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

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

**Objectives**

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.
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

Outcomes
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 - Information for Health Visitors

**Background and rationale**

Team talk is a key component of our project’s relationship-based approach to supporting families. It is a cross-sector interprofessional project to support health professionals working with families with children aged 0-5 years old. The project goals are to provide early intervention support for families, promote positive child development, and reduce the risk of adverse outcomes in early childhood. The project aims to support parents and families on issues such as emotional well-being, which can affect a child’s school readiness. The project is designed to provide health professionals with accurate information about the importance of early intervention support for families, including the antenatal period, a key opportunity to identify and support parents at risk.

**Aims**

- The team talk project aims to support parents to provide the optimal stimulation environment for their child to reach their needs and developmental potential.

**Objectives**

- Increase the information given to new parents about secure parent-child attachment relationship
- Support and promote positive emotional and social development
- Promote early intervention support for families
- Increase awareness of the importance of early intervention support for families

**Feedback and evaluation**

- The team talk project has been evaluated and feedback has been received from health professionals.

**What to say to new parents**

- **0-12 months**
  - Introduction
  - Importance of early intervention support
  - Parent-child attachment relationship
  - Emotional and social development

- **13-24 months**
  - Transition to nursery school
  - Importance of early intervention support
  - Parent-child attachment relationship
  - Emotional and social development

- **25-36 months**
  - Transition to primary school
  - Importance of early intervention support
  - Parent-child attachment relationship
  - Emotional and social development

- **37-48 months**
  - Transition to primary school
  - Importance of early intervention support
  - Parent-child attachment relationship
  - Emotional and social development

- **49-60 months**
  - Transition to secondary school
  - Importance of early intervention support
  - Parent-child attachment relationship
  - Emotional and social development

**Values**

- Supportive
- Empowering
- Progressive
- Innovative
- Evidence-based

**Conclusion**

The team talk project has been successful in providing valuable information to health professionals about early intervention support for families. The project has received positive feedback from health professionals, and it is recommended that the project continues to support parents and families.
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

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