

Title of paper:	Small Steps at Home Programme	
Report to:	Children's Partnership Board	
Date:	30.03.2016	
Relevant Director:	Phyllis Brackenbury	Wards affected: All
Contact Officer(s) and contact details:	Michelle Battlemuch	
Other officers who have provided input:	Luke Murray	
Relevant Children and Young People's Plan (CYPP) priority:		
Safeguarding and supporting children and families: Children, young people and families will benefit from early and effective support and protection to empower them to overcome difficulties and provide a safe environment in which to thrive.	<input type="checkbox"/>	
Promoting the health and wellbeing of babies, children and young people: From pregnancy and throughout life, babies, children, young people and families will be healthier, more emotionally resilient and better able to make informed decisions about their health and wellbeing.	<input checked="" type="checkbox"/>	
Supporting achievement and academic attainment: All children and young people will leave school with the best skills and qualifications they can achieve and will be ready for independence, work or further learning.	<input type="checkbox"/>	
Empowering families to be strong and achieve economic wellbeing: More families will be empowered and able to deal with family issues and child poverty will be significantly reduced.	<input type="checkbox"/>	
Summary of issues (including benefits to customers/service users):		
<p>The 'Small Steps at home' programme is designed to be aligned with the Healthy Child Programme, in recognition of the impact of this critical time in a child's development. It is a programme based on primary prevention principles, designed to be implemented universally with all new maternities and births, focussing on routine issues and challenges that every parent faces which if left unsupported or resolved could result in poor outcomes for the child.</p> <p>Small Steps at Home is age and stage appropriate, with the content of each visit focussed on one or more of the 3 key child development outcomes of Communication & Language, Social & Emotional Development, and Nutrition. These most closely align to the CYPP outcomes and measures around 'good maternal health and healthy babies', 'healthy lifestyles', and 'ready for school'.</p> <p>The programme values an understanding of parents' strengths and aims to build adult capacity to give their child the best start in life. The huge value of all local services supporting pregnant mothers and children is promoted throughout, with such things as the local antenatal classes 'Bump, Birth and Baby' promoted on the antenatal visits and the early years 2 year offer being promoted at the appropriate time. This is already showing an early positive impact on parents attending those antenatal classes.</p> <p>Parents are guided to think about how they can best support their child to develop to their potential and remain safe. This is through a range of carefully selected activities, tip sheets. Best practice Public Health messages are aligned and amplified by the programme, testing the hypothesis that parents are more likely to act on repeated messages which do not conflict. These</p>		

messages range from promoting sensitive nurturing parenting, to maintaining a safe home environment, and ensuring healthy family foods. There is also a focus on play activities to help support improved outcomes for children, encouraging fun and developmentally stimulating play.

The Small Steps at Home Programme is being delivered by Family Mentors, a new workforce, of paid peer supporters. Currently they are live and delivering in Aspley and Bulwell wards, with the tender for delivery in Arboretum and St. Ann's being live with delivery scheduled to begin in September 2016. The offer of the Small Steps at Home Programme is being made to all new births and maternities in Aspley & Bulwell wards from September 2015, to align with future academic intakes, uptake of the programme in the first three months of delivery has been encouraging.

Evaluation of the programme will be both quantitative and qualitative. All visits and activities are recorded on the national patient record system, enabling levels of delivery to be linked to outcomes such as breastfeeding, maternal mental health, as well as longer term child development outcomes such as obesity and school attainment.

The programme has been co-produced with parents, professionals and a range of experts in the relevant fields. The programme will continue to be developed, tested and refined over the coming years.

Recommendations:

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| 1 | To note the report. |
| 2 | To support the Small Steps at Home Programme. |

1 BACKGROUND AND PROPOSALS

1.1 See above summary and presentation delivered at Board.

2 RISKS

2.1 None.

3 FINANCIAL IMPLICATIONS

3.1 None. Programme funded by A Better Start grant.

4 LEGAL IMPLICATIONS

4.1 None.

5 CLIENT GROUP

5.1 All pregnancies and new births in Aspley, Bulwell, Arboretum and St. Ann's.

6 IMPACT ON EQUALITIES ISSUES

6.1 The Small Steps at Home Programme is universal and will be offered to all new maternities and births in the wards. There is a higher proportion of BME and non-English speaking communities in Arboretum and St. Ann's than there are in Aspley and Bulwell.

7 OUTCOMES AND PRIORITIES AFFECTED

7.1 In the immediate term 'Promoting the health and wellbeing of babies, children and young people'. However the programme is designed to improve early outcomes for children in order to impact on their longer term outcomes and future life chances, and so should impact on multiple CYPP outcomes and priorities.