HELPING FAMILIES FEEL SAFE, UNDERSTOOD AND SUPPORTED

1 WHAT WE DID

We helped parents, carers and people who work with families build strong, caring relationships with children by:

- Sharing easy online learning to support families
- Helping parents understand their own feelings and reactions
- Supporting parents to stay calm and respond with care
- Helping adults understand what children need to feel safe and loved

2 WHAT DIFFERENCE DOES THIS MAKE?



This work helps parents and carers feel more confident and understand children's feelings. It helps them build safe and loving relationships.

By helping parents, carers and grown-ups who support families, children can grow up in happier, healthier homes where they feel safe, cared for, and supported.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps protect children's rights by making sure:

- Parents and carers know how to look after and guide children in the best way
- Families get help and support when they need it
- Children can grow, learn, and stay healthy
- Children are safe and cared for in kind and loving homes

4 GIRFEC

This work helps make sure children are:

Included: children feel part of their family and know you belong.

Safe: children are cared for in calm and gentle ways.

Healthy: children's feelings and wellbeing are looked after.

Nurtured: grown-ups understand children's needs and help create a happy, caring home where they can grow and thrive.

5 THE PROMISE



This work follows The Promise by helping people build strong and caring relationships. It supports families early, before things get too hard.

It also helps grown-ups think about their own experiences, so they can better understand children's feelings. This helps create safe, loving homes where children can feel happy and cared for.

6 WHY IT MATTERS



This work helps parents and carers understand children's feelings and how to build strong, caring relationships from the very start. When grown-ups get the right support early on, it helps create safe and loving homes where children can feel secure, happy, and able to grow and do well.