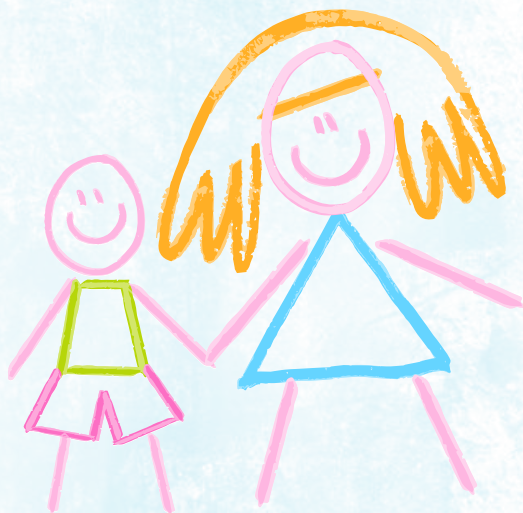




Early Years

Early Years Providers'
Information Pack

"The support from Young Somerset has been incredible. We are eternally grateful for all the advice and resources we received! Everything felt completely personalised to our family circumstances and we were able to celebrate successes and troubleshoot any issues we faced each week.

I would highly recommend that anyone struggling reach out for help from Young Somerset. We no longer feel like a broken family, Young Somerset has given us our life, our family and our happiness back.

- Parent Feedback

Function of the Early Years Team

1

To provide high-intensity, evidence-based parenting interventions supporting regulatory, relational and behaviour difficulties. This is achieved through:

1:1 Home Coaching

Video Interaction Guidance

Incredible Years Group Support

2

To provide informative, engaging and accessible non-clinical support for parents, carers and guardians, and professionals across Somerset.

3

Give timely advice to Early Years settings, provide signposting and liaise with external agencies to ensure the right support is in place.

Why do we have an Early Years Team?

The Early Years team was established to improve the mental health and wellbeing of parents, carers, and children aged 0-5. Evidence shows that the early years are a crucial time for brain development.

We aim to empower parents, carers and guardians to be able to support their child in managing and understanding their emotions, building healthy relationships and developing resilience.

0-5 Interventions

Young Somerset's 0-5 Pathway Practitioners can provide high-intensity, evidence-based parenting interventions supporting regulatory, relational and behaviour difficulties. This work will often taken place within the family home or can be delivered within a space in the community.

Incredible Years - Home Coaching

The Incredible Years Home Coaching programme offers tailored, one-to-one support for parents and carers to strengthen positive parenting skills and build children's social, emotional, and academic development. This 8-10 week intervention provides practical strategies for managing behaviour, improving routines, and promoting positive relationships.

Video Interaction Guidance

Video Interaction Guidance is an evidence-based intervention that helps strengthen communication and relationships between adult and child. Using short video clips of positive interactions, a trained practitioner works with parents or staff to reflect on what is going well and how to build on these moments. The approach encourages more attuned, supportive, and effective communication, leading to stronger relationships and improved wellbeing.



How to Make a 1:1 Referral

Need for Support Identified

If you are a professional working with a child or family who may benefit from our support, you can make a referral by completing the appropriate referral form on the Young Somerset website, with the consent of the family. You can also encourage parents/ carers/ guardians to self-refer by completing the online referral form themselves.



Triage

Our triage team will review the referral to determine appropriateness for assessment. If we decide our service is appropriate, they will be invited to an initial online assessment appointment. If we believe there is a service better suited to support, we will signpost accordingly.



Assessment

During the assessment, the family will have the opportunity to discuss any challenges they are experiencing and how these are affecting day to day life. Family history, risk, safety and protective factors will be explored.

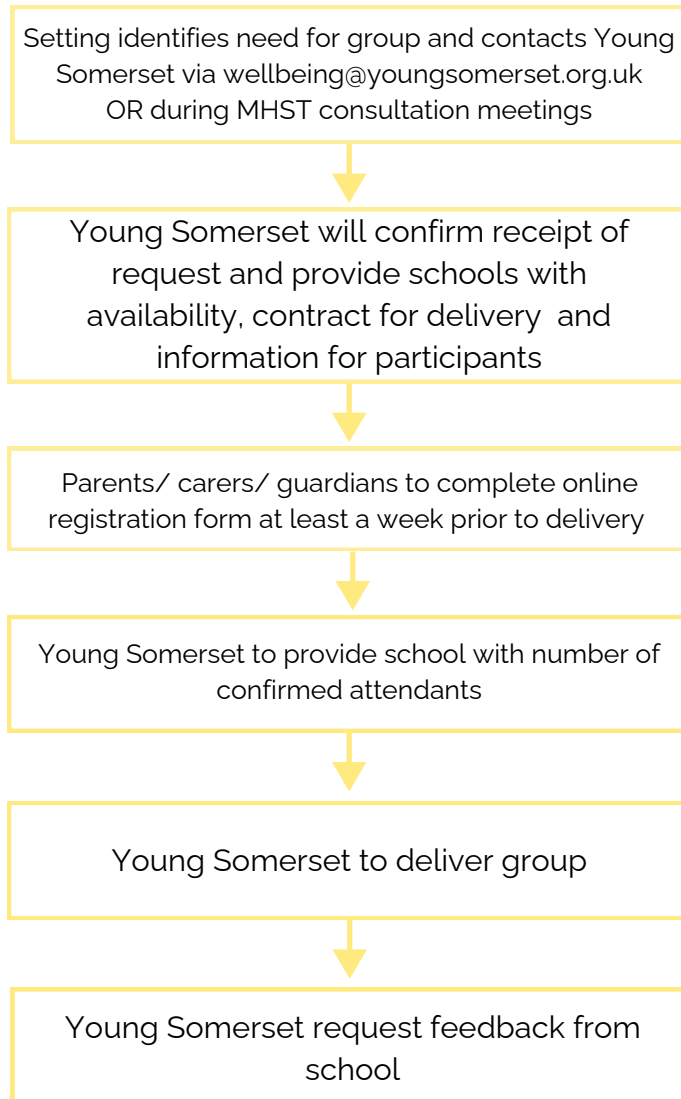


Universal Offer

Open to all, universal groups promote resilience, positive relationships, and coping skills, helping every young person build a strong foundation for mental health and wellbeing.

Pop Up Parents	Topics include understanding emotions, setting limits, all children are unique, becoming independent and supporting transition.	Parents/ Carers/ Guardians (Min. 4 attendees)	90 Mins Stand-alone Session
Transition to Reception	This programme supports with emotional readiness for starting school. Sessions explore feelings, routines, and coping strategies.	Children starting Reception and their Parent/ Carer/ Guardian (8 per group)	45 Mins 6 Sessions
Friendships and Social Skills	This group supports children to develop friendship and social skills such as teamwork, making positive choices, and managing feelings.	Reception/ Key Stage 1 (6 per group)	45 Mins 6 Sessions
My Big Feelings	This group supports children to recognise, label, and express basic emotions, while learning simple coping strategies.	Reception/ Key Stage 1 (6 per group)	45 Mins 4 Sessions
How I Shine	A group for siblings of children with SEND, young carers, or those who might benefit from a positive sense of self.	Reception KS1 KS2 (8 per group)	45 Mins 6 Sessions
Incredible Years	A supportive program that helps to build relationships, encourage good behaviour, and confidently manage everyday parenting challenges.	Parents/ Carers/ Guardians of Children aged 3-6 years (Between 6-14 per group)	2.5 Hours 10 Sessions

Group Work Process





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