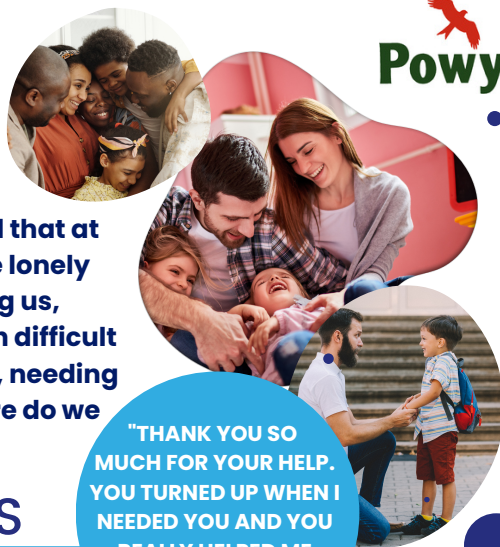


## Early Help Team

Here to help

**We in the Early Help team understand that at times being a parent is hard. It can be lonely and feel like others are always judging us, especially when we are going through difficult times. We can become overwhelmed, needing help with our child/children, but where do we turn for support?**



"THANK YOU SO MUCH FOR YOUR HELP. YOU TURNED UP WHEN I NEEDED YOU AND YOU REALLY HELPED ME THROUGH A DIFFICULT TIME."

## STRONGER FAMILIES

We can recognise what you are already doing well and give you the tools and strategies to empower you to take back control, grow as a family and make positive changes. Intervention focuses on supporting parents who find they are struggling with parenting.

For example;

- Differences in parenting styles
- Routines & boundaries
- Relationships
- Inappropriate behaviours

## SUPPORT FOR FAMILIES

We will work with you, your family and agencies in a strength based way, enabling you to recognise and reflect on how well you are doing as well as what areas you would like to see changes in. We can support with more complex areas of family lives and are able to offer a flexible and creative support service, in your home, school or/and community.

Some of the areas we are able to support with are:

- To identify your own goals
- Develop a clear action plan
- Bereavement and loss
- Anxiety
- Parental separation
- Behavioural concerns
- Trauma / adverse childhood experiences which are having a negative impact on you, a child or young person

## PARENTING GROUPS

We have a range of parenting groups where you will learn many strategies to strengthen and develop your relationship with your child/children. Groups include:

- Incredible Years Baby (0-12months)
- Incredible Years Toddler (1-3 years)
- Incredible Years Preschool (3-6 years)
- Incredible Years School Age (6-12 years)



## FAMILY INFORMATION SERVICE

Family Information Service is a one-stop shop where parents, carers, young people and professionals can find a range of information for children and young people aged 0-25 years and their families.

We can help with:

- Childcare funding
- Groups and activities
- Sign posting to other services
- Sharing parenting advice via our social media platforms.



## Contact Us

01597 826246

earlyhelp@powys.gov.uk

### Parenting

parentinggroups@powys.gov.uk

### Family Information Service

01874 612419

fis@powys.gov.uk

www.facebook.com/FISPowys

"YOUR SUPPORT AND KNOWLEDGE HAS HELPED ME AND MY CHILD DEVELOP A RELATIONSHIP AND UNDERSTANDING."

"I JUST WANTED TO SAY THAT YOUR APPROACH AND CURIOSITY SURROUNDING OUR WORRIES WAS NOTHING SHORT OF EXCELLENT."