

Webinar for Parents, 3-5 Years

28th January 2021



Norfolk

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Norfolk Healthy Child Programme and Just One Norfolk



Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme is the universal health service for all 0-19 year olds in Norfolk alongside their parents and carers.

Just One Number

Our Just One Number team can help you by providing health advice and information about your baby, child or young person. They are able to support you over the telephone, video call or text. Just call **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development.

Just One Norfolk

www.justonenorfolk.nhs.uk is our self-care website for families. It has information to support you to care for your child and offers support and guidance on where to go if you need more help.

[JustOneNorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

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Development

- All children develop differently at their own pace. Try not to compare your child with others.
- Spend as much time as you can playing and talking with your child without distractions – even 5 minutes here and there adds up and can make a big difference.

Share books

Not just reading, but exploring the pictures too.
Ask your child what noises each thing makes
Talk about what the characters are doing and how they might be feeling.

Everyday experiences

Use every day items and objects as opportunities to talk and play together.
You can play pretend shops with the recycling or create a junk model.
Talk about what you're seeing on your daily walk or cooking dinner.

JustOneNorfolk.nhs.uk



- If you're worried your child's development, talk to their early years setting – they will be able to work with you to build your child's skills and advise on any next steps needed.
- You can also contact our Just One Number team on 0300 300 0123 to talk through any concerns.

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs>



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Early childhood services for families with children aged 0-5 years



**Early
Childhood
and Family
Service**

- Online 0-5 services for families: Baby Days, Toddler Days, Massage, etc
- Social Media: Facebook, Apps, YouTube videos
- Extra help: one to one and group support for children and parents
- Family Support Fund: financial support for families
- Working together: family networking

www.norfolk.gov.uk/earlychildhood

Phone: 0344 800 8020

Email: ecfs-families@actionforchildren.org.uk



JustoneNorfolk.nhs.uk

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Early Childhood & Family Service (ECFS)



**Early
Childhood
and Family
Service**

www.norfolk.gov.uk/earlychildhood

Phone: 0344 800 8020

Email: ecfs-families@actionforchildren.org.uk

At the Shops



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Feedback from parents



**Early
Childhood
and Family
Service**

I feel more confident with being able to talk to someone now as most problems are normal mum [and dad] problems.

*Having a professional to talk to and getting support with speech and language, seen improvement
All the advice given around boundaries and routines have helped significantly.*

They have helped me become a better mother, giving me activities to do with my 3 children. Being a mother of 3 is hard and lonely but they're helping me join groups to hopefully make myself some friends.

*Action for
Children*

www.norfolk.gov.uk/earlychildhood

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Email: ecfs-families@actionforchildren.org.uk

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Home Learning Team



The Home learning team is a very small team. Our role is to support families by sharing ideas, information and useful links to support their vital role. **Parents are the first and most important teachers.**



Parents help to build their children's brains. In the first years of life, more than **1 million new connections** are formed **every second in a child's brain**. Young children are learning all the time, doing everyday things, such as helping at home, having a bath or going for a walk.



Talking, listening, reading and singing support early language development. **Play is how children learn best.** You don't need training or expensive toys. **The most interesting and educational toy is you.**

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Home Learning Team



We share links to resources, information and websites about home learning, and ideas for supporting your child's wellbeing and learning and brain development.

[Home learning - talk and play every day - Norfolk County Council](#)

[Pinterest](#)

[Norfolk County Council Family Information Service - Home | Facebook](#)

If you would like to contact the Home Learning team, email us at fis@norfolk.gov.uk

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Family Information



We can provide advice and guidance on funded early education and childcare.

Registered childcare providers can be found on the **Norfolk Community Directory**

Funding is available for all 3 and 4-year-olds to use at a registered childcare setting such as a nursery or childminder.

Some 3 and 4-year-olds are eligible for up to 30 hours funding a week. You can check whether you are eligible by doing a quick check online on the Gov.uk website.

Financial support and help are available to support with childcare costs such as Tax-Free childcare



Family Information



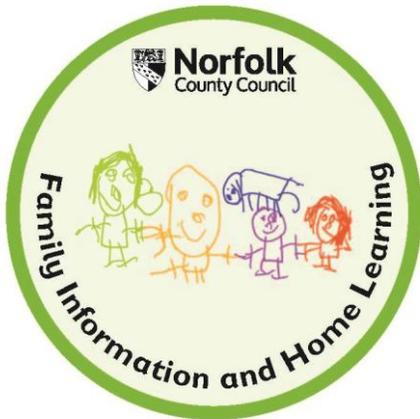
Take a look at our website www.norfolk.gov.uk/neo for information and advice from choosing childcare to applying for free school meals

A screenshot of the Norfolk County Council website's Family Information page. The page is organized into several sections:

- Navigation:** 'EY PROVIDER' and 'PARENT & CARER' buttons with home icons.
- Parent and Carer Home Page:** A header section with a home icon.
- Supporting your child's transition to a new setting or school:** A blue banner with a home icon.
- Update my NEO account details:** A red button.
- Complete an eligibility check for my 2 year old child:** A blue button.
- Check the status of my HMRC code for my child's funded 30 hours:** A blue button.
- Apply for free school meals:** A blue button.
- Parent and Carer Home Page Content:**
 - Choosing quality early education and childcare:** A guide for Norfolk families, featuring a '10 essentials' badge and an illustration of a family.
 - Apply for free school meals:** A blue button with an information icon.
- Top tips for starting a nursery, setting or school:** A blue box with the text '10 tips on how to help your child make the change smoothly' and a photo of a child reading.
- Tests for children and young people - Just One Norfolk:** A blue box with the text 'For information and advice, visit the Just One Norfolk website' and a 'COVID-19 Test and Trace' graphic.
- Coronavirus: supporting children's mental health:** A blue box.
- Quicklinks:** A grey box containing:
 - Covid-19 Updates:** A blue box with an information icon.
 - Norfolk County Council updates:** A white box.
 - Department for Education (Opens in New Window):** A blue box.
 - Guidance:** A white box with the text 'Actions for early years and childcare providers during the coronavirus (COVID-19) outbreak'.

Family Information

Childcare
Choices



Norfolk Community Directory –
www.communitydirectory.norfolk.gov.uk

To apply for 30 hours funding
[Get 30 hours free childcare: step by step - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Tax-free childcare – for more information you can visit
www.childcarechoices.gov.uk or <https://www.gov.uk/tax-free-childcare>

If you wish to contact Family Information or Home learning email us at
fis@norfolk.gov.uk or visit our webpages at www.norfolk.gov.uk/neo or
[Family Information Service - Norfolk County Council](http://www.norfolk.gov.uk/fis)

We can signpost you to other services for sources of information
You can follow us on **Facebook, Twitter, Instagram** and **Pinterest**

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Early Help Family Support

- What to do if your family is experiencing family problems?
- You stay in control
- The starting point will be mobilising your own family network as already explained
- We will help you to get the right help at the time when you need it most.
- The team around the family will work together to make things better for your children

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Thank you for joining our online session, we hope you found it useful.

Please complete our online feedback form, which will be sent round after this webinar has taken place.



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