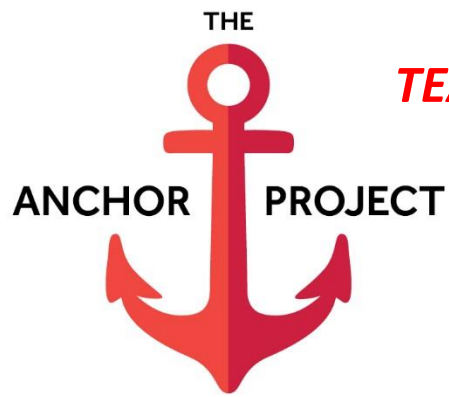




TEAM TALK: SUPPORTING HEALTHY PARENT-CHILD ATTACHMENT
RELATIONSHIPS, CHILD NEURODEVELOPMENT & EMOTIONAL
WELLBEING: INSIGHTS FROM PARENT FOCUS GROUPS

Dr Anna Battersby – Specialist Trainee in
Community Child Health, London, UK

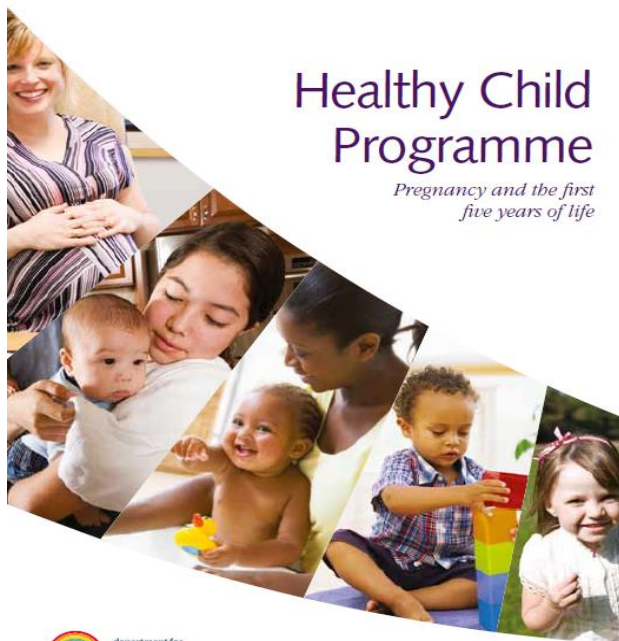




The Anchor Project

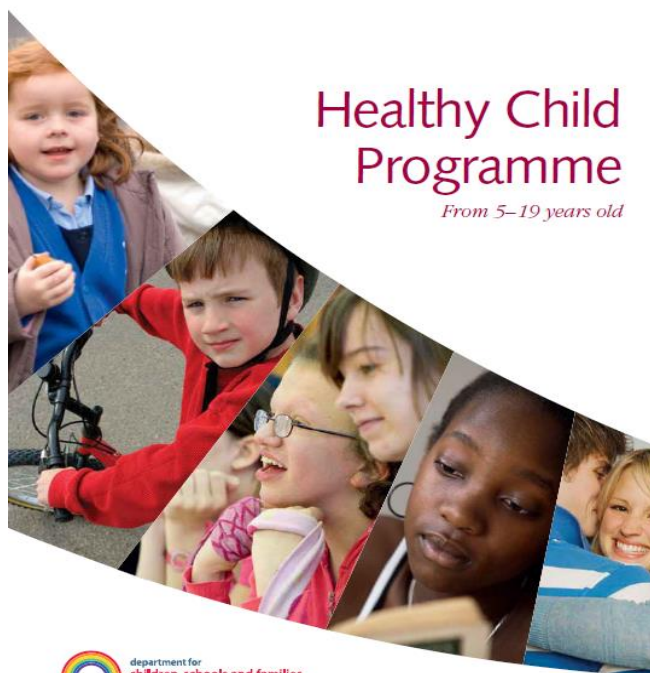
Supporting children and their families
to live resilient and stable lives.

www.haringey.gov.uk/anchor-project



Healthy Child Programme

*Pregnancy and the first
five years of life*



Healthy Child Programme

From 5–19 years old



Haringey
LONDON



TEAM TALK - Background



- Children with behavioural difficulties may began school with developmental delay &/or poor emotional regulation
- Significant early life relationships & family centred environmental factors affect a child's school "readiness"
- During pregnancy, & the first 5 years of life, parents have ~ 25 contacts with health professionals



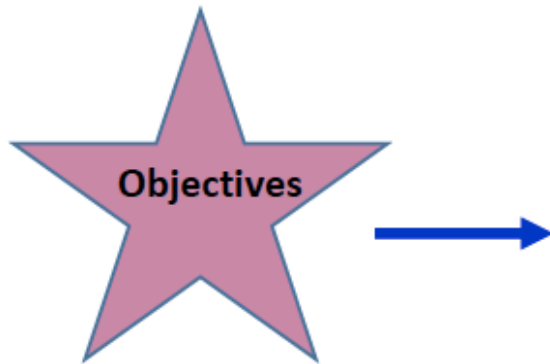
Make every contact count!



TEAM TALK - Objectives



Overall aim: To support parents to give their child the stimulatory environment required to reach their neuro-developmental potential



1. To increase the information given to new parents about the development of their child's: motor, speech, language and social skills and healthy attachment and emotional wellbeing.
2. Give specific advice that is practical and meaningful.
3. Provide consistent advice which is reinforced across sectors and disciplines.



Health Profile 2017

Health in summary

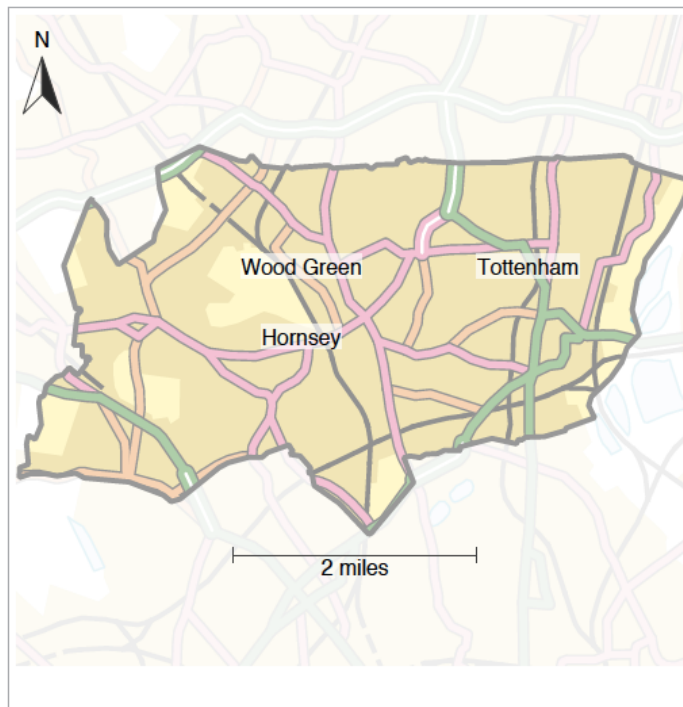
The health of people in Haringey is varied compared with the England average. Haringey is one of the 20% most deprived districts/unitary authorities in England and about 26% (13,600) of children live in low income families. Life expectancy for women is higher than the England average.

Health inequalities

Life expectancy is 6.5 years lower for men and 4.7 years lower for women in the most deprived areas of Haringey than in the least deprived areas.

Child health

In Year 6, 24.0% (596) of children are classified as obese, worse than the average for England. The rate of alcohol-specific hospital stays among those under 18 is 31*. This represents 18 stays per year. Levels of GCSE attainment and breastfeeding initiation are better than the England average.





- **Timing**
 - “Antenatal appointments are too short”*
 - “too overwhelmed with information”*
 - [at the new birth visit]
- **Method**
 - “Face-to-face” “not leaflets”*
 - “calm environment”*
 - “I want my partner included”*
 - “No-one showed me what to do”*
- **Content**
 - “I felt that advice was not tailored for mums going back to work”*

All mothers agreed that they wanted more information on attachment & neurodevelopment

TEAM TALK - Focus Groups



- Method

- A cross sector and multidisciplinary approach: health visitors, midwives, ultrasonographers, junior doctors, GPs
- Face-to-face verbal advice & demonstration
- Succinct training materials for professionals

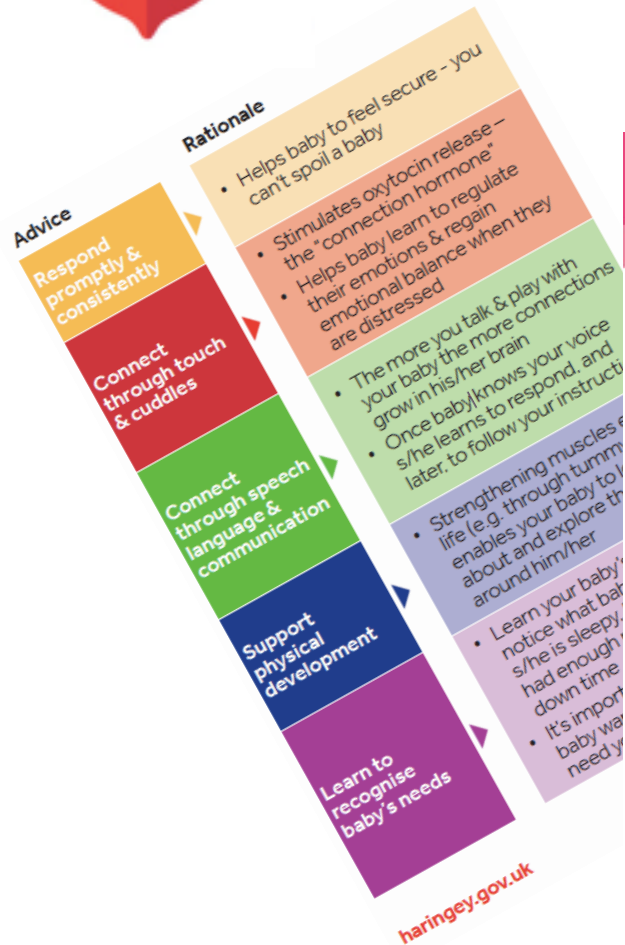


- a. Healthy attachment between child and care-givers.
- b. Reduce developmental delay secondary to low stimulation environments and inconsistent parenting.
- c. Improved school readiness.



TEAM TALK & Five to Thrive





Background and rationale

Team talk is a key component of triaging a relationship based approach to resilience. It is a cross-sector interdisciplinary project to support health professionals working with families with children age 0 – 5 years old. School children with learning and behavioural difficulties, often begin school with delayed or distressed acquisition of core global neurodevelopmental skills and poor emotional regulatory skills. The project seeks to support key early life relationships and to influence family-centred environmental factors which can affect a child's school readiness. In the first 2 years of a healthy child's life, new parents will have up to 25 routine points of contact with health professionals (including the antenatal period): plenty of opportunities to support and educate.

Alim

The Team talk project aims to support parents to provide the optimal stimulatory environment for their child to reach their neurodevelopmental potential.

Objectives

- 1 Increase the information given to new parents about secure parent-child attachment relations and their child's global neurodevelopment and emotional wellbeing
- 2 Give specific advice that is easily understood, practical and meaningful
- 3 Provide consistent advice which is reinforced across sectors and disciplines

KEY – areas of focus

- Responding promptly & consistently
- Connecting through Touch & cuddles
- Connecting through Speech Language & Communication
- Supporting physical development
- Learning to recognise baby's needs



What to say to new parents

[illegible]



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Summary

The **Team Talk** element of **The Anchor Project** is helping to deliver a number of key aims of the Healthy Child Programme:

- Help parents develop a strong bond with children
- Identify problems in children's health and development
- Encourage care that keeps children healthy and safe
- Make sure children are prepared for school
- Help with problems that might affect chances later in life



*Thanks to Ceri May, Susan Otiti and all the
public health team in Haringey*

Haringey
LONDON