

## Introduction

Hampshire Healthy Families (HHF) is a partnership between Southern Health & Barnardo's.

Barnardo's was commissioned in April 2017 starting with a universal birth to five offer (0-5). The current contract that started in August 2020 covers a universal birth to nineteen offer (0-19) for all Hampshire families.

Community Health Development Workers (CHDWs) are based at the health visiting team hubs and cover every Hampshire locality. They also manage localised small teams of volunteers.

We support health visiting & school nurse teams across Hampshire to inform parents of the latest health and well-being messages for families with babies, young children & teens.

Our whole community offer is delivered in many ways, however the part of the offer that may hold the most interest to you is preparing families and young children for their first day and year at school.

We hope that by sharing this information with you, we can work in close partnership to empower families to support emotional safety and encourage the skills and attitudes we collectively know will help a child to feel confident, capable and excited for the first day of school and the years that follow.

This specific offer is called School Readiness: Nurturing Young Brains.

## School Readiness: Nurturing Young Brains

- For parents & carers of children aged 3 years+
- 1 x interactive workshop
- **Or** interactive 4 week course covering brain development, emotional safety, readiness to learn



**School Readiness: Nurturing Young Brains** is aimed at families with children from around 3 years old. It is offered as a one-off FREE workshop or a FREE 4 week course. It is currently in an interactive digital format, but will become face-to-face in the future when it is safe to do so. When this time comes it may offer more bespoke ways of working with you to offer local families these opportunities.

Ideally we are encouraging parents to book on as early as possible in the year before their children start school, but they are free to access at anytime.

Participating early means parents have ample time to make use of the knowledge & resources we provide them with, following their engagement. The format leads them through the process from school application to school entry (and a little bit beyond, if they access the course).

The follow up resources are likened to a 'toolkit' so that parents understand that they may not need everything at once. We help them to see preparing for school as a journey with lots of opportunity to receive support where required e.g. toileting advice & guidance from their health visitor.

Our aim is to empower parents to make appropriate choices that benefit the health, well-being and education of their child and give them confidence to enter into an effective and enduring relationship & partnership with the school.

Our offer is built around the Unicef three pillars of school readiness and this is in line with Services for Young Children in Hampshire (Ready Child, Ready Family, Ready School). We aim for a joined up approach with education & health. This integrates well with our Five to Thrive parenting approach (another course we offer), which shares some common themes.

Emotional safety underpins school readiness, as we know that this primes and activates the brain to be ready to learn. We support parents to understand how attachment impacts on optimal brain development. All our workshops and courses across the offer are underpinned by Five to Thrive for this reason.

# School Readiness: Nurturing Young Brains

- Brain development
- Mind-set & resilience
- Home learning environment
- Separation anxiety & behaviour changes
- Independence & routines
- Inclusion
- Communication
- Practical preparation & transition



What is School Readiness?		
Child	Family	School
Curious	Play	Trust
Excited	Talk	Transition
Sociable	Relax	Experiences
Confident	Choices	Environment
Enthusiastic	Routines	Relationships
Independent	Resources	Communication

The three Rs - Ready Child, Ready Family, Ready School  
- Unicef

Our course & workshop content is evidence based and works in harmony with existing education and health resources available to parents. It is written and delivered in a clear and parent friendly way for participation & engagement.

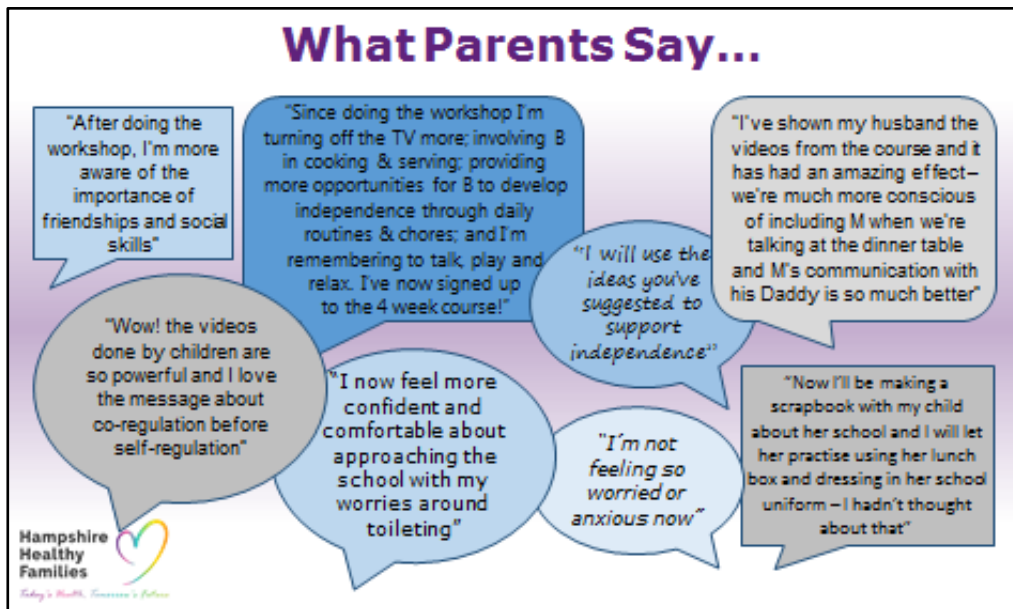
Common themes across both workshop & course are:

Brain development, mind-set, the home learning environment, separation anxiety, routines, behaviour changes, independence, resilience, inclusion, communication, practical preparation & transition and much more.

We use a variety of methods for interaction such as: discussing feelings about children starting school, use of information videos – many featuring the child's voice, multiple choice quizzes, animated slides & top tips.

The **workshop** is designed to be more of a taster, although for confident parents this may be more than enough with the additional resources within the toolkit. Those that attend the workshop are also encouraged to attend the course.

The **course** takes the information from the workshop and extends it, including additional topics that create a deeper understanding and interest. Great for **all** parents.



Although the workshops have only begun in September 2020 and the course at the beginning of November 2020, we have had some phenomenal feedback and evidence of impact already – examples as shown on the slide.

Here are some further examples of feedback from our partners from Southern Health & our own team and volunteers:

*"I loved the information about parenting approaches as it made you think about your own parenting styles"*

*"Really pleased to hear the promotion of relaxation because so many parents feel they have to fill their children's time when all the child wants to do is relax"*

*"There is some complex information about the brain but you have explained it in a way that can be understood by parents. There was quite a lot about Five to Thrive in the workshop"*

*"Loved the ideas around visual timetables"*

*"Loved the videos and there is so much information in the course that will benefit all parents, not just those who have a child going to school"*

*"Regardless of their ability, every parent will have a better understanding of school readiness and find something useful take away from today's session"*

## Going Forward

- School Readiness: Nurturing Young Brains
- Schools as partners
- Supporting the community and preparing young children and families for school
- Making contact



We are always willing to hear from our partners and professional colleagues as to whether there is a better way to market the offer for the course & workshop. Is there a better name or phrase to attach to it, or do you think this is clear and catchy enough?

We're strengthening relationships and engagement with schools. Our initial ideas about working collaboratively are:

- You could feature our workshops and courses on your school website & newsletters. Alongside this information pack and presentation, we have provided you with the information to signpost parents straight to the Eventbrite booking platform, including posters for all your communication media used at the school. Please let us know if you require anything further to assist the promotion.
- When face-to-face opportunities are available again (post pandemic), you could provide us with a space in your school to be able to run workshops and courses on site, more of a bespoke service – linking in with your prospective parents who have children starting school with you in the following year

We are very open to any discussions that might help with working together. We would love to hear from you, if you think there is a way forward with your school for any of the above or other ideas in which to engage and support you with families. Our contact detail are at the end of this short presentation.

We would also like to take the opportunity to let you know about the wider community offer we have available to all families with young children. We have many other courses, workshops and other activities that may suit your families from time to time. The following information will help you signpost those families, should the need arise.

## The Community Offer

- Public health outreach
- Volunteering opportunities
- Ready Steady Mums
- Befriending services
- Courses & workshops



### Public health outreach

In our everyday contact with local families & professional partners, we have a variety of roadshows that we take out to community settings such as parent & toddler groups, early years settings and community events.

We have display boards and resources for a number of key health messages: oral health; physical health; Five to Thrive; accident prevention; school readiness; Stoptober; breastfeeding; road safety; sugar swaps; immunisation; ICON; maternal mental health; safer sleep; sun & water safety; when to go to A&E; New Year, New You.

### Volunteers

Our volunteers make a huge contribution to our service and have a wealth of experience. They are all fully vetted. They have a thorough induction including safeguarding, ongoing support, and monthly supervision.

### Ready Steady Mums

These are FREE walking groups for parents/grandparents & carers with babies and are mainly run by our volunteers on a weekly basis. You can find links to all the groups across Hampshire on the Hampshire Healthy Families website and Facebook page. We also have dedicated local Facebook pages for parents for this activity.

### Befriending Service

We provide community support for families who are new to the area, feel isolated or find it daunting to access social groups or activities.

### Courses & Workshops

Normally we would be in the heart of the community delivering a variety of courses & workshops face to face but we have adapted these and they are all currently delivered digitally.



## Digital Innovation

- Online workshop delivery
- Online self-serve booking
- Universal offer with priority places for vulnerable families
- Vimeo channel pre-recorded sessions

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)



Facebook



Instagram



Twitter

All of our workshops & courses are **FREE** and bookable on Eventbrite. It's a universal offer. There is flexibility for all parents to attend; we offer daytime & twilight sessions.

The Eventbrite direct link for course & workshop bookings is:

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>

Families can also click on the Hampshire Healthy Families tile on the website and then go to 'Activities for Parents' to find details and can then click on the link to book via Eventbrite.

We can work with you to make sure that vulnerable families are prioritised and can help to settle any pre-course nerves by having a short meeting with them via Zoom if required. There is no need for families to have microphones or cameras on and there is no pressure to interact.

We also have a Vimeo channel and will be adding to our suite of pre-recorded short webinars (on our website).

Hampshire Healthy Families has a presence on Facebook, Instagram & Twitter.

We've integrated key public health messages into all of our courses & workshops. They are interactive, include quizzes & discussions and are underpinned by the principals of Five to Thrive. The voice of the child speaks out in all courses and workshops and we send out supplementary information afterwards.

We would like to show you our complete offer, including the school readiness aspect already shown.



**Hampshire Healthy Families** – Barnardo’s & Southern Health Foundation Trust have a range of interactive courses & workshops available for families as a universal offer: ideally a journey from birth to starting school.

**Five to Thrive (6 wks to 6 mths):** A 4 week course, consisting of 4 x 1.5 hour sessions. A parenting approach underpinned by neuroscience. This features the five building blocks that support healthy attachment & brain development: Respond, Cuddle, Relax, Play & Talk. A strong opportunity to influence parenting culture and change outdated generational language & practice for some families.

**Introduction to Solids (6 mths +):** An hour long session delivered by the Southern Health Community Nursery Nurses focussing on first foods for babies. The session includes information on safe & healthy feeding, caring for teeth and healthy weights.

**Baby Talk – 9 mths to 18 mths & Toddler Talk – 2 yrs to 3yrs :** Both 1.5 hour sessions providing an overview of how communication & language develops at these stages. Also featuring how our interactions are crucial in activities such as responding, engaging, playing, talking and relaxing (a feature of the FTT Approach). These sessions provide ideas & tips for activities that can have the most impact; promoting the Literacy Trust initiative of Chat, Play Read (CPR). Singing with the parents and children is embedded in both sessions.

**HEART – 2yrs +:** A 1.5 hr session, focussing on eating together, identifying a healthy lunchbox/meal including drinks, sugar swaps, portion sizes and having a healthy, active routine.

**Hampshire Healthy Heroes – Early Years Settings:** This serves to equip EY providers with the knowledge & resources to deliver fun activities promoting good oral health routines, healthy eating, enjoying being physically active and learning about emotions & feelings. Ideas for calming and relaxing are included.

**School Readiness: Nurturing Young Brains** completes our full community offer.



# Hampshire Healthy Families

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It is really easy to make contact with us should you wish to discuss any of the content of this presentation, including working together for your individual school. Each area has a representative for Barnardo's at Hampshire Healthy Families and all of the Community Health Development Workers listed will be very happy to hear from you.

We hope that the resources we have provided you with will support your school in offering families the choice of booking onto one of our FREE workshops or courses. In particular the ones for School Readiness: Nurturing Young Brains.

We look forward to working in partnership with you.