

**Cherish Sure Start Family Pathway**



**Source of referrals**  
**Midwives, Health Visitors/ School Nurse, Self-Referral, Social Services, GP, Other agencies**

**Cherish Sure Start**

- Health improvement AN
- Health Improvement PN
- Speech, Language & Communication
- Family Support
- Early Learning programmes
- Training opportunities
- Developmental Prog for 2-3 Year Olds

*These Health Staff Roles are additional to Generic Health Staff Roles. They provide preventative programmes within areas of high deprivation.*

- Antenatal Home Visits
- Hypnobirthing, Incredible Babies, Antenatal Yoga
- Healthy Eating During Pregnancy
- Breastfeeding Support
- Postnatal Home Visits
- One Stop baby Shop
- Infant Massage
- Baby Yoga
- Postnatal Fitness
- Toddler Yoga
- Tumbling Tots

- Fussy Eating, Weaning, Feeding the Under 5's
- Food Labelling
- Cook It
- Food Values
- Child Development, Child Health
- Care, Post-natal Care, Breast Feeding, Potty training, Managing Children's Behaviour
- Home Safety

- Language Development, Communications, Screening Children, One to One Support, Tiny Talkers
- Talk Link
- Tickle Tummy Time
- Wriggle & Rhyme

- One-to-One Support, Running Programmes, Signposting, Supporting Families with specific issues
- Young Parents group
- Parenting Programmes

- PEEP Stay & play groups, Baby yoga
- Toddler yoga
- Bookstart+ PEEP Home Visits
- See Speech & language programmes

- Toddler Programme
- Crèche for Programmes, Respite
- Crèche

- First Aid OCN
- Accredited Courses: PEEP, Food Hygiene
- Personal Development Courses.
- Volunteering

- 2YOP Specialist**
- Delivery of bespoke programme, Transition to Pre-School Nursery
- Parent training, speech & language development
- Behaviour management
- Links with preschool settings
- Stay & play sessions
- Home Visits

**Birth**

**A series of Parenting Support Programmes are provided from Pre-Birth through to School-Going Age**

**Pre-School**

**0-4 years**  
**So children are ready to thrive by the time they reach school**

# INFORMATION ON SERVICES

## **ANTENATAL SERVICES**

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### **Antenatal Home Visit**

To enhance the quality of care for the expectant mum and offer guidance, support and signpost where relevant. Areas include information diet, exercise, smoking cessation, PND, breastfeeding.

To promote and complete registration to Sure Start and signpost onto relevant services.

### **Antenatal Nurturing (8 weeks)**

Antenatal Nurturing programme which helps support parents in pregnancy, birth and beyond with its focus on the importance of relationship issues; preparing for new roles, responsibilities and the emotional changes involved in becoming a parent. It supports mothers and fathers in their relationship as a couple and helps you understand the importance of parent – baby relationships and helps with the transition to parenthood.

### **Incredible Babies (9 weeks – mum and baby come to course)**

This 9 week Parenting programs designed to strengthen parenting skills and promote children's optimal social, emotional, physical and academic development.

Session 1: Introductions, Goals and getting to know your baby.

Session 2: Babies as intelligent learners (3-6 months)

Session 3: Providing physical, tactile and visual stimulation.

Session 4: Providing physical, tactile and visual stimulation, cont'd.

Session 5: Parents learning to read babies minds.

Session 6: Gaining support.

Session 7: Babies emerging sense of self (6-12 months)

Session 8: Babies emerging sense of self, cont'd.

### **Hypnobirthing (4 weeks)**

Hypnobirthing is a complete birth education programme that teaches simple but specific self-hypnosis, relaxation and breathing techniques for an easier more comfortable birth. The programme lets you discover and experience the joy and magic of birth, where you will discover that severe pain does not have to be an accompaniment of labour.

### **Antenatal Yoga (6 weeks)**

An antenatal programme to support the new mums, body and mind in preparation for labour through exercise, stretching, power of your breath and meditation.

### **Healthy Eating during Pregnancy Workshop (Duration: 1 ½ hours)**

This is an interactive workshop which is facilitated by the local community dietician which is aimed to encourage pregnant women to eat healthy ensuring that you give your baby a good start in life. Discover which foods you should eat for a healthy pregnancy, and find out which foods you should be avoided.

## **POST NATAL SERVICES FOR PARENTS AND CHILDREN**

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**See also above: Breastfeeding services**

### **Postnatal Home Visit**

To register new baby and to engage in Surestart services.

To improve parents knowledge of practical issues around caring for themselves and their families. Health issues include:

- Postnatal care for baby & mum
- Bonding
- Sleep management
- Healthy eating
- smoking cessation
- breast feeding support
- parenting skills
- speech development
- home safety
- childhood illness

To identify and improve the child's health and developmental issues and to enable the parents / carers to support this.

### **One Stop Baby Shop (fortnightly)**

This group gives parents/carers the opportunity to discuss with a health visitor from HSCB and a member of the Surestart team the needs of their developing baby in an informal relaxed setting. The group will support where possible needs of parents of children up to one year old. The One Stop Baby Shop runs on the second and fourth Monday in the month in the ARC Healthy Living Centre, Irvinestown. Please contact the Surestart office or your local health visitor for details and dates.

### **Breastfeeding Support Groups**

Supporting Antenatal and Postnatal mothers- weekly groups in both the ARC Irvinestown and Newtownbultar – contact our centre for dates and times

### **Incredible Years Parents and Babies Programme (8 weeks - Babies 0-12mths)**

The Incredible Years Parents and Babies programme supports parents and their babies in the following ways:

- Learning how to observe and read babies' cues and signals.
- Understanding babies as intelligent learners.
- Learning about ways to provide physical and tactile stimulation for babies and its importance for brain development.
- Understanding the importance of finding time for oneself to renew energy for parenting.
- Understanding about babies' development of object and person permanence and more!

### **Infant Massage (4 weeks)**

Infant massage is a beautiful way for parents to get to know their babies and gives them greater confidence as a parent. Parents learn ways of communicating, playing, care giving and sharing for the wonderful journey of life ahead. The message is clear – touch therapies are good for us and they pave the way for a healthier, happier and calmer life. Courses are ongoing throughout the Surestart catchment area for parents with babies aged 4weeks to 8months.

### **Baby Yoga (5 weeks)**

Baby yoga, complements infant massage, offers quality physical stimulation including flowing postures, holding, movement, touch, voice and deep relaxation. It induces a happy, care-free and lively parent-infant interaction which develops as the babies grow. Courses are ongoing throughout the Surestart catchment area for parents with babies aged 4months to 1 year.

**See also PEEP Programmes, Wriggle & Rhyme and Tickle Tummy Time**

### **Postnatal Fitness Classes**

The main aim of the postnatal fitness classes are to offer parents the opportunity to support a healthy lifestyle for themselves and their families by increasing physical well-being through a variety of planned exercise routines.

## **CHILD AND FAMILY HEATH PROGRAMMES**

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### **Weaning Workshop (Duration 2 hours)**

Information and advice on feeding infants from 6 months to 1 year. Interactive activities are used to discuss the what, when and why of introducing solids to the infant's diet. Information is provided on, suitable foods to include, foods to avoid, practical aspects of weaning, introducing a cup, vegetarian weaning, fussiness and vitamin supplement guidelines. Suitable for parents of infants aged 4 months +. For older infants for example those aged 10months + it may be more appropriate and relevant for these parents to attend the Feeding under 5s workshop.

### **Feeding Under 5s (Duration 2 hours)**

Information and advice on feeding children aged 1 year to 5 years. Interactive activities are used to provide parents with information and guidance on foods to include in young children's diets, healthy snacks and drinks, vitamin supplement recommendations and picky eating. Suitable for parents of infants and young children aged 10 months to 5 years.

### **Food Labelling Workshops (2 hours)**

Practical workshop which aims to equip parents with the skills to use food labels to identify foods that are high in fat, salt and sugar. Suitable for all parents and carers to attend.

### **Healthy Eating Sessions (1 hour)**

Interactive sessions can be delivered on healthy eating; information will be tailored for the needs of the group.

### **Cook-It (adult programme) 6 weeks**

Cook It is an opportunity for parents to learn about the nutritional value of food and healthy eating. Learn how to enhance your cooking skills and develop ideas about how to provide fast, affordable and nutritious food for the family.

### **Food Values (adult Programme) 3 weeks**

This programme is all about how much we spend on food and how we can make simple changes to reduce how much we spend on food without having to compromise on having a healthy diet.

### **Activity and Demonstration Sessions**

These activities are suitable for an informal setting and take place during Stay & Play Groups. A range of topics covered include: healthy snacks for children, healthy drinking for children and menu planning for children.

### **Toddler Yoga (4 weeks)**

This programme is for Children aged 1 year – 4 years. Benefits both emotional and physical of Toddler Yoga include:

#### **Emotional**

- Bonding between mother and toddler
- Communication and interaction
- Confidence in handling your toddler
- Building trust and understanding
- Tension release, relaxing and calming
- Pleasure and fun

#### **Physical**

- Improves blood flow
- Stimulates cell growth
- Strengthens the muscles, keeps the spine straight and supple
- Maintains flexibility in the spine and joints

### **Tumbling Tots Programme (4 weeks)**

This programme has been designed to:

- Aid development of co-ordination and motor skill development for pre-school children from 18 months to 3 years
- Provide parents, childminders and nursery staff with a simple resource to introduce children to physical activity at an early age
- Be used both indoors and outdoors
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The programme looks at physical activities to help children to develop:

- Mobility
- Awareness of space
- Physical control
- Manipulative skills
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This includes establishing positive attitudes towards a healthy and active way of life.

### **Boogie Beats (4 weeks)**

Boogie Beats is a 4 week music and dance programme for parents and toddlers aged two to four years old. The sessions consist of singing, nursery rhymes, playing percussions instrument, musical games and dancing. There are many benefits of boggie beats including exercise and physical development, improving speech and language through singing and rhymes, self-expression and self-esteem through movement and learning musical concepts such as beat and rhythm, overall contributing to brain development.

### **Fermagh and Omagh District Council Home Safety Scheme**

CHERISH Surestart have created essential links with FDC Home Safety Officers. The programme enables staff to refer registered families to a home safety officer in their relevant local council area. The main aim of this programme is to reduce the risk of accidental injury in the home to children aged 0-4.

They offer free home safety checks for **all** residents with young children living within their Council area.

The checks offer tips on all aspects of home safety, as well as specialist advice on topics like heating and energy saving.

A room-by-room inspection usually takes around 30 minutes and our Home Safety Officers can:

- show you the potential risk areas in your home, for example blind cords or poisoning risks
- issue home safety equipment (subject to the eligibility criteria detailed below, and stock availability)
- provide tailored advice on how to make your home safer
- refer you for a free smoke alarm installation.

To be eligible for **free** equipment **you will need to be in receipt** of one the following;

- Income Support/Employment Support Allowance/Job seekers Allowance
- Universal Credit
- Disability Living Allowance (DLA)/Personal Independence Payment (PIP)
- Child Tax Credit/Working Tax Credit
- Housing Benefit
- Free School Meals

- Professional Judgement based on family circumstances (e.g. health or social need)

## **FAMILY SUPPORT AND PARENTING PROGRAMMES**

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### **Family Support Team Group and Home Based Support**

The family support team provide a range of individual and family interventions as well as group work programmes which are designed to help families make positive changes in their lives and support their children's well being and early learning. The team also provides information on Surestart services and will refer families to other colleagues in respect of early years and training needs among others, and agencies such as citizen's advice, SOLACE, FDC home safety scheme etc.

### **Sure Start Crèche**

Crèche allows parents opportunity to access Surestart programmes and courses and leave their child in a safe and structured environment with qualified staff. Respite Crèche places are also available for parents who may need additional support for whatever reason at a particular time

### **Young Parents Group**

This is for parents under 20 years of age who are pregnant or have children aged between 0-4. This is a great opportunity to meet with other parents and the Surestart team to receive advice and information and to take part in arranged activities and programmes in a comfortable setting. To date the group has availed of healthy relationship courses, personal development courses, Zumba, arts & craft sessions, careers advice etc.

### **Nurturing programme (10 weeks)**

Parenting is a puzzle but puzzles have solutions. This 10 week programme encourages parents to enjoy bringing up children and get the best out of family life. It helps parents understand how emotions influence our actions, and offers practical ways of guiding children so that they learn to handle both feelings and behaviours

***See also Incredible Years Parents and babies Programme, personal development programmes and PEEP Home Visits.***



## **DEVELOPMENTAL PROGRAMME FOR 2-3 YEAR OLDS (2YOP)**

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We are all aware of the impact of a first experience and how that first impression stays with us and defines how we think or feel about something or someone. For many children the Developmental Programme for 2-3 Years Olds will be their first experience of a learning environment with other children and with an educator other than their parent. The impression your child forms at this stage will influence your child's ability to enjoy learning and achieving now and in the future.

The Programme focuses on the importance of learning through a play based approach to development and understanding. The programme will focus on play in group settings to enhance children's social and emotional development, build on their communication and language skills, promote physical development and encourage intellectual growth. The programme is constructed not just with a view to preparation for the next stage for children but rather as part of the child's natural process.

Parents are required to agree to the following.

- To attend Information session for Parents. These may include language development workshops, healthy eating workshops, potty training workshops etc.
- To attend regular stay and play sessions with your child where parents will have the opportunity to experience firsthand the many activities and challenges their child is participating in.
- To facilitate regular home visits from a trained staff member involved in the delivery of the programme. This will enable you to extend the learning experiences your child enjoys in the programme in the comfort of the home environment.
- To ensure your child attends a minimum of 80% of the sessions.

2YOP operates throughout the School year. Where possible the programme runs for 7.5 hours per week. There are currently 72 places available - 24 in Newtownbutler, 24 in Irvinestown and 24 in Enniskillen. Next enrolment date is April 2013 for September 2013 intake. Criteria can be obtained from contacting the office.

### **Stay & Play (2YOP)**

Each month staff on the P2OP provides an innovative stay & plays session so that parents can come along and spend quality time with their child and enjoy the play activities together whilst learning about the value of play.

### **Speech & Language Screening**

All children attending 2YOP are screened using the WELLCOMM Toolkit. The toolkit is suitable for use by non-specialist early years professionals in identifying children who need immediate referral and support. It is suitable for children aged 6mths-6years.

The toolkit provides tailored intervention activities that can improve language skills, whatever age or ability of the child. It helps reduce unnecessary costly referrals to Speech & Language Therapy services. All children on the 2YOP are screened in October and a weekly programme of support is put in place for each child.

### **Transition Programme (2YOP)**

The programme works in partnership with parents and the local preschool/ nursery settings to ensure that the transition from the programme to the preschool or nursery setting is an enjoyable, exciting and valuable experience. Parents are supported with their application form and a transition report is shared with the settings.

## **EARLY LEARNING PROGRAMMES**

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### **PEEP**

PEEP is an early learning intervention programme which aims to contribute towards improving the life chances of children. PEEP concentrates on supporting parents as they are the children's first and main educators.

PEEP Programme Aims:

- To promote parents, and carers awareness of children's very early learning and development through making the most of everyday activities and interactions.
- To support parents/carers in their relationships with their children, so that the children's self-esteem will be enhanced.
- To support parents/ carers in the development of their children's literacy and numeracy.
- To support parents/carers so that they can encourage the development of positive learning dispositions.
- To promote and support parents/carers lifelong learning.

***PEEP is currently run through:***

- PEEP groups specific to age e.g. Baby PEEP
- Through stay & play groups
- Through home visits on a one-to-one basis

### **Sensory Basket**

A two week activity where families will learn different ways to help their child learn through play. Each week will have a different focus from natural/home objects like pots and pans and wooden spoons to music and sound and messy/creative play. Suitable for children aged 0-2 ½ years.

### **Ready Steady Sing – Toddler**

Parent and child programme which aims to promote early interaction through the use of play and rhyme. The topic for each session will change on a weekly basis and activities will be suited to this e.g food, transport etc. Parents will be provided with a key take home message each week. Suitable for Toddlers 18+ months.

### **Stay & Play PEEP Groups (Weekly)**

These groups help to develop participation in various parent / child activity programmes. The programmes encourage interaction and social development, are supportive and encouraging to the parent / carer and stimulate the child through play, music, dance and sport. These activities have an impact on children's health and introduce regular activity from an early age. Creativity is also introduced through Arts and craft sessions for both parent/carer. These programmes also provide information on nutrition & diet, speech & language, accident prevention and oral health.

### ***Weekly Groups***

- Every Tuesday in Trillick Leisure Centre from 9:30am – 11:00am
- Every Tuesday in the Old Court House, Newtownbutler 10:30am – 12noon
- Every Wednesday in Kesh Community Centre from 9:30am – 11:00am
- Every Thursday in Kidz Club, Cornagrage Road, Enniskillen 10:00am – 11:30am
- Every Friday in The Town Hall in Ederney from 9:30am – 11:00am
- Every Friday in Roslea Community Centre from 10:00am – 11:30am

Groups have summer recess usually last week in June and resume 1<sup>st</sup> week of September

### **Family Events**

Opportunity for outings as a family, to bond, share and enjoy together. Events range from the following;

- Teddy bears picnics in various locations
- Feeding the reindeers
- Bear Hunt In Castle Archdale
- Boat Trip To Devenish Island
- Little Scientist Exploring Day various locations
- Scavanger Hunts, various locations

- Sensory Play Day
- Treasure AND Easter Egg Hunts
- Summer, Halloween and Christmas Parties
- Various themed days including Zoo Day, Beach Day, Pirates & Princesses, Pizza Party Day, Tea Parties etc
- Sports and various themed fun Saturdays aimed at working parents & Dads

### **Bookstart+ Packs and events**

The Bookstart+ Bag aims to encourage parents and children to become an active member of their local library. Parents will receive a free bookstart pack of books from Surestart. It is a fun way to learn with their child at home.

## **SPEECH & LANGUAGE PROGRAMMES**

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Speech & Language support and advice from a Speech Therapist. Services are available to children, preschool staff and parents. Services provided by Surestart aim to identify and improve the child's health and developmental issues and to enable the parents / carers to support this. They also aim to educate and train caregivers on speech and language programme. Programmes include:

### **Wriggle & Rhyme (4 weeks)**

Talking with and listening to pre-school children is vital in supporting and developing their language and self esteem. It is also very important for pre-school children to have the opportunity to listen to and join in rhymes, as this is a significant element of their communication and development. This programme has been developed to suit the language and communication needs of the pre-school child. The programme aims to monitor>

- Attention & Listening Skills
- Vocabulary
- Social Skills / Eye Contact
- Sense of Rhyme

### **Tickle Tummy Time (4 weeks)**

Tickle Tummy Time is a four week programme designed by a Speech & Language Therapist. The programme is for babies aged four months up to one year with a parent/carer. It aims to encourage speech and language development through songs and nursery rhymes. Significant foundations in communication skills are established in the first 12 months of a child's life. Tickle Tummy Time encourages attention and listening, eye contact, turn taking and non-verbal communication.

### **Tiny Talkers (4 weeks)**

This initiative is provided by a Speech & Language Therapist who invites referred children and their parents to four weekly, one hour early intervention sessions. The aim is to encourage optimum development of communication skills in partnership with parents.

### **Talk Link**

Parents and professionals can arrange an appointment to meet with the Surestart Speech & language Therapist if they are concerned about their child's speech & language development. The Speech Therapist will then give the parent some ideas, tips and advice on how to progress their child's development, signpost onto Surestart services and if required refer onto Speech & Language Therapists within the HSCB.

Home Visits

## **TRAINING OPPORTUNITIES AND SUPPORT**

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### **Paediatric First Aid (3 x 2hr sessions)**

This course has been specially designed for those who have a duty of care towards children and babies aged 0-8 years, including Childminders and Parents. Receive basic but vital First Aid information on how to deal with accidents and emergencies affecting babies and children.

**Accredited training for childminder/ day care staff includes Speech & Language Support (WELLCOMM), First Aid and Food Hygiene training.**

### **Volunteering**

Community development provides parents with the opportunity to get involved in The ARC Healthy Living Centre. This can be through attending parent forums or volunteering to help at sessions – mainly stay & plays and 2YOP groups.

The ARC Healthy Living Centre is a registered Millennium Volunteer delivery partner offering volunteering opportunities in many areas over our core services.

The Millennium Volunteers programme is built on 9 key principles that make the programme distinctive and they are:

- Sustained personal commitment
- Community benefit

- Voluntary Participation
- Inclusiveness
- Ownership by young people
- Variety
- Partnership
- Quality
- Recognition

The programme is available for those aged **11 to 25 years**. To record hours young people must be 14 before they can join the programme. Millennium Volunteers is built on good practice in volunteer management where young people have a positive and rewarding volunteering experience which will sustain their enthusiasm, understanding and commitment throughout their lifetime.