



First Days Children's Charity - Theory of Change

At First Days, we believe in the transformative power of communities. We envision a future where every parent we support feels **empowered**, equipped with the confidence, skills, and financial stability to create life for their family where they are thriving, not just surviving. We strive to ensure that every child we reach feels secure, confident, and able to embrace every opportunity that comes their way.

Our approach is rooted in **early intervention and prevention**. By providing timely and comprehensive support, we aim to prevent families and children from reaching crisis points that necessitate statutory intervention. Our work is where compassion meets action, we work with families, equipping them with the tools they need for a bright future. We're not just offering a temporary solution; we're building a foundation for lasting change, so families can move forward with strength and independence, reducing their reliance on charitable support in the long run.

We believe that through the dedicated efforts of our community families can flourish, breaking free from cycles of disadvantage and embracing a future filled with hope and possibility.

Everything we do is based on our grounding truths. We then understand and respond to the current landscape for the families in our community to design our activities. Our activities, measured by our indicators, ensure we achieve our long term outcomes.

Our grounding truth

- **Community Power can transform people's lives.** This power has been lost in our society, we are working to bring back the power of the community to support itself.
- **Our approach is rooted in early intervention and prevention:** Providing support early on can prevent issues from escalating and reduce the need for statutory intervention.
- **Empowering parents leads to thriving children:** Supporting parents to gain confidence and skills will positively impact their children's well-being and development.
- **All children deserve a childhood where they thrive:** All children should have a childhood where they feel secure, confident and able to embrace every opportunity that comes their way.
- **Everyone deserves dignity, choice and power:** The systems that are meant to support families are letting them down, every family deserves to have power over their own life, be able to make their own choices and live their life with dignity.

The current landscape for the families we support:

- Parents are lacking in confidence, with low self worth, many have lost hope
- Parents feel let down by the systems that are meant to protect and support them
- Parents do not have support networks, especially lone parents
- Families can't afford the basics, every day is a struggle
- Children do not have everything they need to feel safe at home, confident at school or to thrive in childhood.

Our Long-term Goals / Outcomes

- **Empowered Parents:** Parents gain confidence, make positive life changes, acquire necessary skills, and alleviate financial pressures.
- **Thriving Children:** Children are confident at school, have safe sleeping environments, experience comfortable early childhoods, and access opportunities to thrive.
- **Reduced Need for Statutory Intervention and charitable support:** Prevent families and children from requiring statutory or charitable intervention through early and preventative support.
- **Families are part of strong networks in supportive communities:** Give families, and the wider communities opportunities to connect and grow good support networks.

Our Activities

- **Family Support Services:** Provide comprehensive support to families with complex needs through coaching, peer support, emotional assistance, signposting, advocacy, and specialist services.
- **Increased Access to Essential Items:** Offer low-cost essential items and a digital platform for information sharing and self-help to a wider range of families.
- **Build Community:** Create opportunities for parents to meet and support one another and create opportunities for the wider community to join together to support one another.

Indicators

- **Parents:**
 - Achieve their coaching goals
 - Feel more confident
 - Are better equipped to deal with challenging situations
 - Feel positive about the future
- **Children:**
 - Have everything they need for school
 - Are safe at home in the early years and throughout their childhood
 - Have opportunities for fun and enriching experiences and activities
- **Reduction in need for statutory intervention:** Monitor the number of families requiring statutory services after receiving support from First Days and see a downward trend.
- **Our Community:** The community we serve is involved in delivering our services and are active decision makers in all of our activities.

Causal Pathways

Outcome	Activity	Indicator
Empowered Parents	<ul style="list-style-type: none"> -Family Support Services -Create opportunities for parents to meet and support one another -Digital platform to share information and encourage self-help 	<p>Parents:</p> <ul style="list-style-type: none"> - Achieve their coaching goals -Feel more confident -Are better equipped to deal with challenging situations -Feel positive about the future <p>The community we serve is involved in decision making and service delivery</p>
Thriving Children	<ul style="list-style-type: none"> -Increased Access to Essential Items -Community opportunities to give children experiences -Family Support Services improves parental wellbeing 	<p>Children have everything they need for school, to be safe at home and to have fun experiences</p> <p>Parents report higher levels of wellbeing</p>
Reduced Need for Statutory / Charity Intervention	<ul style="list-style-type: none"> -Family Support Services -Building supportive communities 	<p>We can measure a reduction in onward referrals or future access to statutory services amongst the population in our community</p>
Families are part of strong networks in supportive communities	<ul style="list-style-type: none"> -Create opportunities for parents to meet and support one another -Create opportunities for the wider community to connect to support one another 	<p>The community we serve is involved in decision making and service delivery.</p> <p>There is a reduction in demand for our services, especially essential items, as community networks grow.</p> <p>There is good engagement from the wider community to connect and support one another, via our facilitation.</p>