



National Early Years Adoption Therapy Service

At the Anna Freud Centre, we work with families to identify needs and difficulties as early as possible, so that we can provide timely support, and help to promote positive outcomes for children in later life.

Children who are adopted or cared for by Special Guardians start life with disruptions in their early relationships which are likely to be experienced as traumatic. These experiences can impact children's future relationships, as well as their emotional, social, and cognitive development. Research shows that early therapeutic input can support both children and parents and contribute to building robust foundations for children's later development, wellbeing, and health.



Who do we help?

Our National Early Years Adoption Therapy Service supports children, parents, and Special Guardians, where:

- The child is aged 5 or younger;
- The family is eligible for the Adoption Support Fund (ASF);
- All those with Parental Responsibility are aware of and agree to the referral.

How do we help?

All our interventions aim to strengthen relationships between parents and children, and support parents to reflect on and develop their understanding of their child's needs. We offer a range of evidence-based, trauma- and attachment-informed assessment and therapeutic services, including:

- **Specialist child and family assessment, including therapeutic support plan**
- **Parenting support groups**
- **Bespoke individualised parent consultations**
- **Parent-child or family psychotherapy**

How much does it cost?

Assessment and therapy are funded via the ASF. Once a referral is accepted, a costing will be provided to enable the child's Local Authority Social Worker to apply for ASF funding. Sessions begin once funding has been agreed.

Our team

Our Early Years team specialises in working with children aged five and under, and their families. Our therapists have substantial experience working with adopted and looked after children, children with attachment needs, and families affected by developmental trauma.

How to find out more

For further details or to make a referral to our National Early Years Adoption Therapy Service, please see our website <https://www.annafreud.org/early-years/our-work-with-under-fives/support-for-parents-carers-and-under-5s>, click [here](#), or email EarlyYears@annafreud.org

Our Patron: Her Royal Highness The Duchess of Cambridge