

Open Access Information Sessions

at Buckland and Whitfield Children's Centre

**1:1 appointments with an Early Help Worker,
who can advise and support families with children aged 0-7
years, on a range of subjects including:**

- Isolation support / signposting to other services.
- Low level mental health support / signposting – coping with children and family stress.
- Parenting support (children age 0-7 years) – Understanding children's behaviour / behaviour strategies / routines and boundaries (Solihull Approach, Understanding You, Understanding Your Child)
- Financial support / signposting - Debt management / housing issues / Benefit advice
- Signposting to local and County SEND provision
- Support with domestic abuse / signposting to local and national domestic abuse programmes / helplines
- Strategies to support child development / play ideas and activities
- Support / signposting for children with low self-esteem, confidence and anxiety issues
- Free For 2 (FF2) childcare

Appointments must be booked in advance.

Phone: 03000 414941

Email: ccbuckwhit@kent.gov.uk



**Buckland and Whitfield Children's Centre
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