

What is Early Help?

Early Help is taking action early to provide support where problems are emerging for children, young people and their families.

Early Help is here to find out what is working well for families and what areas they might be worried about; it can help to build on families' strengths and identify any needs where support might be needed. It is an approach that brings people together from different teams and services who work together with the whole family. It can include a vast area of support. The main focus is to improve outcomes for children.

If you would like to discuss Early Help please contact Karen Bridgwater in school or approach your local family hub directly

What is Triple P?

Being a parent can be tough at times, there is no manual, or one size fits all approach..

Triple P is a parenting support tool. It doesn't tell you how to be a parent, it's more like a toolbox of ideas. You and your family choose the ideas you need and what will work for you.

You can sign up to complete Triple P online at your own pace or some people prefer face to face group/ teams support..

There are a number of resources that can be accessed

- Triple P - For parents of children aged 18 months to 11 years.
- Triple P TEEN - For parents of children aged 11-16.
- Triple P Transitions - for parents who are no longer together with the other parent of their child, if you are struggling with stress, anger etc and coping with a separation/divorce.
- Triple P Stepping Stones - For parents of a child with a disability aged 2 – 12.
- Triple P Fear - less - for parents of a child aged 6 plus who suffers with anxiety.
- Triple P for babies - For expecting parents or those with a baby up to one year old.

If you would like to discuss Triple P please contact Karen Bridgwater in school or approach your local family hub directly

Further information can be found at <https://www.dudleyparents.co.uk/home>