

Find out more about our Best Start Family Hubs

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BEST START IN LIFE STRATEGY

Easy Read Version

This plan is about helping all babies and young children in Redcar and Cleveland have a happy, healthy start in life.



What is the big idea?

We want every child to:

- Be safe.
- Be healthy.
- Be happy.
- Feel loved.
- Learn and grow.
- Be ready for school.

Everyone will work together to help children and families. This includes parents, schools, nurseries, midwives, health visitors, Family Hubs, and other community services.

Why is this important?

The first 5 years of a child's life are very important.

Children learn best when they:

- Have loving adults around them.
- Live in a safe home.
- Have healthy food.
- Have time to play.
- Have people who talk, read and sing with them.

Some children and families need extra help, especially those living in poverty or children with additional needs.

The 5 Main Goals

1. Healthy Babies

Help parents before and after their baby is born.

This means:

- Helping parents feel ready.
- Supporting good health.
- Helping babies and parents build strong loving bonds.
- Giving advice when families need it.



The 5 Main Goals

2. Confident Parents

Help parents feel supported and less alone.

This means:

- More help through Family Hubs.
- Parenting groups and advice.
- Supporting mums, dads and carers.
- Helping families make healthy choices.



The 5 Main Goals

3. Playing, Talking and Learning

Children learn by playing and talking.

This means:

- Encouraging families to play together.
- Helping children learn language and communication skills.
- Supporting parents to be their child's first teacher.



The 5 Main Goals

4. Good Nurseries and Childcare

Make sure every child can access good childcare and early education.

This means:

- More childcare places.
- Better support for children with SEND.
- High-quality nurseries and childminders.



5. Better Information

Share information better so families get help more quickly.

This means:

- Services working together.
- Using information to understand what families need.
- Making it easier to find advice and support.



What families told us

Parents said:

- Family and friends are very important.
- Family Hubs are helpful.
- Sometimes it is hard to get to groups.
- They would like more information as children get older.
- Many people prefer talking face-to-face rather than only online.
- Some parents worry about being judged when asking for help.

What success will look like

We will know the plan is working when:

- More children are ready for school.
- More families use childcare and support services.
- Parents know where to get help.
- Children with extra needs get support early.
- Families feel listened to.
- Children are happy, healthy and learning well.



To sum up...

Every child deserves the best start in life.

Our plan is to...

- ✓ Help babies be healthy.
- ✓ Support parents.
- ✓ Encourage play and learning.
- ✓ Have quality childcare for every child.
- ✓ Make services work better together.

So that every child can grow, learn, be healthy, happy and do well in school and life.