

Case Study – Redditch Family Support Worker

This referral came through from the Health Visitor.

Mom had a daughter who was 4 months old and was finding it hard to cope at home and was not getting out much.

Mom didn't feel she had the confidence to attend such groups as Baby Play, feeling that nobody would talk to her and the groups would be 'cliquey'.

I visited the family and provided information about groups, importance of routines and gave advice on weaning. I also signposted mom to the child health clinic where she was able to access advice from the Health Visitors and have her daughter weighed.

After a few visits I soon built up a relationship with mom. As a result she felt comfortable to attend a baby play session that I was facilitating.

Mom and daughter now attend a Baby Play group each week and now have the confidence to try other groups/facilities within Redditch Children Centre's.