

Worksheet for Testing Change



Aim: To provide a two hour workshop on introducing solid foods to infants for parents/carers. The aim of the 'Introducing Solid Foods' workshop (ISFW) is to try and reach parents (in particular Dads and Grandparents/Carers) that are unable to attend current weekday support/information sessions. The workshop will provide an informal, friendly group setting for parents/carers to explore and discuss introducing solids to their infant, helping to increase their confidence.

Every goal will require multiple smaller tests of change

Describe your first (or next) test of change:	Person responsible	When to be done	Where to be done
Facilitate a (cost free) 2hour workshop for parents/carers on a Saturday morning	Lorraine Rettie	28/5/16	Musselburgh East (MECA)

Plan

List the tasks needed to set up this test of change	Person responsible	When to be done	Where to be done
Advertise and Promote ISFW on social media and to local parents Contact local Health Visitors to promote workshop Liaise with Health Promotion/Infant Feeding to ensure workshop is consistent with other NHS advice/guidelines and toolkits.	Lorraine Rettie	May 2016	N/A

Predict what will happen when the test is carried out	Measures to determine if prediction succeeds
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<p>ISFW will reach out to Dads and grandparents/carers that would not normally be able to attend information sessions usually held during weekdays.</p> <p>Positive feedback from Dads/grandparents/carers to feel included.</p> <p>Parents/Carers will feel better informed to make their own choices/decisions on how they will approach introducing solid foods to their baby.</p>	<p>Evaluations (H diagram on flip chart with post-it notes) at the end of the session.</p> <p>Register & postcodes taken from parents/carers attending</p>
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Do Describe what actually happened when you ran the test

The two-hour workshop was run on Saturday 28th May 2016 at Musselburgh MECA. 18 parents/carers attended (1 Grandparent with her daughter and 7 Dads). Slightly more than originally expected but manageable with the extra help from Jane Cummings. The workshop was planned to include new NHS resources (Weaning Guidance toolkit) and to try and cover any other questions/concerns that parents/carers had. Parents were able to bring along young babies to the session.

The parents/carers were well engaged throughout the session. There was a short amount of small group discussion due to the larger size of the group, but it was quite tricky as there wasn't much space for parents to move into, especially whilst holding a baby. Most of the discussions were within the larger group, although I felt that everyone had a opportunity to talk or ask questions.

At the start of the session there was an opportunity to raise any topics/questions that they wanted covered. This included: BLW, finger foods or/and purees, reminder of what foods can be eaten & when and weaning from the breast to a bottle or cup.

The new NHS toolkit was used throughout the workshop and complemented my existing ISFW session plan. Evaluation of the session was at the end with comments written onto post-it notes. Comments below.

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Study Describe the measured results and how they compared to the predictions

The workshop reached both Dads/carers and Grandparents as set out in the aim (50%). Questions and results of the evaluation are below. Not everyone was able to comment due to cranky babies towards the end of the session! General feedback at the end of the session was very positive with Dads commenting (in discussion) that it was great to be included in this session.

How useful was today's workshop for you? (on a scale of 1-10)

4 x9

1x10

What was the most interesting/useful thing you learnt today?

"more aware of what to watch out for on packaging. Info re utensils was very useful. Venue good."

"glad to learn nutritional info sugar/salt in shop bought"

"Lots of useful information. I will keep reading more about weaning to find my own way."

"Finding out when to start introducing solids and what type of foods to start on"

"how to integrate weaning into normal, family meals."

"Good clear advice about what to do from 6 months"

"sugar and salt in babies food"

"Lots of helpful information- like that different approaches were covered"

"made me realize how I will approach weaning – go with what my baby is telling me."

"great class- so helpful"

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“Looking at utensils, examples of foods that are good/should be avoided”

Is there anything you’ll do differently from attending this workshop?

“I will be making my own foods”

“found it helpful finding out how much sugar etc is in baby food (I would never have thought to check before now)”

“I will be much more organized & confident about what I’m doing”

What could we do to improve the workshop?

“ have a quick break”

“more info on size of foods allowed vs choking

Act Describe what modifications to the plan will be made for the next cycle from what you learned

The ISFW was very popular and spaces filled up fast (within a week). For future courses I would plan the dates further in advance to allow Health professionals more time to refer parents/carers that would benefit from attending. Possibly 4 months apart. I would also like to try a course (midweek?) for parents/carers that are less confident or would prefer a smaller group setting. This course could be for parents/carers referred by Health Visitors? Larger groups like this last one may be too intimidating for some. I would also like to speak to First Step and DadsWork about running one of the sessions alongside them. There is currently a budget remaining for a further 2x Musselburgh and 2x Tranent sessions. Future course dates to be set by end of August 2016 for the following 8 months.

The new NHS toolkit was used throughout the workshop, although there were possibly too many images of foods that we ended skipping through quite quickly. It did get slightly confusing at one point where I got a bit lost with all the images. Will need to simplify for future workshops. It was a great resource to use though.

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Be set and ready to start to the workshop when parents start arriving. Timings were very tight and setup in a new location took longer than expected. This would then allow time for a short comfort break mid way and more time for recap and evaluations at the end.

Have foods cut up on a plate to illustrate size of finger size and portion size for the first few months of weaning (will use NHS toolkit and First Steps Nutrition as a reference).

If future sessions are planned in advance then maximum numbers attending set at 12-14. 18 felt quite a large group.