

# Glossary

*Below are some ideas of the type of work you may have undertaken with the family over the last month to meet our targets within the five outcomes.*

## Be Healthy

Physically healthy  
Mentally and emotionally healthy  
Sexually healthy  
Healthy lifestyles  
Choose not to take illegal drugs  
Parents, carers and families promote healthy choices



### *Enjoying good physical and mental health and living a healthy lifestyle*

**Provide children with opportunities for learning, play and socialisation**

#### **Physical Activity:**

visit the park; encourage family to visit the park; playing ball games;  
activity areas

#### **Mental Health:**

- encouragement to attend medical appointments,
- remind about appointments,
- allow and give time to talk,

#### **Healthy Lifestyle:**

- food, cooking, shopping, recipe ideas,
- child immunisations and health appointments,
- encourage positive parenting,
- encourage to go for walks and regular exercise

**Encourage parent's strengths and emotional wellbeing in order that these may be transmitted to their children, thus enhancing their development.**

- discourage the use of dummies
- discourage smoking and substance misuse. through literature, support, information

## Stay Safe

Safe from maltreatment, neglect, violence and sexual exploitation

Safe from accidental injury and death

Safe from bullying and discrimination

Safe from crime and anti-social behaviour in and out of school

Have security, stability and are cared for

Parents, carers and families provide safe homes and stability



### ***Being protected from harm and neglect***

#### **Encourage safety in the home -**

- safety plugs, fireguards, garden gates;
- electric cables safety gates
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#### **Road safety;**

- seat belts; wrist bands; holding hands;
- use the straps in pushchairs to secure the child

#### **Help to manage children's behaviour;**

- encourage to attend Triple P - attend with the parent, and support the parent to put into practice.
- Support with issues caused by **conflict in the family**.
- Regular contact, especially in a crisis;
- safe person to talk to, for the adult and child

**Encourage attendance at school;** help liaise with the school, attend appointments at the school with the parent.

- discuss nutrition;
- discuss personal safety;
- encourage the whole family to attend trips, do things together

**Role Model;** help parents to become a role model for their children, encourage the strengths of a parent.

**Attend volunteer training** to further your knowledge to pass on to families - first aid, domestic violence, safeguarding children.

## Enjoy & Achieve

Ready for school  
Attend and enjoy school  
Achieve personal and social development and enjoy recreation  
Parents, carers and families support learning



### *Getting the most out of life and developing the skills for adulthood*

#### **Getting the most out of life and developing the skills for adulthood.**

Support parents in **taking an interest in education** -

- reading, counting, colours etc,
- through play,
- helping with homework,
- attending courses for mum and dad

**Support parents to access;**

- Children's Centres,
- playgroups etc,
- signpost to available groups

**Support parents to enjoy their children;**

- special time together,
- days out,
- singing or playing together,
- arts and crafts,
- outside activities.

Develop a one to one relationship to provide flexibility and understanding of the family.

## Make a Positive Contribution

Engage in decision-making and support the community  
Engage in law-abiding and positive behaviour  
Develop positive relationships and choose not to bully and discriminate  
Develop self-confidence and successfully deal with significant life changes and challenges  
Develop enterprising behaviour  
Parents, carers and families promote positive behaviour



*Being involved with the community and society and not engaging in anti-social or offending behaviour, staying out of trouble*

### **Routine, achieve good standards in education;**

- discuss bedtime routines
- encourage eating at the table,
- reading bed time story,
- keeping up with homework,
- making use of the library or Children's Centres.
- help with daily routines, setting boundaries

### **Positive Role Model;**

- talking to the children and encouraging parents/carers to listen and to perhaps respond in a different way.

### **Raising self esteem, confidence and motivation;**

- for parents to value education and learning for themselves and their children
- to take up opportunities for learning.
- signpost to courses,
  - being part of the Children's Centre,
  - perhaps go to college,
  - attend ESOL classes,
  - encouraging to make decisions in the community,
  - attending mother and toddler groups

## Achieve Economic Wellbeing

Engage in further education, employment or training  
Ready for employment  
Live in decent homes and sustainable communities  
Access to transport and material goods  
Live in households free from low income  
Parents, carers and families are supported to be economically active



### *Not being prevented by economic disadvantage from achieving their full potential in life*

#### **Achieve their full potential in life –**

- Provide information to help access opportunities that could lead to employment.
- Support with housing problems
  - contact landlords,
  - housing problems such as damp etc;
  - rent arrears, debt management, benefit information for CAB etc.

#### **Use services to improve housing conditions e.g.**

- The Shed,
- Furniture Mine
- recycling goods through Home-Start.
- ask Home-start workers for referral to the above services
- refer to the Networking booklet for information about services available

#### **Signpost**

- to access appropriate childcare to train or gain employment.
- signpost to other support services
- encourage parents to attend courses
- use local community services, College in the Community, Connexions etc

## What the outcomes mean

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### **Make a positive contribution**

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## **Be Healthy**

1. To reduce obesity and promote physical activity and healthy eating
2. To reduce the use and effects of alcohol, drugs and smoking
3. To promote emotional and mental well-being.

## **Stay Safe**

1. To reduce the incidence and fear of bullying
2. To reduce the harm caused by domestic violence
3. To keep children and young people safe from accidents, in the home and on the roads.

## **Enjoy and Achieve**

1. To help children and young people improve their attainment through education
2. To raise aspirations and celebrate achievements
3. To make sure all young people have an equal chance to enjoy and achieve

## **Make a Positive Contribution**

1. To raise self-esteem and build confidence so that young people respect themselves and others
2. To ensure children and young people are involved in decisions that affect them
3. To reduce incidents of children and young people offending and acts of anti-social behaviour

## **Achieve Economic Well-being**

1. To enable young people to continue their education, training and get jobs
2. To ensure sufficient affordable, accessible and appropriate accommodation for young people
3. To support young people to get a good start in life