



Year 1 2014/2015

Fundamental foods secured a small grant from Support From The Start (SFTS) towards the development of our weaning project. This funding has helped us to develop a weaning booklet and purchasing IT equipment along with other resources to assist us in the delivery of the project.

The weaning sessions are run monthly during Patchwork EH32. Parents And Their Children's Health Work is a charitable organisation based in Prestonpans and covers the EH32 catchment area providing health information services for pre-school children. In partnership with Patchwork and the Health Visiting Team parents are signposted to our monthly weaning sessions. For those hard to reach parents who are unable to attend down to mental health issues or other circumstances these sessions we may be carried out during a home visit. There have been 5 home visit offered and carried out in 2014/15.

Unfortunately down to limited access to kitchen facilities and health and safety issues we have not been able to carry out any 'taste and try' sessions. Any parents/carers who were interested in cooking sessions have been referred to our food4health parents cooking group. 5 parents attended our food4health programme.

Attendance

Weaning sessions	Program	Attendance
August 2014	Weaning information	3
September 2014	Weaning information	6
October 2014	Weaning information	7
November 2014	Weaning information	4
December 2014	Weaning information	3
January 2015	Weaning information	6
February 2015	Weaning information	8
March 2015	Weaning information	5
April 2015	Weaning information	2
May 2015	Weaning information	3
June 2015	Weaning information	6
July 2015	Weaning information	10
		63 parents

Although these sessions are mostly attended by parents/carers from PSG, it is an open forum and we welcome anyone from the East Lothian area.

Weaning Evaluation 2014-2105

Parents/carers who attend weaning sessions are asked to complete a feedback questionnaire. This feedback has shown that parents/carers gain essential nutritional information from our weaning talk and weaning booklet. Feedback has also shown that participants have been able to quash any myths of weaning and ask vital questions about other food related information. Participants liked the venue as its accessibility and that they are able to bring their babies with them. Another part of the talk discusses allergies and intolerances that affect babies, participants reported that those who were affected found it very useful to help them support a different form of weaning.

Health visitors and other health professionals who refer parents /carers to the weaning sessions have reported that this is a " vital service for the community to improve infant nutrition by increasing more parents/carers to cook their own food". The health visiting team feel they have limited knowledge, experience and time to deliver these sessions themselves.

Parents/carers are directed to our website during our weaning sessions so they can see our healthy family recipes that we post on a regular basis, including takeaway of the month. Families have reported that this is a great way of learning new family recipes and increasing fruit and vegetable consumption by including more of these ingredients from our recipes.

Year 2 2015/2016

Fundamental Foods offer a regular weaning session on the First Tuesday of every month at the Pennypit Centre in Prestonpans. It was very important for us to establish the weaning sessions during Patchwork EH32 drop in programme. Our attendance numbers reflects the importance of weaning to new and established parents. We follow the Scottish Governments guidelines to begin weaning from 6 months old.

Parents are advised to use home prepared foods (without salt or sugar added) rather than commercially made baby foods so that the infant becomes accustomed to eating family foods.

We are working within the Scottish Government Maternal and Infant Nutrition Framework for Action to ensure we pass on valuable information on weaning to ensure that all children have the best possible start to life, so they are ready to succeed and live longer, healthier lives.

Weaning sessions cover different food groups and drinks, food labels, foods to avoid, eating behaviours, flavouring food to develop taste buds with herbs and spices, stages of weaning and allergy/intolerance information.

The health visiting team referred several hard to reach parents who were unable to attend the weaning session down to various circumstances. These parents were offered a home visit and 4 sessions were carried out.

As the community kitchen has not been developed we have referred several parents to our food4 health cooking group until the kitchen is up and running. 9 Parents have attended the Food4health programme and we currently have 3 parents waiting to start our new programme in September 2016.

Attendance

Weaning sessions	Program	Attendance
August 2015	Weaning information	5
September 2015	Weaning information	4
October 2015	Weaning information	8
November 2015	Weaning information	5
December 2015	Weaning information	7
January 2016	Weaning information	5
February 2016	Weaning information	9
March 2016	Weaning information	7
April 2016	Weaning information	9
May 2016	Weaning information	8
June 2016	Weaning information	11
July 2016	Weaning information	2
August 2016	Weaning information	7
		87 Parents

Weaning Evaluation 2015-2016

A questionnaire was carried out to evaluate the weaning sessions this was the feedback:

- ✚ All parents agreed that the session helped them understand about the weaning process.
- ✚ They also reported the following information helped them during the weaning session:
 - More aware of salts and sugars in food
 - How much water they should be drinking
 - Information on sterilisation
 - Stages of drinking cups
 - When to start introducing certain foods
 - Effects of sugar and salt – short term and long term effects
 - When to start brushing teeth/ when to register at dentist
 - How to read a food label and hidden ingredients, what's important to look for
 - To flavour foods with spices at the beginning to develop taste buds and this help with introducing different tasting foods later on
 - Different food groups and the importance of a balanced diet
 - First steps – how to introduce first foods what they should be; examples
 - how to read a food label and what to look out for
 - to look after our nutrition as a parent
 - health snack ideas
 - Family eating - how important sitting down together and eating as a family is to develop feeding routines and behaviours
 - information on lactose weaning and what foods to eat

- eatwell guide and food groups

- ✚ They all found the leaflet helpful and no one commented on improving the leaflet or what could be added to make it more useful. A parent reported that they would like more information on baby led weaning.
- ✚ All parents reported that the session had helped them make a decision on the way the intended to wean their baby and on average **(1= poor and 5= excellent)** scored **4** to how helpful they found the session.
- ✚ **60%** of parents said they would be making homemade food, **40%** of parents said they would be using both jar/packs and homemade food.

Summary

The weaning programme is essential for parents/carers to gain vital information about moving your baby onto solid foods. Parents have the biggest influence on their child's early learning, so it is therefore important to help them gain essential nutritional knowledge so they can provide a healthy balanced diet and the best start in life during the early years. By introducing a healthy diet from young age helps reduce the risks of childhood obesity and tooth decay.

The programme has established positive working relationships with patchwork EH32 and the health visiting team. These relationships have helped us to identify those hard to reach parents who may not access other services to deliver the programme at home. We aim to remove barriers to include the hardest to reach and most vulnerable families to access and engage with our various programmes. Our integrated approach offers our community an opportunity to improve their nutritional status and support them to make positive changes to their food environment.

