



KINGSLEY HALL'S WHOLE HOUSEHOLD SUPPORT FOR FAMILIES WITH CHILDREN AGED 0-5 YEARS

Background

Kingsley Hall is committed in our childcare to our principles of understanding of how to use evidence to inform decision making.

This involves knowledge and understanding of evidence-informed practices and the ability to use current research and findings to improve outcomes for children both in our childcare settings and through wider engagement by offering whole household support involving parents and carers.

We are committed to equity and opportunity for all families with children aged 0-5 years and recognise the determinants that can adversely impact opportunity for children from socio-economically disadvantaged backgrounds and the need for whole household support.

Our expertise of evidence informed practice in socio-economically disadvantaged communities

Kingsley Hall has experience of 97 years of early years childcare amongst the most socio-economically disadvantaged communities and have capacity to support 220 childcare places across 3 locations as well as many more households of 0-5 aged children that we engage with.

Our substantial collective experience and expertise demonstrate rich knowledge of evidence-informed practices for the households that we serve, and we also want to position to offer an innovative and scalable resource, regionally and nationally for improved outcomes for children and whole households.

How we are informed

We are informed by research, cross setting shared data, practitioner consultation, partners consultations, early years advisors and child observations and especially in co-design process with parents and carers with lived-experience of the challenges for families with young children.

Recent Evidence

Informs how challenging childcare is in the disadvantaged communities that we have outstanding knowledge in.

Post-pandemic lag exists in: -

Children's language and communication skills and personal, social and emotional development.

This is increased for children from our socio-economically disadvantaged backgrounds.

Many households evidence poor, overcrowded living conditions, struggles with food and fuel poverty, lack of employment opportunities, sedentary lifestyles and many other factors which can all compound to affect mental health.

Evidence Informed Practice

Evidence highlights the importance of secure attachment, sensory experiences and consistent caregiving in the first 1,001 days as the most important factor in early years development.

This clearly leads into our rationale for focus on whole-household support. The critical determinants of development can most effectively be impactful in an integrated model that involves a network of holistic support for parents and carers alongside our direct childcare offer.

Our Peer-led approach to evidence-informed practice

Our quality and partnership approach with other charities and providers add significant value and importantly our longstanding track record as grass roots practitioner settings, removing barriers of mistrust and competition.

We value equity and the knowledge base of raised voices of all cross-setting providers which shapes practice. Cross-setting conversations identify that parents would benefit from more support for children: -

- Aged under 2
- With SEND needs
- In childminder settings
- From under-represented communities
- From socio-economically disadvantaged communities

We use peer reflection, shared case discussions and cross-setting conversations to test ideas and learn from one another.

Kingsley Hall have piloted shared learning relationships with other settings where managers meet for evidence informed practice and our ambition is to scale and lead stronger practice in our sector.

Our Proven ability to build strong networks

Kingsley Hall (KH) Charity No.1120001, founded 1929, run 2 large community hubs in Barking and Dagenham (LBBD), and received The Queens Award for Voluntary Service in 2022, in recognition for outstanding shared learning practices.

Our work includes leading BD Food Network supporting 34 food banks/ clubs, a funded Neighbourhood Network collaboratively with Early Years Cocoon also delivering LBBD's borough wide Health Weight Management Services and Crisis Intervention services.

KH host 40 partner groups and led LBBD community mapping of 800plus third sector, educational settings and civic society connection points borough-wide.

Our approach to HELPING COMMUNITIES LIVEWELL through household support, is reflected across our Board and staff team and strategic action groups which are led by local people with lived experience

Paul Whitnall, our Chair, has 30 years' charity sector experience as former Business Development Director for YMCA England handling budgets of £5M plus, running large multi-site early years settings for the YMCA.

Kate Clare, our Early Years nominated person and Board member served as Chair for Livability, a large national educational, disability charity with £40M + turnover pa. Kate has educational, business and safeguarding specialisms.

Trustee, Dr Elizabeth Kangethe has served as LBBD Cabinet member for education, a local Cllr for 22 years and as Mayor of our borough.

Trustee, Nathan Singleton is CEO of Lifeline Community Projects, overseeing Little Learners nursery's, directing Children's & Young People's services pan- London as advisor to Mayor of London's office.

Director, Chris Kapnisis, has grown the charity and was awarded The British Citizens Award BCA, for extraordinary community contribution, raising £15M+ of community funds.

Childcare Lead, Abiola Jibode, has 15 years of leadership and business development experience across childcare, education and co-designed parent led innovations.

Sandra French and Lara Martin, our Early Years Development Managers, have a combined experience of 45years in the sector.

Working with whole households of families of children aged 0-5 is what we do everyday

We have a wealth of everyday experiences shaping our knowledge of socio-economic disadvantage impacting families and children.

LBBD, evidences the fastest growing, youngest population in England with the highest birth rate and % of CYP under-16 years of age nationally.

LBBD has the highest levels of child poverty in London & households live in the 10-20% most deprived areas nationally with inequity and stress fuelling social determinants of health, wellbeing and future opportunity.

We use data sources and knowledge sharing and contributed to LBBD's published Joint Strategic Needs Assessment 2024-27

<https://www.lbld.gov.uk/sites/default/files/2025-03/B%26D%20JSNA%202024-27.pdf>

Socio-economic factors of disadvantage have been further compounded by the impact of Covid, and post-pandemic, disadvantaged communities, evidence higher levels of delayed recovery in under 5's.

Areas of whole household support

Parents and practitioners alike describe their need for support particularly in working with SEND, under 2's and children in child-minder settings.

Our experience is that developing support pathways for settings is harder in disadvantaged areas as the demands on parents and childcare practitioners is increased.

Disadvantaged areas struggle more with overcrowded poor living conditions and busyness and lack of backfill staff in childcare settings, making it harder to create time for structured parental engagement.

Place based accessibility for whole households that is OPEN ALL HOURS

To tackle these challenges, Kingsley Hall has piloted being OPEN ALL HOURS from our flagship LIVEWELL Community Hub, extending accessibility to include evenings & weekends for bespoke support.

We also want to appoint a new role to enable more accessible, varied platform user friendly resource sharing. This includes videos, vlogs, blogs, newsletters & social media.

Rapidly changing cultural demographics require support for underrepresented groups by creating learning environments that reflect cultural diversity.

We take an integrated whole household approach

Perhaps uniquely we offer added value of early years expertise within the context of support to whole households. Research confirms that under 5's outcomes improve when household outcomes improve.

Exemplification videos are particularly successful, providing an accessible channel for parenting support.

The content and language of the support is key in removing cultural and language barriers for household groups from under-represented communities and our communities have expressed the need for support that is practical and less academic.

Common forms of engagement include pathways to our Community Shop and Street Kitchen and recreation groups for free and discounted support services and signing up to wraparound support services.

The Impact of whole household support

Findings have identified that the most common forms of engagement are in-person at our LIVEWELL Centre Community Hub, attending webinars or receiving information about specific issues in the early years sector and reading blogs and social media news (70%) and to get free advice (62%), and mentoring support (60%).

We have been able to track whole household support to social and emotional learning (SEL) for children aged 0-5 and find SEL is crucial for developing skills such as emotional regulation, cooperation, and goal achievement. Deficits in these skills are linked to later academic and behavioural problems.

Our data informed learning evidences improved social and emotional development and cognitive development for under 5's in 84% of families from economically disadvantaged communities where whole household support is in place.

Our aim

Our aim is to secure funding to expand our range and reach of whole household support. We have the appetite and capacity for scalable systemic change for our sector of early years settings and ultimately under 5's, their families and whole households, locally across 4 adjacent boroughs, regionally and nationally.

Conclusions

Social and emotional support for families and access to services that help families to live well can improve development in 0-5's, which are linked to children's ongoing academic performance and social adaptation, contributing to the long-term development of psychological health and social skills. In summary, strengthening the focus on social-emotional learning in early childhood through parental support is a key factor to realising long-term benefits for child development.