



Home-Start Portsmouth is a voluntary organisation committed to promoting the welfare of families in the city. We provide emotional and practical support to families with our trained home-visiting volunteers, stay and play groups and expert support, helping them through their most challenging times.

Volunteers are trained and supported by experienced coordinators who are there to guide and advise throughout.

Being a parent can be lonely, frustrating and overwhelming, and the early years make a big difference – we ensure each family goes through a journey of support to give them the best possible outcomes for their future.

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Supporting parents and their children to be ready for school.



What is school readiness?

School readiness can be recognised by a number of factors...

- Can follow simple instructions
- Playing and sharing with other children
- Using the toilet
- Understanding simple hygiene
- Listening to stories and rhymes
- Arriving at school fed and on time
- Coping away from parents
- Recognising own name
- Dressing and putting on shoes

There may be one or more of these steps that you feel you and your child could use some help with. That's where Home-Start Portsmouth come in!

Specially trained volunteers will help you engage with your child's early learning and help to establish good routines.

Volunteers can also help you to access services in the city, such as the family hubs and groups. They can encourage the use of positive reinforcement and praise to support you to create a positive home learning environment.

Taking part in the Big Hopes Big Future Programme will help you to make sure that you and your child are ready to make the change from being at home to going to school.

Support from Home-Start Portsmouth is free, confidential and is tailored to your child's needs. Your volunteer will visit you weekly for 1-2 hours, for up to 12 weeks.



**HOME
START**
Portsmouth