

### Consultation on First 1,000 Days

Promote and protect the health and wellbeing of children from pregnancy (for example through positive parenting, high immunisation rates and tackling smoking in pregnancy).

PTHB provide many services that promote and protect the health and wellbeing of children, many of which are outlined within the newly implemented Healthy Child Wales Programme.

Some specific interventions include:

Powys Teaching Health Board (PTHB) staff explore a parent's smoking status as part of their holistic family needs assessment during the antenatal period. CO monitoring reading, referral and support for parents to stop smoking is offered as a universal provision. The benefits of stopping smoking and offer of CO monitoring use is also extended to wider family members/ grandparents /carers as appropriate.

PTHB and the local Public Health team work closely on promoting immunisations and monitoring uptake rates throughout pregnancy and infancy. Staff continually reiterate the importance of immunisations for mothers and their new baby; the Bump, Baby and Beyond book is used as a resource and any missed immunisation appointments are followed up by the health visitor in accordance with the CHIP standards.

PTHB have an Antenatal and Postnatal Mental Health Guideline which ensures all mothers and their families are asked about their emotional health. It provides a pathway that all PTHB staff follow, in terms of assessment and interventions which is also in line with the Healthy Child Wales Programme. However our Antenatal and Postnatal Mental Health Guidelines supports an integrated approach to this issue by recognising the role of other professionals and services working with these women and their families, for example Midwifery, Health Visiting, Community Mental Health, Nursery Nurses, GP's and partner agencies. Our emphasis is not only on prevention and early intervention but also a community approach.

We value the funding provided by Welsh Government to develop Perinatal Mental Health Services across Wales as this has enabled PTHB to employ staff to work directly with women with a mild to moderate level of mental health illness as well as ensuring all staff working within this field can have access to clinical supervision.

As a natural next step, PTHB now recognise the need to focus on developing services/resources to support the parent-infant relationship.

With regards to promoting positive parenting, both the Healthy Child Wales Programme and FS Core Programme have a consistent thread running through which supports the parent-child relationship. The health visitor has a remit from 24 – 28 weeks of pregnancy and this gives them an opportunity to ensure parents are aware of the unique abilities of the infant/child and that they are aware of the importance of attachment and bonding and how this can be promoted between themselves and their infant/child.

Within Powys, formal parenting support is provided in the shape of Incredible Years Parenting Programmes which in the main are delivered by Action for Children. However all Health Visitor practice is underpinned by the Solihull Approach

Support to breast feed and the benefit to both mother and baby in protecting health is paramount in Powys. PTHB has achieved BFI stage 3 accreditation and PTHB staff work alongside breastfeeding peer support workers to facilitate community based breast feeding groups. It is recognised that these groups improve confidence, encourage breast feeding for longer, and help to reduce isolation allowing mothers the opportunity to develop support networks.

However it also needs to be recognised the important role school nurses can play in positively influencing the health behaviours of 'future parents' through health promotion in school. It is hoped that this will be acknowledged in the new refresh of the school nursing framework

□ Deliver improved child health outcomes across Wales (for example prevention of obesity and the promotion of health-enhancing behaviours for every child such as eating a well balanced diet, playing actively, and having an appropriate weight and height for their age and general health).

PTHB recognise the importance of a child's early experiences on future physical and mental health and wellbeing and aim to provide all parents with the support they need to be the best parents they can be.

PTHB recognises the importance of working with our local public health colleagues to help develop outcome frameworks and through partnership working between PTHB and Public Health Wales a series of groups which are underpinned by the key messages discussed above have been implemented.

Bumps to Baby Buggy Walks, offers mothers-to-be and new parents the opportunity to get together with others within their community opportunity for exercise and support is beneficial for their own physical and mental health and wellbeing. This supports the prevention of obesity as well as addressing parental mental health and parent-infant relationships. It provides parents with the opportunity to ask questions and explore any concerns or worries. Social media has been used to successfully connect our staff, parents and communities across the large rural county of Powys.

Splash a Sbri, is a water based group which provides parents with the opportunity to introduce their child to water and promotes the benefits of physical movement. Again, the group is underpinned by key messages - songs and nursery rhymes are utilised to encourage parents to talk, sing, look at and hold their child. A member of the health team works in collaboration with leisure centre staff to facilitate the sessions

Healthy eating messages begin during the antenatal period, with health visitors exploring parental eating habits and food choices. The benefits of breastfeeding are promoted, however staff are respectful of parental choice.

The importance of weaning at the recommended age will again be promoted through individual discussion or group activity. Weaning Parties are offered to all families

between four and six months, often as part of ongoing parenting programmes. The aim is to encourage age appropriate weaning at the correct age. Again, it provides an opportunity for parents to come together and benefit from peer support.

However it is recognised that whilst we are delivering a range of interventions to promote and protect the wellbeing of infants and children, it is often difficult to attribute any impact they make on the wider public health outcomes. One explanation for this is that data collection has been challenging but we are hopeful that improvements to the child health system and implementation of the WCCIS system will provide the mechanism for more robust data collection in the future.

□ Tackle child health inequalities, with a specific focus on child poverty and disabled children.

PTHB delivers a full Flying Start programme which has a specific focus on reducing poverty and also health inequalities and therefore in line with the Poverty Strategy, staff within Flying Start targeted areas actively work with parents where poverty has been identified as impacting upon their child's health and wellbeing. Health Visitors are uniquely positioned to work alongside parents, using a solution focused approach, to explore and identify areas that may be impinging upon themselves and their family. Staff make use of the Family Information Service and signpost clients to community resources, for example, Food Banks, Credit Unit.

The Healthy Child Wales Programme aims to reduce inequalities through the efficient and effective use of resources and PTHB has sufficient staff to deliver this programme ensuring timely interventions which are determined by the family's level of need. PTHB also works with Families First projects within Powys egg Team around the Family which provide additional support to families whose needs are greatest

Each Health Visitor teams understanding of local health and community resources enables families with children with disabilities to access appropriate and timely support.

Powys has an integrated disability service which coordinates a multi-agency service for those children with a disability and their families. Further work is currently being

undertaken to develop this model further to align with the Social Services and Wellbeing Act and provide a more robust key working service. The ring fencing of this element of the Families First funding is considered to be important to ensure the safeguarding of disability services for children.

PTHB welcomes the 'Designed to Smile' service which addresses the issue of dental decay often linked with socio-economic deprivation.

Reduce child deaths and injury prevention, particularly in the most deprived parts of Wales where infant mortality is much higher than the least deprived.

In order to identify risks, throughout pregnancy and the pre-school years, PTHB staff continually assess risk and promote safety messages in collaboration with families utilising the Children in Wales – Keep In Mind - Home Safety assessments cards. The Bump, Baby and Beyond book is considered to be a useful resource to enable parents to access further information. A child's age and stage of development are central to these discussions.

Social media is considered to be an effective medium to share messages and alerts widely across our communities and on a more local level, PTHB provide display boards in clinic areas and at groups throughout Powys to highlight safety messages.

We recognise the importance of providing a Health Visitor follow up of all children who attend accident and minor injury unit or hospital attendances to offer further guidance and support around prevention. Furthermore it is important to recognise patterns of frequent attendances and consider whether safeguarding is a concern.

Priority is given to promoting messages around safe sleeping and prevention of sudden infant death at all early contacts. The CONI and CONI plus scheme is provided in Powys and is very much valued by parents who receive this service.

Support effective child development and emotional and social well-being - specifically interventions that are delivered outside the health service which can help to detect and address developmental delays.

All work undertaken is underpinned by the five key messages which support a child's social and emotional development. PTHB staff work closely with our partners within

Action for Children, who provide one-to-one family support and facilitate group work with families.

Working and training in partnership with other agencies allows the pooling of skills, knowledge, experience and resource which can be further promoted outside of the health arena. For example, Bumps to Baby Buggy Walks, Sblash a Sbri. Links with pre school provision enable a smoother transition to school.

Focus on improving learning and speech and language development through the home learning environment and access to early years' provision (including childminders, preschools and day nurseries).

PTHB health visiting teams are closely supported by speech and language colleagues who offer regular updates, supervision and joint visiting opportunities as needed. Furthermore we value the Book start packs which are given to all parents to encourage the benefits of sharing books, talking and singing.

PTHB staff work in partnership with library colleagues to facilitate library rhyme time and introduces parents and children to library facilities and activities. As previously reported we believe 'Sblash a Sbri' offers a fantastic opportunity for the promotion of speech and language.

Reduce the adverse impact on the child of psychosocial issues such as poor parenting, disruptive family relationships, domestic violence, mental health issues and substance misuse through effective safeguarding.

PTHB recognises the importance of the ACE report as a platform on which to better understand the prevalence of children experiencing ACEs within Powys and the adverse impact ACEs are having on them. Once this has been established, it will be important to use this information to re-design services that start to address the issues and break perpetual cycles of destructive parental behaviours or identify children earlier who are in need of safeguarding.

However for those parents who have experienced ACEs themselves, whilst some joint working with outside agencies begins to enable and empower them to be better

parents, further input in the form of additional services that work to support the parent-infant relationship may need to be considered.

It is thought that a screening tool would be helpful in understanding the prevalence of ACEs which staff may need training to implement.

On a more general note, The Healthy Child Wales Programme / Flying Start Core Programme provides the opportunity to review an infant's social and emotional development, provide evidence-based advice and guidance, and assess when specialist input is required.

Furthermore, in PTHB, staff have been trained in the Solihull Approach and are encouraged to think beneath the behaviour and actions of parents. With the concepts of 'containment' and reciprocity' in mind, staff offer parents additional support where they are given the opportunity to share their story and experiences so far. The aim of this way of working, is to support parents to make sense of what has happened or may be happening for them and how this may impact on their ability to parent and their relationship with their baby.

For more complex cases, PTHB provides a health practitioner to the Integrated Family Support Service which works with families where there is substance misuse and parents are at risk of having their child taken into care. This programme is evaluating very well.

Ultimately all staff are skilled in recognising when children are suffering or are at risk of suffering significant harm and will work within the All Wales Child protection guidelines.