

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

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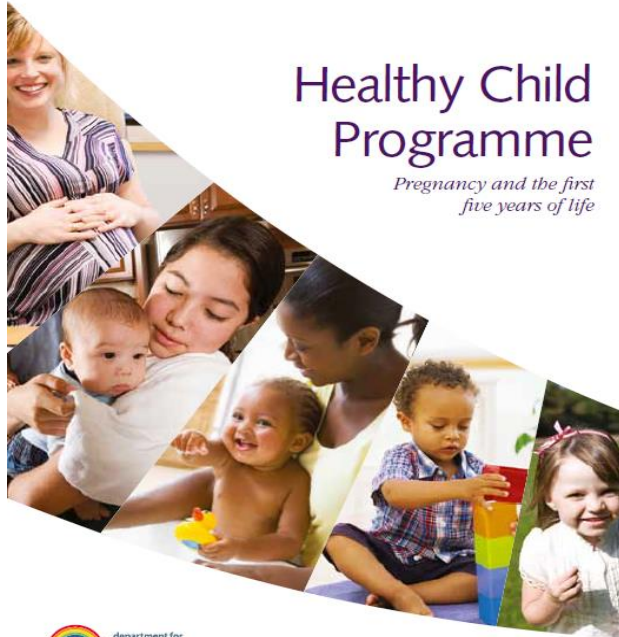




The Anchor Project

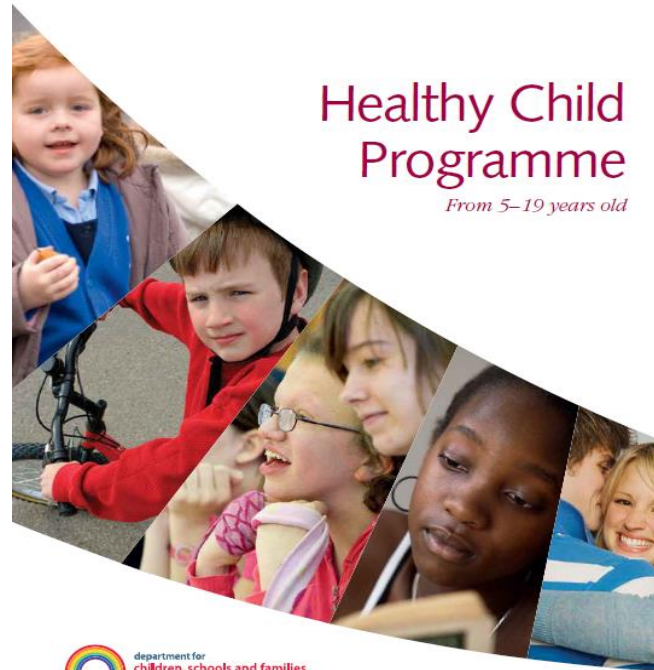
Supporting children and their families to live resilient and stable lives.

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





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



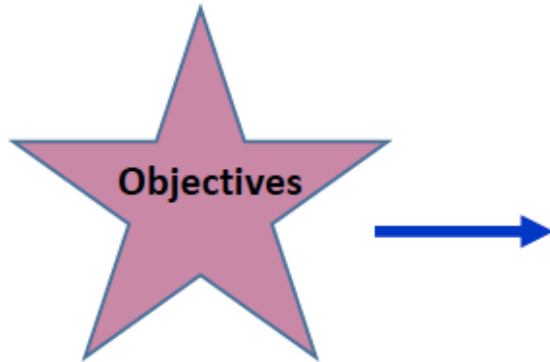
Make every contact count!



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.



TEAM TALK - Haringey



Health Profile 2017

Health in summary

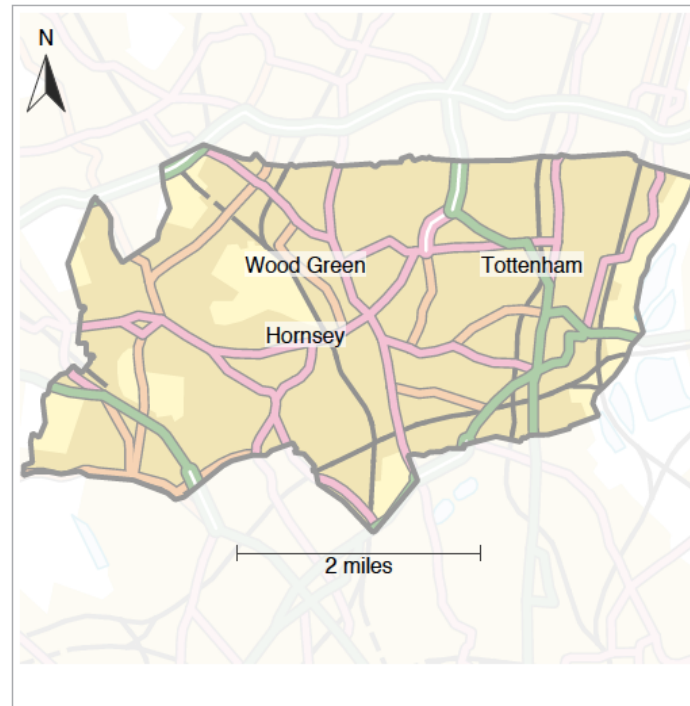
The health of people in Haringey is varied compared with the England average. Haringey is one of the 20% most deprived districts/unitary authorities in England and about 26% (13,600) of children live in low income families. Life expectancy for women is higher than the England average.

Health inequalities

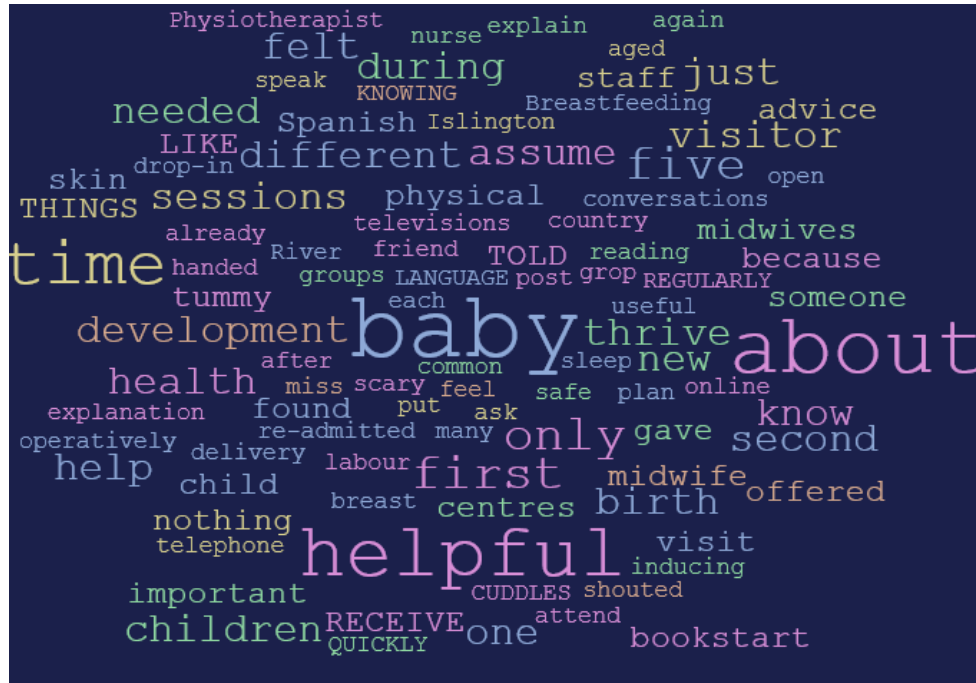
Life expectancy is 6.5 years lower for men and 4.7 years lower for women in the most deprived areas of Haringey than in the least deprived areas.

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.



TEAM TALK - Focus Groups



- **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

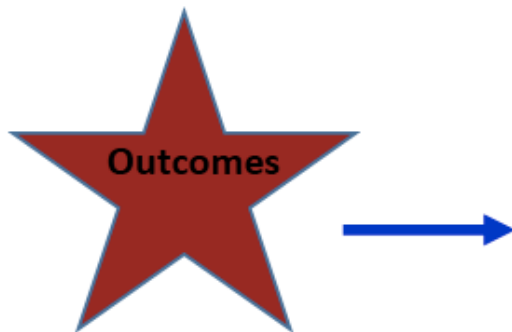


TEAM TALK - Focus Groups



- 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.



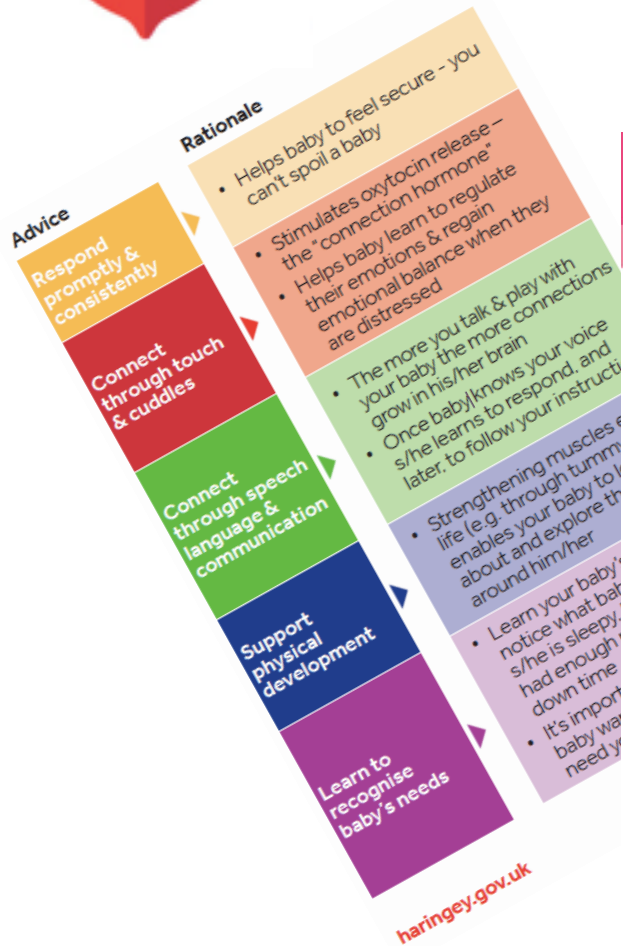


TEAM TALK & Five to Thrive





TEAM TALK - Resources



Team Talk

Information for Health Visitors

Background and rationale

Team talk is a key component of Haringey's 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 disordered 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 26 routine points of contact with health professionals (including the antenatal period): plenty of opportunities to support and educate.

Aim

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

Objectives

- Increase the information given to new parents about secure parent-child attachment relation and their child's global neurodevelopment and emotional wellbeing
- Give specific advice that is easily understood, practical and meaningful
- 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

Age Group	Communication / Action
28-36 weeks	<ul style="list-style-type: none"> Identify cues (e.g. crying) to know your baby. What are baby's signs that they know that they are tired hungry or need slow time? (e.g. When they yell down time they may look away to rest together give baby a rest from being & play. Take 3 slow breaths & cuddle them to stimulate oxytocin release - the connection hormone. Play favourite music to calm.
10-16 days	<ul style="list-style-type: none"> Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Play simple games when baby is awake in the mood such as peekaboo, matching baby's facial expressions, and to avoid the garden making eye contact & matching their expression will suit baby best Show what baby can see Making eye contact & engaging facial expressions Take you have the signs that baby is sleepy hungry or had enough play & wants someone to hold them Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Show what baby can see
6-8 weeks	<ul style="list-style-type: none"> Identify cues (e.g. crying) to know your baby. What are baby's signs that they know that they are tired hungry or need slow time? (e.g. When they yell down time they may look away to rest together give baby a rest from being & play. Take 3 slow breaths & cuddle them to stimulate oxytocin release - the connection hormone. Play favourite music to calm. Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Play simple games when baby is awake in the mood such as peekaboo, matching baby's facial expressions, and to avoid the garden making eye contact & matching their expression will suit baby best Show what baby can see Making eye contact & engaging facial expressions Take you have the signs that baby is sleepy hungry or had enough play & wants someone to hold them Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Show what baby can see
12 months	<ul style="list-style-type: none"> Development of 9-12 months - A critical time for language development Identify cues (e.g. crying) to know your baby. What are baby's signs that they know that they are tired hungry or need slow time? (e.g. When they yell down time they may look away to rest together give baby a rest from being & play. Take 3 slow breaths & cuddle them to stimulate oxytocin release - the connection hormone. Play favourite music to calm. Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Play simple games when baby is awake in the mood such as peekaboo, matching baby's facial expressions, and to avoid the garden making eye contact & matching their expression will suit baby best Show what baby can see Making eye contact & engaging facial expressions Take you have the signs that baby is sleepy hungry or had enough play & wants someone to hold them Plenty of tummy time when baby is awake to strengthen muscles & encourage to look at & reach for toys Show what baby can see
24-30 months	<ul style="list-style-type: none"> At this age baby will feel anxious when you leave him/her with someone else (6 months of this age he/she has opportunities to build trust in others & trust that you will return or arrange for them to spend a short time with other trusted adults. Always ensure baby is happy & safe when you go to work or to school) Give opportunities to play with children of same age. Give them a chance to resolve disputes, be prepared to step in & help resolve disputes & help sharing & turn taking Play learning games - e.g. counting steps, matching toys, name body parts, taking about stories Make sure they have lots of outdoor play to walk, run & freely explore





The Anchor Project

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to live resilient and stable lives.*

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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