

First Steps Psychological Service

“Early in the life of the child and early in the life of the problem”

What can we do, how can we help?

We offer parents of children aged 0-7 years:

- One-to-one support for difficulties you or your family may be having.
- Help with your children's behaviour.
- Help to enable your children to adjust to change.
- Practical advice and ideas about play.
- Baby massage demonstrations.
- Parenting skills groups.
- Ideas to help you and your children get along better.
- Help in preventing and coping with bullying for children, families and schools.
- Ways for you to work together as a team with your partner.
- Help in coping with stressful situations.
- Ways of developing assertiveness and improving self esteem.

We also support and train staff throughout Stoke-on-Trent in their work with parents and families.

What happens when you ask for a service?

- You can expect a phone call or a letter to sort out a time to get together.
- We will listen carefully to what is bothering you and talk about ways to help.
- We will work together with you sharing practical ideas, talking things over and sometimes using play.
- You can expect to meet with your helper about once a week.
- Services will finish at a time decided between both of us.



North Staffordshire Combined Healthcare



NHS Trust

Where we work:

- At a place and time which suits you, e.g. in your home, a nursery or in clinic rooms.

Who is in our team?

Our team consists of a Clinical Psychologist, Counsellors, Counselling Psychologists, Play and Parenting Specialists, Psychological Therapists and Trainee/Assistant Clinical Psychologists.

How to get a service from us:

- You could call us yourself.
- Your School, Health Visitor, GP, nurse, counsellor or other health professional can contact us for you.

Our contact details:-

First Steps,
Roundwell Street, Tunstall,
Stoke on Trent, ST6 5JJ.
www.firststepsstoke.co.uk

Tel: 01782 425 883
01782 425 480
Fax: 01782 425 879

First Steps Psychological services are employed by North Staffordshire Combined Healthcare NHS Trust.

We are part of Children and Young People's Specialty of Psychological Services which are provided through North Staffordshire Combined Healthcare NHS Trust. We work with children and their families age 0-5; extending to age 7 in the City Wide Programme and up to age 16 within our Triple P program.



Please let us know you are not satisfied by telling your helper or speaking to the Head of the Child Specialty on 01782-427937. You may also make a formal complaint by writing to the Chief Executive Officer of North Staffs Combined Healthcare NHS Trust at Bucknall Hospital, Eaves Lane, Bucknall, Stoke on Trent. ST2 8LD.

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