



CAFS Aims to Help Children by:

1) Supporting the whole family - including parents, carers and siblings

2) Supporting the home learning environment, enabling children to become school ready and confident.

Parents who are more responsive to their children's needs, who bond with them early on, use positive interactions and engage them in conversations, who set firm boundaries on acceptable behaviour and bedtime routines and who use encouraging words rather than criticism, are likely to be helping to support their children to reach the best possible outcomes.

Whilst most mothers and fathers do an excellent job some will need more support than others.

3) Supporting children and young people to achieve in school and education

The majority of children make a successful transition at key points throughout their education. However, there are a group of children and young people who are more likely to find transitions challenging compared to their peers.

Providing 1-1 support for both child/young person, parent/ carer in the home and other venues such as school.

Supporting access to and participation with positive activities.

4) Supporting ante natal/early post natal stages, helping to ensure good attachments and secure bonding

How mothers look after themselves in pregnancy can have a significant impact upon the health of their children and on health inequalities.

- 5) **Support to access and engage with beneficial services for all including employment, finance, housing, health, education etc.**
- 6) **Providing family days out - enjoying time together as a whole family**
- 7) **We offer a befriending service provided through a non threatening and non judgemental approach that is supportive, sensitive, mentoring, role modelling etc.**

Befriending can be used as an effective intervention to support people with a range of needs. It can help to improve health and wellbeing outcomes if used as an early intervention.

Befriending can play a significant role in helping to create a social care environment.

Befriending can:

- Increase independence
- Reduce isolation and improve well being
- Increase opportunities for people to engage with their communities
- Support people into the workplace through volunteering