

Support for Families in Kensington & Chelsea

Family Hubs in Kensington and Chelsea – supporting families with under 5's during Covid-19

Judy Matthews

6th April 2020

Children's Centres are part of the new Family Hub model in Kensington and Chelsea, from April 2019 we adopted the new 'Think Family' approach. We appreciate these are difficult times for our families but are committed to supporting them and so have adopted a 'virtual children's centre' offer. The offer consists of:

Virtual one-to-one advice, guidance and support

We continue to maintain regular contact with all of our regular targeted families by email, telephone or text, maintain relationships and identifying and supporting families as issues arise. Our Early Help Practitioners are available to support more complex needs and swift referral processes are in place. Families are receiving regular well-being calls

Virtual Sessions

Many of our families do not have access to outdoor play areas and keeping their children entertained may prove challenging. We know that children cannot come to see us and so we have brought some of our sign and rhyme sessions into their front room. We will regularly be uploading sign and rhyme singing sessions delivered by our practitioners. An excellent opportunity to enhance children's communication skills but see regular faces in their own front rooms all of our resources have been uploaded onto our Family Information Service website.

<https://youtu.be/UxkNoT5pvGo>

<https://youtu.be/h8q-CZ6FuI4>

<https://youtu.be/ZWC7GPBYQw8>

Activities and resources to do at home

During the first 2 weeks we prepared over 200 activity packs which were either collected or delivered to families which contained craft activities, these were supported with activity sheets to download. Activities include things like how to make play dough, sensory baskets and dens, using items you may find around the home or add to your shopping list. We have also produced some story time and activity sheets linking families to stories narrated online with activities they can do with their children to help develop their development. We continue to pack and distribute as required.

Under 2 packs



We used Book start packs, health promotion resources, and any promotional goods we had in stock and sent each pack out with an art creative pack which included resources and information for children up to the age of 11 as some families have older siblings.

2 year old packs



Art Creative packs



Contents

- Paper/card –
- Tissue paper, pompoms, feathers, wooden spoon, crayons
- Glue Sticks
- Activity sheets with resources (Cress Head/Pasta Necklace)
- Activities for 5-11 year olds
- Information and guidance link to Family Information Service

This is the first batch of packs which had activities to do around Easter time, they are now more generic including a variety of resources which support the activities uploaded onto FIS.

Targeted resource packs

New Birth/Mum Packs

Taking a new baby home is a happy time, a time when you want to introduce baby to your family and friends, a time when support from family and friends is crucial. During this unprecedented time families are feeling alone and vulnerable once they take baby home. For all mums who deliver during covid-19 in RBKC we will make contact and introduce them to a practitioner who will arrange for a new baby pack to be delivered to their home. The children's centre team will also be available in addition to their health visitor and midwife to offer breastfeeding support, help with sleep problems and to be a listening ear.



Contents

- Baby Book Start packs
- Rattle
- Wipes, nappy and baby packs (from midwifery packs)
- Fact sheet on how to make sensory basket
- Breastfeeding DVD
- Information sheet linking to Family Information Service

SEND packs

This resource pack has been prepared and mailed out to over 50 under 5's across the borough with special educational needs. Children were identified by partners and our Children's Centre SEND lead has contacted each and every family and will continue to support them through the pandemic. Children's Centres deliver sign and rhyme sessions using Makaton signing, this is to help with communication. Familiar faces and songs are so important to children and so staff are preparing and uploading sign and rhyme sessions children and parents can join in with in their own front room.

For more information regarding support for children with special educational needs and/or disabilities, please visit the RBKC SEND Local Offer website - www.rbkc.gov.uk/localoffer



Contents:

- Sensory Balls
- Bubbles
- Water Beads
- Foam play dough
- Clay
- Craft activity resources and fact sheets



Early Help

One-to-one support for families
Tel: 020 7598 4601 or 020 7361 4129
Email: earlyhelp@rbkc.gov.uk

For information and guidance
www.rbkc.gov.uk/fis



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AND CHELSEA**