



What is Early Help?

Early help is support given to a family when a problem first emerges. It can be provided at any stage in a child or young person's life. St Thomas' Primary School offer early help support in line with Blackburn with Darwen's Early Help Strategy.

Early help services can be delivered to parents, children or whole families, but their main focus is to improve outcomes for children. For example, services may help parents who are living in challenging circumstances provide a safe and loving environment for their child. Or, if a child is displaying risk-taking behaviour, early help practitioners might work with the child and their parents to find out the reasons for the child's behaviour and put strategies in place to help keep them safe.

Providing timely support is vital. Addressing a child or family's needs early on can reduce risk factors and increase protective factors in a child's life (Early Intervention Foundation (EIF), 2021).

Protective factors can reduce risk to a child's wellbeing. They include:

- developing strong social and emotional skills
- having a strong social support network for the family – including support
- for good parental mental health
- income support, benefits and advice
- good community services and facilities

(EIF, 2021; Cleaver, Unell and Aldgate, 2011).

How do I access Early help?

If you feel your family may benefit from Early Help and support, you can telephone the School Office 01254 54706 who will request a member of the Wellbeing Team makes contact with you to provide advice.