

Safeguarding: Early help

‘Early Help’ is support given to a child, young person or family when a problem first emerges. It can be provided at any stage in a child or young person’s life.

Below you will find useful links for supporting children’s personal, social and emotional development plus details on getting early help, if required:

[krscp_early_help_strategy\(1\).pdf](#)

Why is Early Help so important?

Early Help is all about identifying needs within families early and providing coordinated support to build resilience before problems become complex.

Eileen Munro wrote in her report (May 2011) ‘Services offering Early Help are not aimed just at preventing abuse or neglect but at improving the life chances of children and young people in general. ‘Early Help’ is an ambiguous term, referring both to help in the early years of a child’s life and early in the emergence of a problem at any stage in their lives’.

‘Effective Early Help relies upon local organisations and agencies working together to:

- identify children and families who would benefit from Early Help
- undertake an assessment of the need for Early Help
- provide targeted Early Help services to address the assessed needs of a child and their family which focuses on activity to improve the outcomes for the child.”

Early intervention can support four important aspects of children’s development:

- physical
- cognitive
- behavioural
- social and emotional

Short-term improvements in these four areas can lead to benefits throughout childhood and later life, including improved physical health, improved mental health and wellbeing, better academic results and job prospects, improved behaviour, and a reduced risk of criminal involvement. [Early Intervention Foundation \(EIF\) videos](#)

The link below is the latest Early Help Strategy document, created by

[krscp_early_help_strategy\(1\).pdf](#)

Action for Children has down to earth parenting advice on early parenting, development, home life, feelings and behaviour: '[Parent Talk](#)'. There is also free confidential webchat with a parenting coach.

The Centre for Emotional Health provides [Resources for parents](#) around positive parenting, using praise, developing empathy and has links to other sites.

Mental health for early years children

Information and guidance on how to support babies and young children with their mental health, including self-regulation and co-regulation, emotional and behavioural support strategies and strategies to support a withdrawn child:

[Mental health for early years children](#)

Resources for Parents

The [Early Years Foundation Stage \(EYFS\)](#) outlines what adults must do to help children learn and develop and to be healthy and safe.

The What to Expect in the Early Years Foundation Stage - guide for parents supports parents in finding out more about their child's learning and development in the seven areas of learning. There are ideas for play and providing experiences in each age band.

[What to Expect in the EYFS - guide for parents](#)

BBC Tiny Happy People provides activities and play ideas to develop children's language skills as well as providing comedy and documentary series on parenting and information on brain development.

[BBC Tiny Happy People](#)

[BBC Parenting Series](#)

[BBC Science Behind Child Development](#)

information on childcare, child development and encouraging independence.

[Foundation years resources for parents](#)

[Early-Years Parents - maths at home](#)

Emotional development

Building a good understand of emotions when they are young helps children relate to others and manage their own mental health later on. CBeebies, BBC Teach, DfE and the Education Endowment Foundation have resources, videos and activities to support this:

- DfE Child Development Training - Module 3: [Supporting children's personal, social and emotional development](#)
- Education Endowment Foundation - [Personal Social and Emotional Development](#)
- Education Endowment Foundation - [Self-Regulation and Executive Function](#)
- [Cbeebies - How to talk to your child about emotions](#)
- [EYFS: Feeling Better](#)

Downloads for practitioners

Templates

[Early Help Assessment and Planning Tool form \(Word\)](#)

[Early Help Assessment Plan Progress Review form \(Word\)](#)

[Early Help Assessment Closure Summary form \(Word\)](#)

Once completed, please safely submit it to the Integrated Working team via the [secure submission form](#).

Please be mindful of sharing information securely with others.

Example forms

[Early Help Assessment and Planning Tool form example \(PDF\)](#)

[Early Help Assessment Plan Progress Review form example \(PDF\)](#)

[Early Help Assessment Closure Summary form example \(PDF\)](#)

There is further information and resources on the GOV.UK website:

[GOV.UK - Help for early years providers](#)

[Mental health for early years children](#)