

Services for children, young people and families



Children First Maximise!

Children First Kitbag

**Children First
Neurodiversity Support**

CHILDREN FIRST MAXIMISE!

Lifting families out of poverty, nurturing family relationships and improving children's life chances.

What is Maximise!?

Maximise! is a partnership between **Children First** and **CHAI (Community Help and Advice Initiative)** and is suitable for children and young people from preschool to S6. Maximise! workers build trusting relationships with families who are struggling, to help improve their health, wellbeing, and financial resilience and to increase children's positive participation in early years, nursery and school life.

Through a multidisciplinary team working around the family, Maximise! provide the right support at the right time to build on families' strengths and enable families to cope with challenges. The model focuses on the flexible and integrated provision of advice, family support and employability support within the school setting, home and the local community, to mitigate against social inequalities.

How does it work?

Maximise! applies a whole family support approach – offering intensive, trauma-informed, person-centred advice and support to all family members. The support provided is responsive to individual and family needs, addressing the difficulties that have led to the child or young person requiring support.

Through one to one sessions and whole family sessions, Maximise! workers help children and families to strengthen relationships, build resilience and improve engagement, with a focus on school attendance, emotional wellbeing and readiness to learn. Support is tailored and sensitive around families' cultural and health needs.

Maximise! work with local partners to provide practical support for needs relating to housing, budgeting and financial wellbeing, relieve family stress, prevent homelessness, and ensure poverty does not adversely impact on a child's stability at home or capacity to learn.

**CHILDREN
FIRST MAXIMISE!**

is now available on the
accredited pathway
framework

Maximise! workers are highly flexible, working at school, in homes and communities.

What are the benefits?

- Offers support which is child centred and family minded.
- Improves family relationships and helps build understanding of what has led to distress and concerns.
- Supports parents/carers and the family to provide a more stable home.
- Builds relationships of trust to enable families to receive support.
- Provides practical support for parents and carers to meet children's basic needs.
- Results in long lasting change to families' financial resilience, health and wellbeing.
- Improves children's readiness to learn in primary and secondary school.
- Improves children and families' understanding of emotions and behaviours and how to regulate these.
- Helps families and schools resolve conflicts and repair relationships.
- Prevents crisis in families.
- Stops children from requiring more acute, intensive and statutory services such as Child Adolescent Mental Health Services (CAMHS) and social work.

Please contact our Children First team to find out more about Maximise! and the accredited pathway framework

Phone - **0131 446 2300**

Email - **EdinburghFST@childrenfirst.org.uk**

Website - **childrenfirst.org.uk/edinburgh**

CHILDREN FIRST KITBAG



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What is kitbag?

Kitbag is a multi-sensory resource, created by International Futures Forum (IFF), that helps children and young people discover ways to talk about their feelings and share their thoughts in a safe place. Incorporating kitbag into the school learning environment helps to create moments in the day where pupils can become calm, share how they feel openly and be listened to with respect. Kitbag is appropriate for children and young people from pre-school to S6 and works well when used in pairs and small groups, either with or without adult supervision depending on the situation.

Kitbag brings benefits to the education and home settings, helping children and young people develop the ability to understand and express their own feelings, increasing their empathy and encouraging their respect for others. This valuable resource can also help adults to reach out, listen, and understand what children and young people are feeling, deal with conflicts, nurture resilience and develop positive relationships.

What are the benefits?

Kitbag helps children to:

- Express their feelings.
- Increase empathy and respect for others.
- Deal with conflict.
- Build friendships.
- Develop mindfulness.
- Become calm.
- Grow confidence and resilience.

Please contact Children First Edinburgh to discuss the accredited pathway framework and how Children First can help you bring the benefits of kitbag to your classroom.

Phone - **0131 446 2300**

Email - **EdinburghFST@childrenfirst.org.uk**

Website - **childrenfirst.org.uk/kitbag**

CHILDREN FIRST NEURODIVERSITY SUPPORT



What neurodiversity support does Children First offer?

Children First works alongside mainstream schools providing advice and guidance on strategies and approaches which can maximise the inclusion of neurodiverse children & young people. The service supports children and young people from pre-school years to S6 who have additional support needs and/or autistic spectrum condition (ASC).

How does it work?

Support is offered through one to one sessions with the child, parent/carer sessions and whole family sessions. Using systemic and restorative approaches, Children First works with the whole family to achieve change within the child's family system. Practitioners are creative and innovative, using their extensive knowledge base, partnerships, experience and skills to engage children, young people and their families.

The support is tailored and sensitive around families' cultural and health needs. Families do not need to travel to an impersonal office, instead, Children First take support to them in a way that is appropriate to their needs.

What are the benefits?

- Builds stronger families and communities for children to grow, develop and achieve, from their early years and throughout their school experience.
- Reduces barriers and provides support for children and young people to access learning.
- Increases children's positive participation in primary and secondary school.

Please contact our team to find out more about Children First neurodiversity support and the accredited pathway framework.

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**CHILDREN
FIRST** Protecting
Scotland's
Children



Worried about a child? **YOU CAN TALK TO US**

From mental health, money worries and online harm to struggles at school, our support line can offer emotional, practical and financial support to any family in Scotland.

If you have concerns about a child's wellbeing we will listen and help you work through what's best for the child.

If you think a child is in immediate danger, you should contact the police by ringing 999.

Support line 08000 28 22 33 | [childrenfirst.org.uk](https://www.childrenfirst.org.uk)

Children First, Registered Scottish Charity Number: SC 016092



Children First is Scotland's national children's charity.
We stand up for every child because all children
should have a safe childhood.

We protect children from harm and support
them to recover from trauma and abuse
through our national and local services.

We help children, their families and the people
that care for them by offering emotional,
practical, and financial support.

We give children hope and a safer, brighter future.



Children First, 83 Whitehouse Loan, Edinburgh, EH9 1AT.

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childrenfirst.org.uk | support line **08000 28 22 33**

general enquiries **0131 446 2300**

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