

# research in practice

## Early help



Early help refers to the early identification of needs and support for children and families. Understanding the role of effective early help in a local system of support for children, young people and families is vital.

These learning resources can be used by practitioners in early help services to support evidence-informed practice with children, young people and families.



### Read

Longer read: [Support around children who have experienced developmental trauma: Frontline Briefing \(2023\)](#)

Short read: [Learning from the national evaluation of A Better Start – a briefing for early years practitioners \(2024\)](#)

Longer read: [Building child and family resilience – boingboing's resilience approach in action: Frontline Briefing \(2017\)](#)

Longer read: [Safe sleeping and preventing sudden unexpected death in infancy: Strategic Briefing \(2020\)](#)

Longer read: [Supporting families at the intersection of social care and housing: Strategic Briefing \(2023\)](#)

Longer read: [Using attachment theory in children's social care: Frontline Briefing \(2025\)](#)



### Tools

[Using genograms in practice: Practice Tool \(2024\)](#)

[Parental mental health: Frontline Tool \(2018\)](#)

[Pre-birth: Change Project resources \(2025\)](#)



### Watch

24 minutes and 34 minutes: [Working with the community: Love Barrow Families \(2020\)](#)

35 minutes: [Community development work: The approach in Camden Council \(2020\)](#)



### Listen

20 minutes: [Reimagining possibilities using a neighbourhood approach \(2022\)](#)

30 minutes: [Attachment theory for children's practitioners: Videos \(2025\)](#)

30 minutes: [Issues with the 'Toxic Trio' \(2021\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [early help topic page](#).