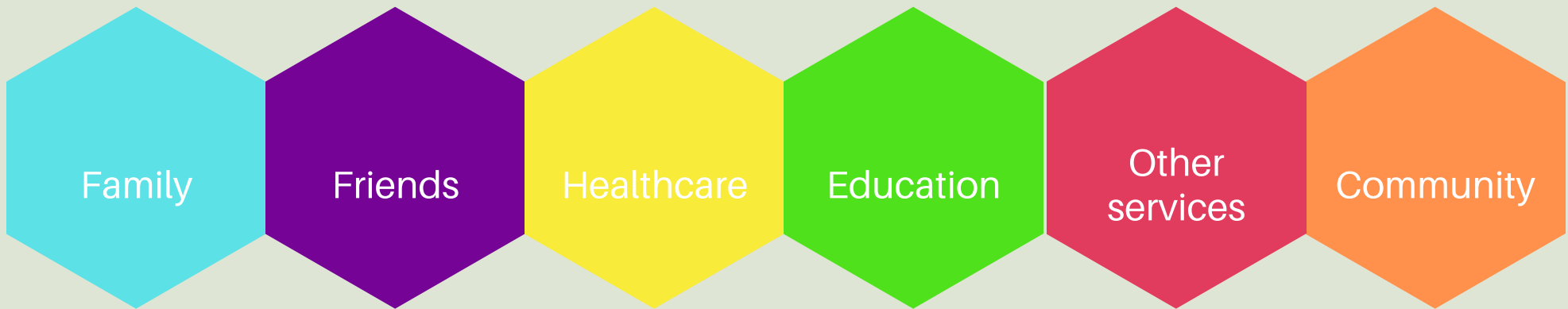




**Let's start a new chapter in our lives  
Let's start working together**

**Let's Grow Kids**



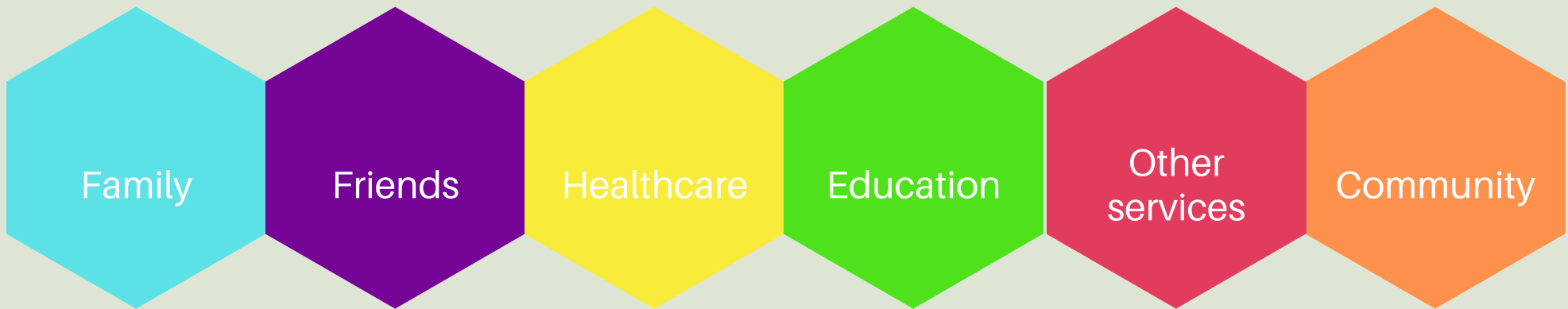
# Let's Grow Kids

**Let's start a new chapter in our lives....**

**Starting something new can be incredibly difficult and there are a lot of things that stop us taking this step. If you are reading this then you have taken that first crucial step to starting something new and  
Welcome to the Team!**

**At let's grow kids we are all part of the same team. Our mission is to be connected, to look out for each other and build relationships which are caring, loving and helpful. We are delighted that you have made the decision to join our team and we look forward to sharing your parenting journey with you.**

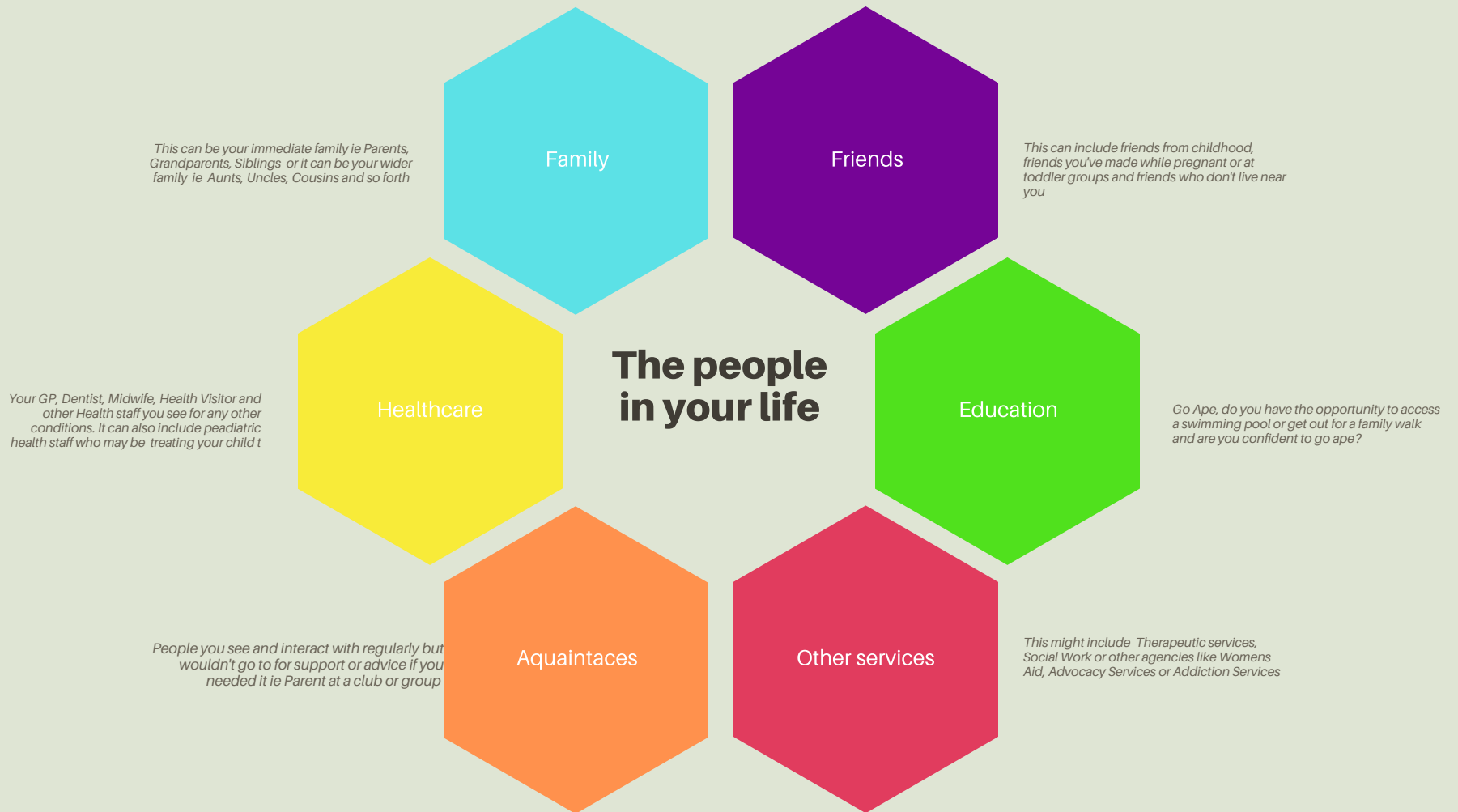




# Let's Grow Kids

**Let's start working together....**

**We will connect you with a Coach who will be your first point of contact who will arrange sessions with you at a time that suits you and your family. Remember we are all part of the same team and if you want to check in with us between sessions we're here. You can connect by phone, email or Facebook using the contact information given to you at your first session.**



# Meeting your families needs: Finding a starting point

What we know about establishing a starting point is that we can have lots of different people in our life but if the relationships aren't helpful it can sometimes create more difficulty rather than alleviate stress and feeling overwhelmed. This process empowers you to have a think about who you have in your life and what, if anything, is missing.

Once we have looked at the "who you have in your life" we can look at what relationships are helpful and start to prioritise areas you identify. The important thing to remember when establishing a starting point is that it is just that. It's an opportunity to work out what your families needs are and how you meet them while maintaining balance in your life.



# Meeting your families needs: Finding a starting point

Sometimes we can feel isolated even when we are part of a family unit or have friends and family around us. Finding a starting point with what your family needs is a chance for you to look at what you have in your life now and how you maintain your value set while addressing your families needs. Some things are very basic needs which can be affected by situations out with your control.

Once we have looked at the "what your family needs section" we can start to prioritise what you would like to work on. The important thing to remember when establishing a starting point is that it is just that. It's an opportunity to work out what your families needs are and how you meet them while maintaining balance in your life.



# Meeting your families needs: Finding a starting point

Sometimes our mind can play tricks on us. It creates feelings of "not good enough". This feeling, if left un-checked can eat away at your self esteem and wellbeing. In some cases you may need to make changes and in others it may be that your confidence needs a boost but in both cases you need to find a starting point. To help you work out a starting point we look at where you are at right now and how confident you feel.

Once we have looked at the "what you need section" we can start to prioritise what you would like to work on.

The important thing to remember when establishing a starting point is that it is just that. It's your ground Zero, a place to set the foundation for the next chapter of your parenting life.



# Meeting your families needs: Finding a starting point

Working out what your child needs can be very difficult when you're trying to find a starting point. Their needs change frequently throughout the first couple of years and a lot of the time we need to be one step ahead of their development. The important thing to remember when finding your starting point is to focus on the now. Are you meeting their needs today?

Once we have looked at the "what your child needs section" we can start to prioritize what you would like to work on or what you need to work on as a priority.

The important thing to remember when establishing a starting point is that it is just that. It's your opportunity to look at how you meet your child's needs now and how confident you are in planning their future needs

# Weekly Diary

To help you keep track of how your week has gone it's good to follow some handy prompts like the ones listed below. This will come in useful when your Coach is talking to you during your next session with them

Space to Learn  
through play

*Did you try anything new?  
Did you find any new ideas on Facebook etc?*

Sleep

*Did you try anything new?  
Did you find any new ideas on Facebook etc?*

Fueling your wee  
ones body

*Did you try anything new?  
Did you find any new ideas on Facebook etc?  
Have you referred to your NHS information?*

Socializing

*Did you try anything new?  
Did you find any new clubs or groups either online or in the community?*

Community and  
other services

*Did you go anywhere new?  
Did you find any new ideas on Facebook etc for linking in with your community?*

Excercise

*Did you manage to get out and about?*





Let's start a new chapter in our lives  
Let's start working together

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