



## EAST RIDING CHILDREN'S CENTRES

East Riding  
Children's Centres  
are with you from  
bump to baby and  
beyond, to give all  
children the best  
start in life.



### ◆ What is a Children's Centre?

East Riding Children's Centres are here for the whole family; from the moment they know they are expecting a baby, and until the child or the child been cared for is nine years of age. East Riding has eighteen Children's Centres that offer a range of activities and services for children and their families, to give every child the best start in life. We offer the right help at the right time so that our families feel confident, safe, healthy and happy.

### ◆ The Children's Centre Core Purpose is:

Child development and  
school readiness

Parenting aspirations and  
parenting skills

Child and family health  
and life chances

### ◆ Who are Children's Centres for?

The Children's Centres are open to anyone living in the East Riding who is pregnant or who is caring for a young child. This could be a mum, dad, carer, grandparent, foster carer or child minder.

### ◆ What do Children's Centres offer?

East Riding Children's Centres have developed a complete range of activities and services for young children, their families, carers and pregnant women to meet the individual needs of each centres community. All the services the centres provide are free. The services are inclusive for children and parents with additional needs. We work closely with health professionals, nurseries, schools and other agencies and services to provide a wide range of support.

### ◆ Who can refer a child or young person?

A parent or carer can self-refer for further support from the Children's Centre or schools; health or any other professionals can also refer.

### ◆ How do you refer?

You can refer directly by completing a request for service and return this to us or via EHASH.

### ◆ Location of service

Please see attached map and contact details of all East Riding Children's Centres

### ◆ What happens after a referral is made?

The referrer will be contacted by the Children's Centre with a decision about how to proceed and if a Children's Centre service is to be offered. A Family Coordinator or an Intensive Family Coordinator will contact the family and begin to support them and their child/ren.

### ◆ In their journey with us we can help with:

Support during pregnancy	Toilet training
Becoming a new parent and developing parenting skills	Child Development in line with the Early Years Foundation Stage Framework
Breastfeeding	Healthy Lifestyles
Understanding babies' cues	Promoting positive emotional well-being
Supporting bonding and attachment	Safe Sleep
Baby led weaning	Establishing daily household routines

### ◆ Families can access Children's Centre activities, resources and sessions such as:

Antenatal Parent Education	Child Health Clinics
Infant Massage	Feeding information and advice
Early play and learning sessions	Family Links nurturing programme
Home learning opportunities including Bookstart and bags of support	Talk Time – Supporting your child's communication/language development
Sensory Room	Take and Make

### ◆ Advice and Support is also given around:

Help to access 2, 3 & 4 year funded childcare places	Benefits
Budgeting	Housing
Form filling and attending appointments	Support with further education
Where to go for specialist advice and support for example: Speech and Language Specialist, Domestic Abuse, alcohol and drug misuse and mental health issues	

### ◆ 1:1 Support

Children's Centres have experienced, qualified and friendly staff who provide support to families in different ways. We offer tailored support through our family support work, which can be done 1-1 in the family home or during sessions at one of our Children's Centres.

### ◆ Family Contact

As part of our work with families, Children's Centres facilitate family contact.

### ◆ What happens if a child/young person is not accepted for support after a referral?

The referrer will be contacted and the reasons for this explained.