

## *A letter to you from a Camden Parent*

Hello my name is Lucy and I am a Camden resident and a parent to a 4 year old.

3 months ago I started working in partnership with the early help services to guide and support myself and son with some behavioural strategies.

I guess like many parents and carers out there, I had very mixed emotions when I put my hand out and asked for some help, after studying childcare level 3 myself. I guess I was a little bit embarrassed. I had many questions. Was I doing the right thing? Would I be judged? But most of all would it make a difference?

After having a member of the early help team come round and do a home visit and meet myself and son, I felt very much at ease. We've worked solely together on making a plan and within this plan are visible goals and strategies to get there.

After only being weeks in to an ongoing plan of goals, we are seeing improvements already.

I'm so glad that I took the leap of faith and put my hand out.

I also hope that any parent or carer that is offered this service takes it on board. It is an amazing opportunity as the early help service are there to find a way that works well for your family.

Thank you very much the early help.

*Lucy*