The Importance of Good parenting

We know and research shows that parents are the single biggest influence on the development of young children. Good quality learning at home contributes more to children’s intellectual and social development than parental education, income or occupation. (1 Education.gov.uk).

Learning starts long before a child is able to talk or look at books.

The human brain is unfinished at birth but a baby’s brain develops quickly from 25% at birth to 80% of the fully formed brain at 3 years old. This development is ‘experience dependent’ i.e. experiences affect how a child’s brain develops. During the first three years of life, the brain makes trillions of new connections between nerve cells in response to experience. These connections govern the development of language, emotional, physical, social and cognitive abilities. This in turn affects their outlook on life, learning ability, relationships and behaviour.

A wide range of experiences provided by parents or carers that provide context, love, security, stimulation, encouragement and opportunities are needed to help children flourish and grow to achieve their full potential.

Responsive parenting which would include amongst other things, listening and talking from birth, shared thinking as a normal part of daily life, explaining, speculating, describing, making connections and using open questions with the child are all essential for good brain development.

For these reasons, East and Midlothian have undertaken to provide universal and targeted parenting programmes such as ‘Raising children with confidence’, ‘Incredible years’ & baby massage etc. These are being delivered as part of the EYC in some areas. Plans are also being made to join with Midwives and maternity services to provide some of these programs pre birth as parental feedback has indicated that they need to know this information before the baby is born.

What is an Aim Statement?

An Aim Statement is a written, measurable and time-sensitive description of the accomplishments the Team expects to make from its improvement efforts. The Aim Statement answers the question: “What are we trying to accomplish?”

Characteristics of a well written Aim Statement are:

It should be clear: specific and unambiguous.

It should be stretchable: small incremental change

It should provide real value - meaningful to the community.

Example of a good Aim statement:

85% of children will have reached all of the expected developmental milestones at their 27-30 month child health review, by end-2016.

It states what the aim is, who it is targeted at and the date it is hoped to be achieved by.
Again, a good 2 days learning session which allowed CPP’s to share information with each other via storyboards and presentations on the main stage, breakout sessions as well as video and networking.

Unfortunately, East Lothian’s representation was severely affected due to LS3 coinciding with their Care Inspectorate visit for children’s services. However, this did give some home team members the opportunity to attend...but they were still missed!

There was a fantastic and inspirational presentation from Sir Harry Burns, Scotland’s Chief Medical Officer, who taught us the scientific formula of a hug...there was not a dry eye in the house! Make sure you hug your children for at least 6 seconds—this helps them deal with stress as babies and as teenagers and has life long consequences!!!

Breakout sessions covered topics such as improvement modeling, data and measurement and population segmentation.

The themed breakout sessions concentrated on the GIRFEC wellbeing indicators. Lisa (WS3 Big Bedtime Read TOC lead) and June (EYC Program Manager) provided a presentation to the ‘Using the improvement methodology to deliver GIRFEC’ breakout session on using the SHANARRI wheel tool. This tool is a way of gathering data for individuals. In this case, the impact on parent partaking in reading a bed time story to their children. The feedback from this session was very positive...so positive indeed that June and Lisa have been invited to provide the same presentation to the national GIRFEC seminar at Stirling University! (June, EYC PM)

National Partners
Following the meeting on 11th September National partners are now being invited join the IHI extranet.

Workstream 5
Early Years taskforce agreed to scoping the Introduction of Workstream 5. Focused on children from age 5 to start of primary school to age 8/P3. There was a breakout session on workstream 5 at LS3.

EYC Training Package
The PM sub-group are developing three tiered training package to build knowledge and capacity within CPPs around the EYC, model for improvement and data/measurement. This will be available to all soon.

Compassionate Connections Project-Story Worlds Learning Resource National Workshop
Date postponed planned to reschedule for late February 2014. Further information in due course.

Growing up in Scotland and Scandinavia
International conference 13th November 2013. To explore what we know about the wellbeing of children growing up in Scotland. Aimed at anyone with an interest in children’s wellbeing.
**Workstream updates...**

**Workstream 1**

**Ongoing Test Of Change**

**Signs of Safety - (Marion Wood)**

Implement the signs of safety technique to child protection case conferences to encourage a more participative and collaborative approach with families.

East only. Not going to be adopted by Mid. No data as yet.

**Impact on pregnant mothers and children in temporary accommodation outwith area of choice - (Ian Patterson (EL Housing))**

Review the impact on placing homeless families with young children or pregnancy in temporary accommodation outwith an area of the choice.

(Didn’t show what expected. To be repeated again at end of September. Sharing learning with Midlothian. MLC to decide if to adopt or not. Rep from Housing in Mid needs to be established.

**Ceased TOC**

**Early identification of substance misuse in pregnant women - (Fiona Watson)**

Improve early identification of harmful substance use pregnant women

COMPLETE: New leaflet has been designed.

**To be adopted TOC**

**Young mothers-attachment and raising children with confidence**

MLC only - Anne Wilson (NHS) and Cheryl Brown MSS):-- joint working between ML Surestart & midwives. Delivery of training packages such as ‘Mellow bumps’ baby massage and ‘Raising Children with confidence’.

Early intervention with vulnerable pregnant mothers-surestart with midwives

E&M – Anne McConaghy (MLC CLD) – Using the E.A.S.T technique to improve the way in which we communicate with hard to reach parents to encourage the take up of ‘Raising children with confidence’ training. Needs scoped.

**Workstream 2**

**Ongoing Test Of Change**

**Referral pathway for vulnerable children - (Evelyne Brownwright)**

Improve referral route/pathway/panel assessment for children centre applicants.

Hawthorn only. New referral process working well. Will complete soon.

**Tots and Teens - (Pauline Homer)**

Breaking down and developing relationships with parents/carers prior to a child starting with a view to increasing attendance.

Ann Hume. No data as yet

**Ceased TOC**

**Welfare rights and early years services (Cheryl Brown)**

Improve teamwork communication and collaboration between early years services and welfare rights providers.

Improving collaborative working between service providers and welfare right. No data or resources so TOC abandoned.

**To be adopted TOC**

**Uptake of PEEP (baby)**

The first is about increasing the uptake of PEEP (baby) from 2% to 10%.

Helen Harper and Pauline Homer. Already scoped and ready to start.

**Referral to SALT- (Sheonagh Mearns)**

Improve the referral rate and lowering the age. At scoping phase. Initially going to get a baseline pre and post implementation of 27-30 month assessment before building TOC.

**Improving parent/child relationships**

Introducing Before Words and First Words as tools within Olivebank and Hawthorne.

Ann Hume and Evelyne Brownwright. Olivebank and Hawthorn. Stage 1 - establishing accessibility of resource. TOC will measure improvements in relationships between parent and child.

**Workstream 3**

**Ongoing Test Of Change**

**Bed time read - (Chris Saddler)**

To improve parent confidence, parent/ child interaction and child’s readiness to learn. Universal continuing to roll out across Midlothian including nurseries. Next steps adoption of TOC in primary schools.

**Police heightened awareness on calls to domestic violence where there are children and/or pregnant women - (Simon Broadhurst)**

Increase knowledge of frontline officers with respect to Child Concern Forms for children under 5 (incl. Unborn) in domestic incidents.

COMPLETE - Simon Broadhurst leaving collaborative. Replacement yet to be announced.

**LAC in kinship care - Health assessments - (Mhairi McNeill)**

Test the contribution comprehensive health assessments make to the outcome of looked after children at home and in kinship care.

**Mapping services for families (Maggie McNeill) - (This TOC is complete)**

Perform mapping/scoping exercise on a local area with high tariff families. How children become stage 3. Complete. Data to be given to students to do analysis.

**To be adopted TOC**

**Improve school communication with parents to encourage engagement**

MLC only - Susan Smith and Kirsty Lamb -- use E.A.S.T to design effective communication with parents which result in a positive response. Needs scoped.

**Access to information on immunisations & registration with a dentist using NAMS in baby SEEMIS**

Suzanne Thayne - using baby nams in SEEMIS to gather information from parents with the aim of identifying gaps in registrations and immunisations. Needs scoped.

**Improve referral process for ‘Sleep Scotland’ training to parents**

create a ‘triage’ process for children identified as having sleeping difficulties to avoid long waiting times. To be scoped.
Welcome and Farewell...

Farewell
Simon Broadhurst (Police)
Darren Nightingale (East Lothian)
Colin Garry (Midlothian)
Morag Brown (East Lothian)
Lena Hutton (East Lothian)
Steven Clark (Housing)
Morven Ross (East Lothian)

Welcome
Sally McGonigal (NHS)
Anne Wilson (NHS)
Gail Bain (NHS)
Nicola Tait (NHS)
Simon Bain (Housing)
Julia White (East Lothian)

Calendar of Events...

Future leads meetings
- 28th November. Fairfield 1-10am to 12pm, Leads only meeting.
- 16th January 2014. Brunton Hall 9.30am to 10.30am, Leads Meeting

Storyboard session
- 16th January 2014. Brunton Hall From 10.30am to 12.30pm, For all. (Same date, different time as lead meet above)

Future Learning Session (SECC)
- LS4: 28/29 January 14
- LS5: 9/10 June 14
- LS6: 28/29 October 14

Improvement Bootcamp (Glasgow)
- 30/31 January 14
For data managers and other work-stream staff who are wanting to enhance their improvement modelling knowledge. Contact June if interested.

Webex’s
Details sent to EYC membership as in when Webex’s are arranged.

For more information contact:
June McGill
Midlothian Council
Fairfield House
8 Lothian Rd
Dalkeith
EH22 3AA
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Links to research, documents and websites...
- Education Scotland published research which shows in Scotland today there is a significant amount of difference of cognitive ability in children aged 5 years between the most advantaged and disadvantaged families. This is 6-13 months in problem solving ability and 11-18 months in expressive vocabulary. Find out more http://www.educationscotland.gov.uk/learningteachingandassessment/
- WIHI broadcast featuring Ninon Lewis: On the (Virtual) Road with Mobile clinics and population Health Listen here http://www.ihi.org/knowledge/Pages/AudioandVideo/WIHI/MobileHealthClinics.aspx
- Infant Feeding Survey consultation questionnaire and full details available on Health and Social Care information centre website
Background...

The Early Years Collaborative (EYC) was launched by the Scottish Government in Oct 2012 with the support of NHS Scotland, COSLA and Police Scotland. It is a multi-agency, local, quality improvement programme delivered on a national scale focusing on the national outcome, our children have the best start in life and are ready to succeed.

EYC shares the commitments of the **Early Years Framework** which was published in December 2008. EYC’s ambition is to make Scotland the best place in the world to grow up by working with communities to improve outcomes and reduce inequalities.

**3 Stretch Aims:**

- To ensure that women experience positive pregnancies
- To ensure that 85% of all children reach all of the expected developmental milestones.
- To ensure that 90% of all children have reached developmental milestones at the time child starts primary school.

EYC currently has 4 workstreams: pre-birth to 1 month, 1 month to 3 years, 3 years to starting school and a leadership workstream. There are plans to add another workstream which will incorporate children till they are 8 years old.

**The objective:**

- Deliver tangible improvement in outcomes and reduce inequalities for Scotland’s vulnerable children.
- Put Scotland squarely on course to shifting the balance of public services towards early intervention and prevention by 2016.
- Sustain this change to 2018 and beyond.

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**Model of Improvement**

Improvement Modelling is the approach used by EYC to monitor the improvement process.

Driver diagrams are used to clearly show aims, primary and secondary drivers and actions to be taken for each workstream.

To achieve outcomes, new and existing processes are studied to establish areas of improvement. Tests of change (TOC) are set up and improvements are monitored through analysis of data.

The overall aim is to start small, tests interventions and once the process has improved sufficiently scale up to other related service areas. The cycle is based on PDSA i.e. Plan...Do...Study...Act...

Kindergarten children using the model for improvement – A must see!!

[Link](http://www.youtube.com/watch?v=iWYiWE7SKcM)