

1. In East Lothian all services for children, adults and families work together using the principles of GIRFEC to ensure that the need for support is identified early and appropriate interventions are provided.
2. In East Lothian relationships and trust are central to how we work with families.
3. In East Lothian we understand that all parents try to do the best they can within the constraints of their situation.
4. All East Lothian professionals groups have learning and continuing professional development on attachment theory and infant mental health as a core part of their professional training.
5. At risk families in East Lothian can access evidenced based interventions that develop the parent child relationship
6. All parents in East Lothian can access a universal programme of support that places the relationship between parent and child at the centre.
7. In East Lothian we identify women at risk of mental health problems early and provide support as a priority in the first thousand days.
8. All health, social care and early years professionals encourage parents to read to their babies and infants as an effective and straight forward way of strengthening attachment and language development
9. East Lothian has implemented the NICE guidelines on post natal depression
10. In East Lothian we work with the wider community to provide support to new parents and parents to be. We recognise that outreach and voluntary services often have the most success in working with vulnerable and isolated families.

Next Steps

We hope you enjoy today's conference, and that you have learnt from the conference speakers and workshop presenters.

We would like to have your input and comments on the above ten steps towards the best start in the first thousand days of life. Our plan is to take these ten steps to the strategic bodies in East Lothian responsible for children and mental health and ask for their support in making them a reality.

Please tell us what you think about the ten steps above, are there things that are missing or need changed ?

What would be your top three priorities amongst the ten steps?

Do you have any views or comments about how best to take forward the ten steps ?

Please email your responses to supportfromthestart@eastlothian.gov.uk