

**As part of the Early Childhood and Family Service,  
Action for Children provides the following interventions  
for families with children aged 0 to 5 years living in Norfolk.**

We can offer one-to-one or group support, face to face or online, daytime or evening, to suit the needs of each family.

To make a referral please download a request for support form at [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood)  
and email it to [ECFS-referral@actionforchildren.org.uk](mailto:ECFS-referral@actionforchildren.org.uk)

**ECFS GENERAL TELEPHONE CONTACT (PROFESSIONAL USE ONLY): 01603 573160 or 01603 561131**

Parents should call our main number: 0344 800 8020

## **Circle of Security**

An 8-week course based on supporting and strengthening the attachment between parent and child. This programme can help parents or carers better understand their child's emotional world, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and build a stronger and secure relationship with their child.

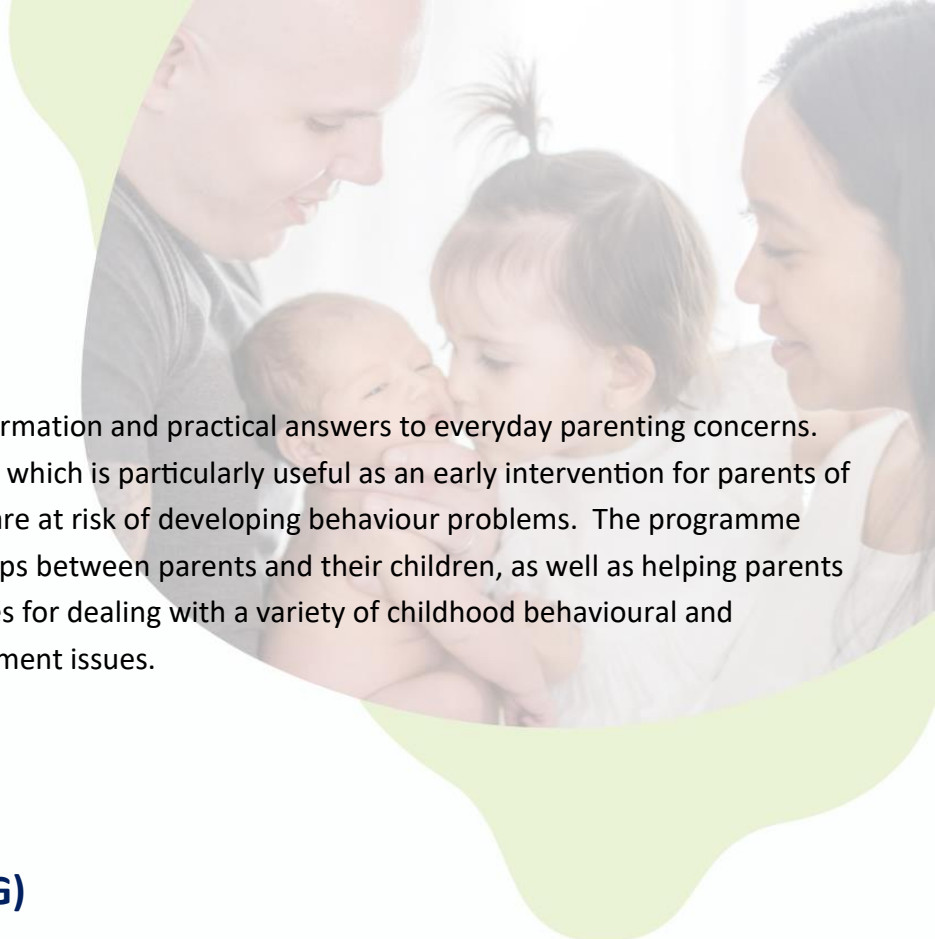
Find out more: [www.circleofsecurityinternational.com](http://www.circleofsecurityinternational.com)

## **Understanding Your Child's Behaviour: The Solihull Approach**

A 10-week reflective course, based around practical activities and discussions, to help parents learn more about their child's development and the reasons behind certain behaviour. Topics covered include; communication, rhythms of interaction, having fun together, ages and stages of growing up, temper tantrums, managing feelings, sleep, and rupture & repair in relationships.

Find out more: [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)





## Triple P

An 8-week course that offers support, information and practical answers to everyday parenting concerns. Triple P is a Positive Parenting programme, which is particularly useful as an early intervention for parents of children with behaviour problems or who are at risk of developing behaviour problems. The programme aims to promote positive caring relationships between parents and their children, as well as helping parents to develop effective management strategies for dealing with a variety of childhood behavioural and emotional problems and common development issues.

Find out more: [www.triplep.net](http://www.triplep.net)

## Video Interaction Guidance (VIG)

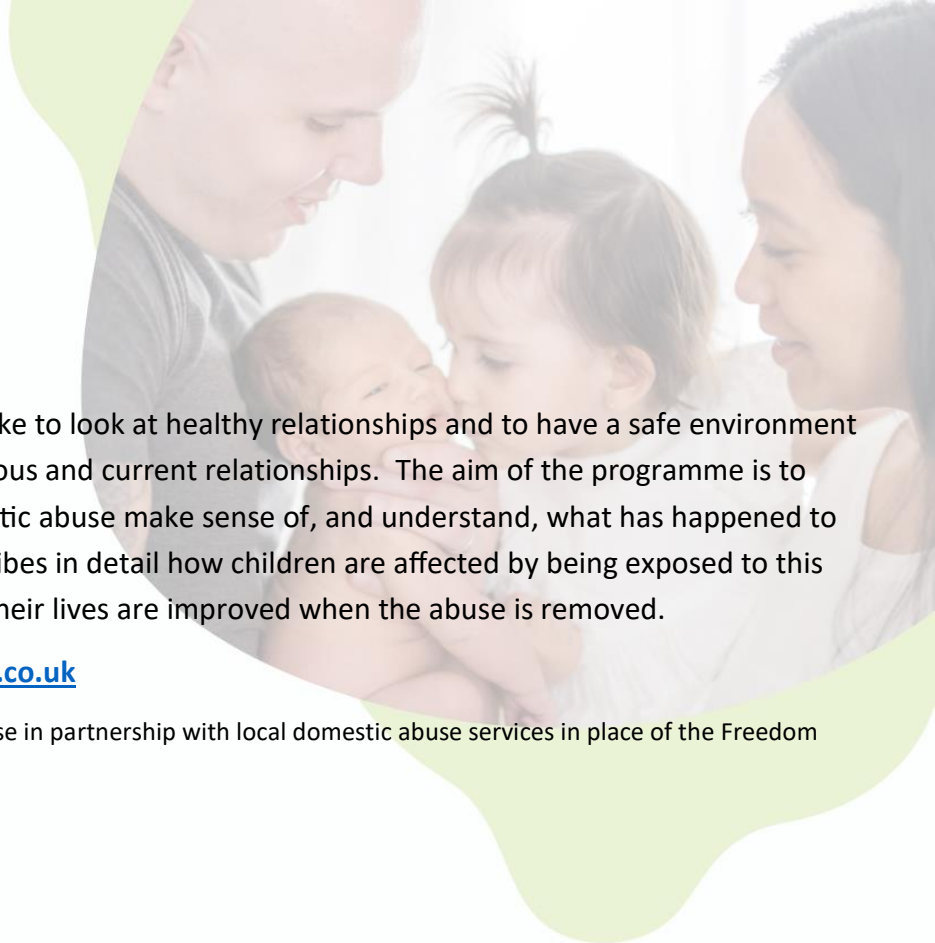
Video Interaction Guidance (VIG) is an intervention where the parent or carer is guided to reflect on video clips of their own successful interactions with their child. The process begins by helping the family to negotiate their own goals (a helping question). Asking them what it is they want to change helps to ensure they are engaged in the process. Adult/child interactions are then filmed and edited to produce a short film of what is working well. VIG is recommended in the National Institute of Clinical Excellence (NICE) guidelines for children's attachment.

Find out more: [www.videointeractionguidance.net](http://www.videointeractionguidance.net)

## Reducing Parental Conflict

Conflict between parents is a normal part of relationships and family life, but when it is frequent, intense, and poorly resolved it can have a significant negative impact on children's mental health and long-term life chances. This 6-week programme can help parents or carers learn how to resolve conflict in a way that's better for their children. It is aimed at addressing conflict below the threshold of domestic abuse, in all types of parental couples still in a relationship together.





## **The Freedom Programme \***

A 10-week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships. The aim of the programme is to help women who have experienced domestic abuse make sense of, and understand, what has happened to them. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and, very importantly, how their lives are improved when the abuse is removed.

**Find out more:** [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

\* In some areas of Norfolk, we offer a similar course in partnership with local domestic abuse services in place of the Freedom Programme.

## **Baby Massage**

A 5-week course introducing massage strokes. This can help with colic, attachment and can support parent and baby to feel more relaxed. Small, face to face groups or one-to-one sessions if more appropriate to the needs of the family.

An online version via Microsoft Teams is available for open access. No referral is necessary for the online course. Families can book on themselves at [www.tinyurl.com/ecfsgroups](http://www.tinyurl.com/ecfsgroups)

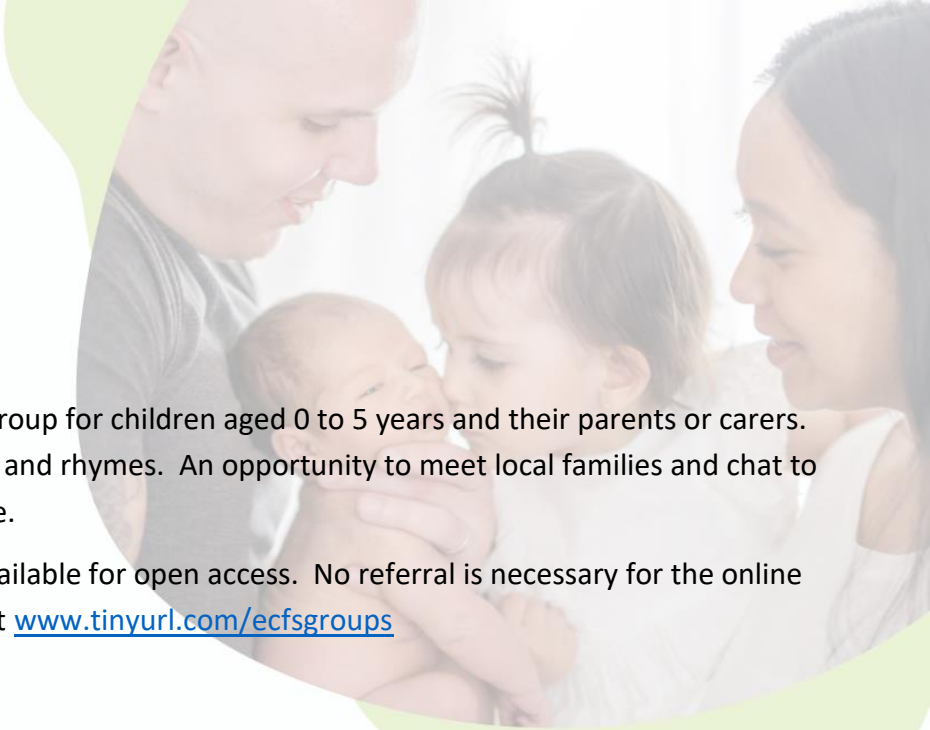
**Find out more:** [www.iaim.org.uk](http://www.iaim.org.uk)

## **Baby Days**

A small face-to-face 6-week group for parents and carers with babies who are not yet walking. An opportunity to meet local families and chat to ECFS staff who can offer support and advice. Sessions include baby bonding, how babies learn, infant feeding, sleep, stories & rhymes, and safety.

An online version via Microsoft Teams is available for open access. No referral is necessary for the online course. Families can book on themselves at [www.tinyurl.com/ecfsgroups](http://www.tinyurl.com/ecfsgroups)





## Toddler Days

A small face-to-face 6-week stay and play group for children aged 0 to 5 years and their parents or carers. Activities include crafts, messy play, stories and rhymes. An opportunity to meet local families and chat to ECFS staff who can offer support and advice.

An online version via Microsoft Teams is available for open access. No referral is necessary for the online course. Families can book on themselves at [www.tinyurl.com/ecfsgroups](http://www.tinyurl.com/ecfsgroups)

## Outdoor Explorers

Outdoor Explorers is a 6-week group for children aged 0 to 5 years and their parents or carers. It is all about getting outside to explore and learn. Activities are child centred helping children to learn to take care of themselves and others, take risks and take responsibility. Outdoor learning has a positive effect on children's confidence, self-esteem and independence as well as supporting physical and social development.

## Communication Café

Communication Café is a 5-week group to help parents understand how playing and chatting with children builds their communication. For children aged 0 to 5 years.

## Forest Schools

12 weeks of outdoor activities using natural resources to stimulate imagination, creativity, and investigation. Research shows outdoor learning has a positive effect on children's confidence, self-esteem and independence as well as increasing physical and social skills.





## Nurture Group

A small, relaxed group for children aged 0 to 5\* and their parents or carers, to attend for six weeks. This group is to support parents who may be nervous or uncomfortable about attending groups and would welcome support with emotional well-being.

\* In some areas this group is for Under 1s.

## Baby Days (English as an Additional Language)

Baby Days is a 6-week group for parents and carers with babies who are not yet walking. Sessions include baby bonding, how babies learn, infant feeding, sleep, stories & rhymes and safety.

## Cookalong

A 6-week course where families receive a weekly box of ingredients and recipes to create family meals from scratch.

To make a referral please download a request for support form at [www.norfolk.gov.uk/earlychildhood](http://www.norfolk.gov.uk/earlychildhood) and email it to [ECFS-referral@actionforchildren.org.uk](mailto:ECFS-referral@actionforchildren.org.uk)

**ECFS GENERAL TELEPHONE CONTACT (PROFESSIONAL USE ONLY): 01603 573160 or 01603 561131**

Parents should call our main number: 0344 800 8020

