minimum of 5 weeks. Contact your local Hub for more details.
Sleep Tight Programme	5 week programme	A five week evidence based programme which gives parents/carers strategies to promote good sleep hygiene and improve sleep. Research shows that on average children gain an additional 2.5 hours per night once families have completed this programme.
Caring Dads	17 week programme	Fathers and male carers play a crucial role in a child's development and future but often services focus on mothers and female carers. This group-based programme will help fathers and male carers feel supported and understand their important role within the family. The course aims to help improve relationships with their children, increase awareness and application of child-centred fathering, rebuild trust, and plan for a better future.