

# Argyll and Bute Family Pathway

## ‘Growing up in Kintyre’



argyll and bute

communityplanningpartnership



**What is it that matters to you?**



# Growing up in Kintyre



# Our Ambition

**To make Scotland the best place in the world to grow up in by improving outcomes, and reducing inequalities, for all babies, children, mothers, fathers and families across Scotland to ensure that all children have the best start in life and are ready to succeed**



# Argyll and Bute Family Pathway

## 'Growing up in Kintyre'

### Why Kintyre?

- Early adopters in using the EYC process
- There are seven SIMD datazones that cover the settlement area of Campbeltown. Of these, two are in the 15% most overall deprived in Scotland
- Geographically Kintyre is on a peninsula and so is ideal for population segmentation



# Argyll and Bute Family Pathway— Working Together

Reduce Infant Mortality



Children have all the developmental skills and abilities expected of a 27-30 month old



Children have all the developmental skills and abilities expected at the start of primary school

- 80% of all children aged 0-5 in the Kintyre area will have achieved their developmental milestones by the end of June 2015
- Relevant information is shared at each transition stage for 90% of children engaged within the Kintyre Pathway by the end of June 2015



- Improving the quality of care and support for all children and families within the Argyll and Bute Pathway through testing systems and processes at each key stage
- Improving communication within and across agencies through testing how we communicate and how we share information



90% of pregnant women take vitamins during pregnancy

Use of the GIRAN wellbeing antenatal plan for 100% of pregnant women.

100% of pregnant women are asked about gender based violence by 22 weeks gestation and, if appropriate, referred to support services.

100% of pregnant women are offered CO monitoring

100% of pregnant women have a birth plan in place and signed by both the Midwife and themselves prior to the baby's birth

To increase the number of women breastfeeding and for longer periods of time - aim still to be defined.

100% of children have a core care plan in place at 12 - 15 months to ensure early identification of additional needs

Early Identification of Needs at 12 - 15 months appt are referred to appropriate services

100% of children attend 27 - 30 month review

100% of children who have identified needs at 27 - 30 month appt are referred to appropriate services

80% of settings will score 3 for 'ease of use' for the developmental milestone tool by the end of June 2015

80% of settings will score 3 for 'impact on child' using the Developmental Milestone Tool by the end of June 2015

80% of settings will score 3 for 'parental engagement' using the Developmental milestone Tool by the end of June 2015

80% of settings will score 3 for 'capacity building' using the Developmental milestone Tool by the end of June 2015

**June 2014**

# How does the Kintyre Family Pathway support the Single Outcome Agreement?

Outcome 3: Education, skills and training maximises opportunities for all

Outcome 4: Children and young people have the best possible start





# Workstream 1 - Midwives

## Health Improvement Messages:

- Smoking cessation
- Body Mass Index
- Healthy Eating
- Ante-natal well-being Indicator Tool



**Antenatal Wellbeing Tool**

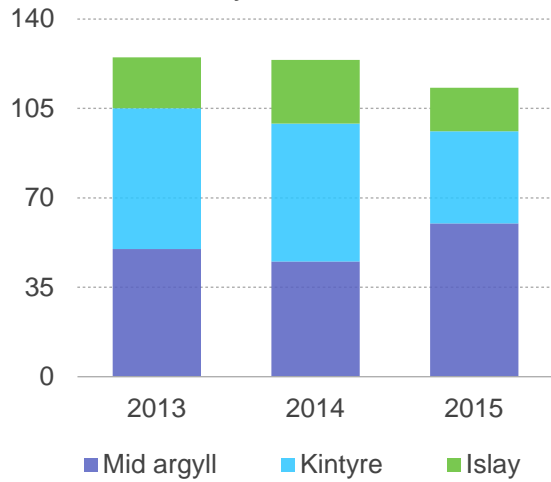
Now that we have completed your hand held record card we look at the outcomes you want to work towards in preparation for becoming a parent. This helps to plan with you and your family the appropriate care using the Wellbeing indicators as indicators of the best outcomes for your baby. On a scale of 1 – 10, where do you feel you are in relation to the wellbeing indicators? (1 = low; 10 = high)

Name: _____	
<p><b>Safe</b></p> <p>To ensure your baby is safe and protected consider your home and the community around you.</p>	<p>How safe do you feel your home is to bring a baby in to?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Details</p>
<p><b>Health</b></p> <p>Good nutrition, exercise, hygiene &amp; necessary to enhance the feeding process. Infant health is a state of wellbeing in which the individual reaches his or her full potential. Can live with the normal stresses of life.</p>	<p>Where on the scale would you put your physical health?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Where do you feel your mental and emotions are on a day to day basis?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Details</p>
<p><b>Confidence</b></p> <p>Developing the knowledge, skills and confidence of being a parent.</p>	<p>Confidence in ability to parent</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>How would you rate your experience of being parented?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Details</p>

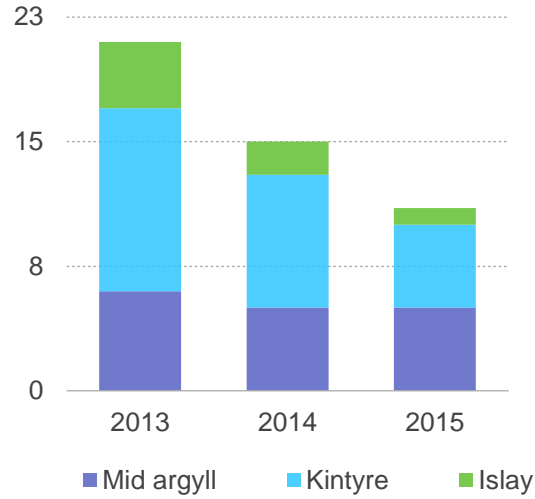


# Smoking in Pregnancy

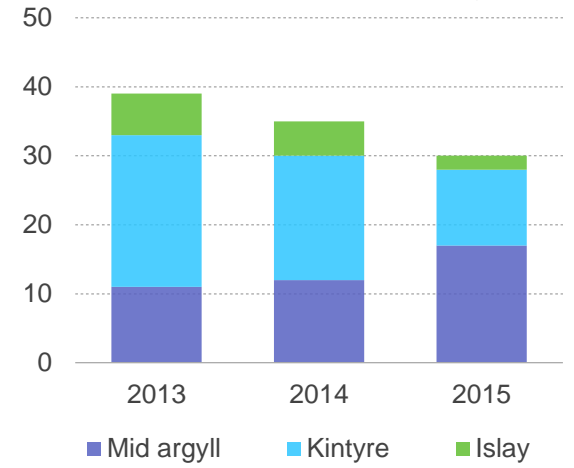
## July caseload



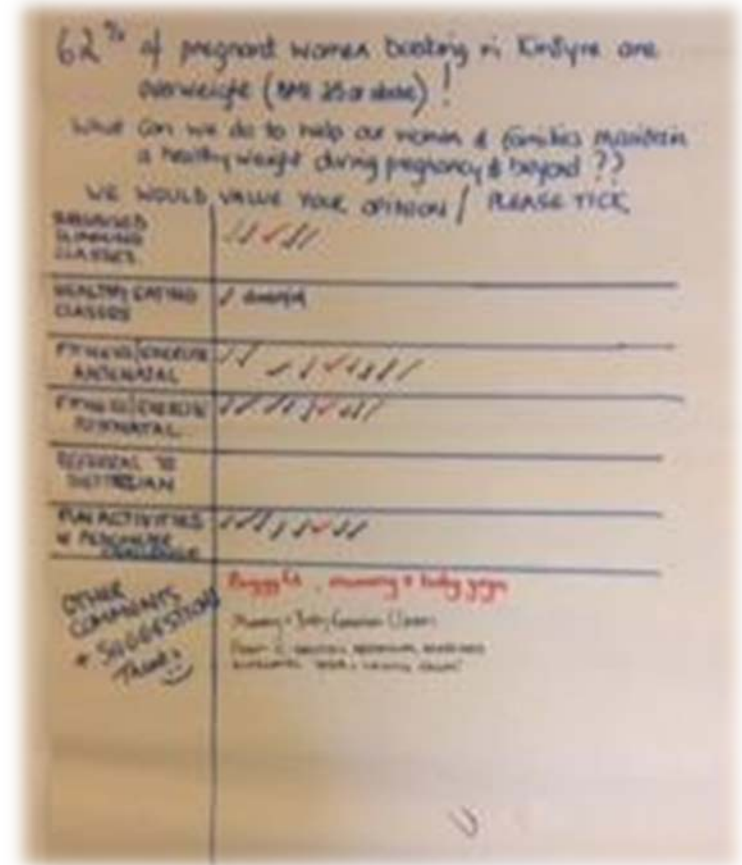
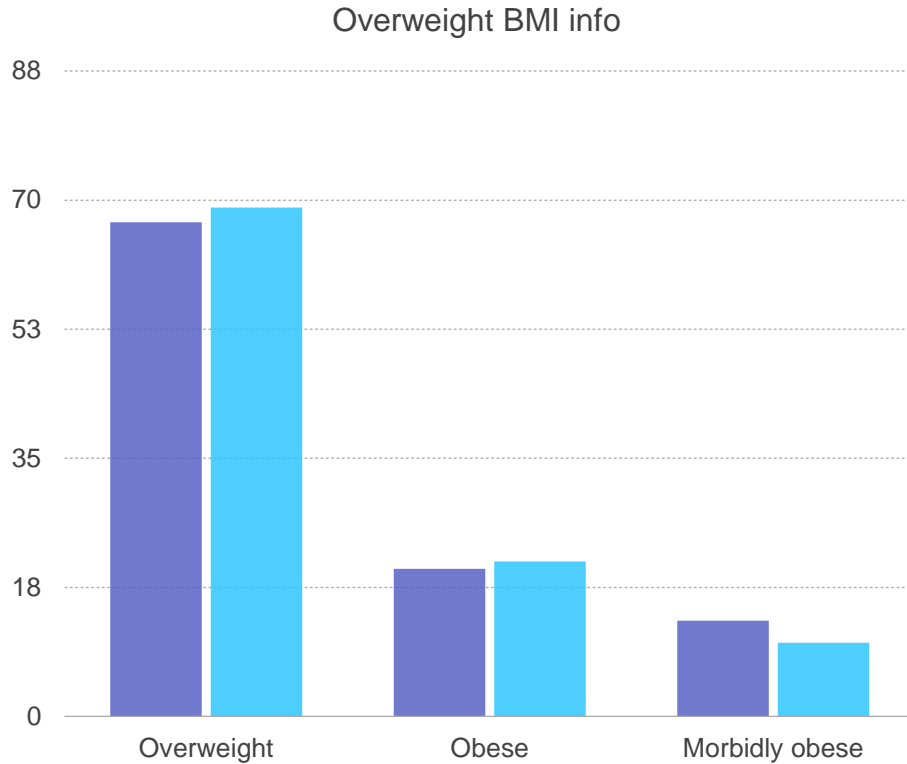
## Smokers



## At risk of passive smoking

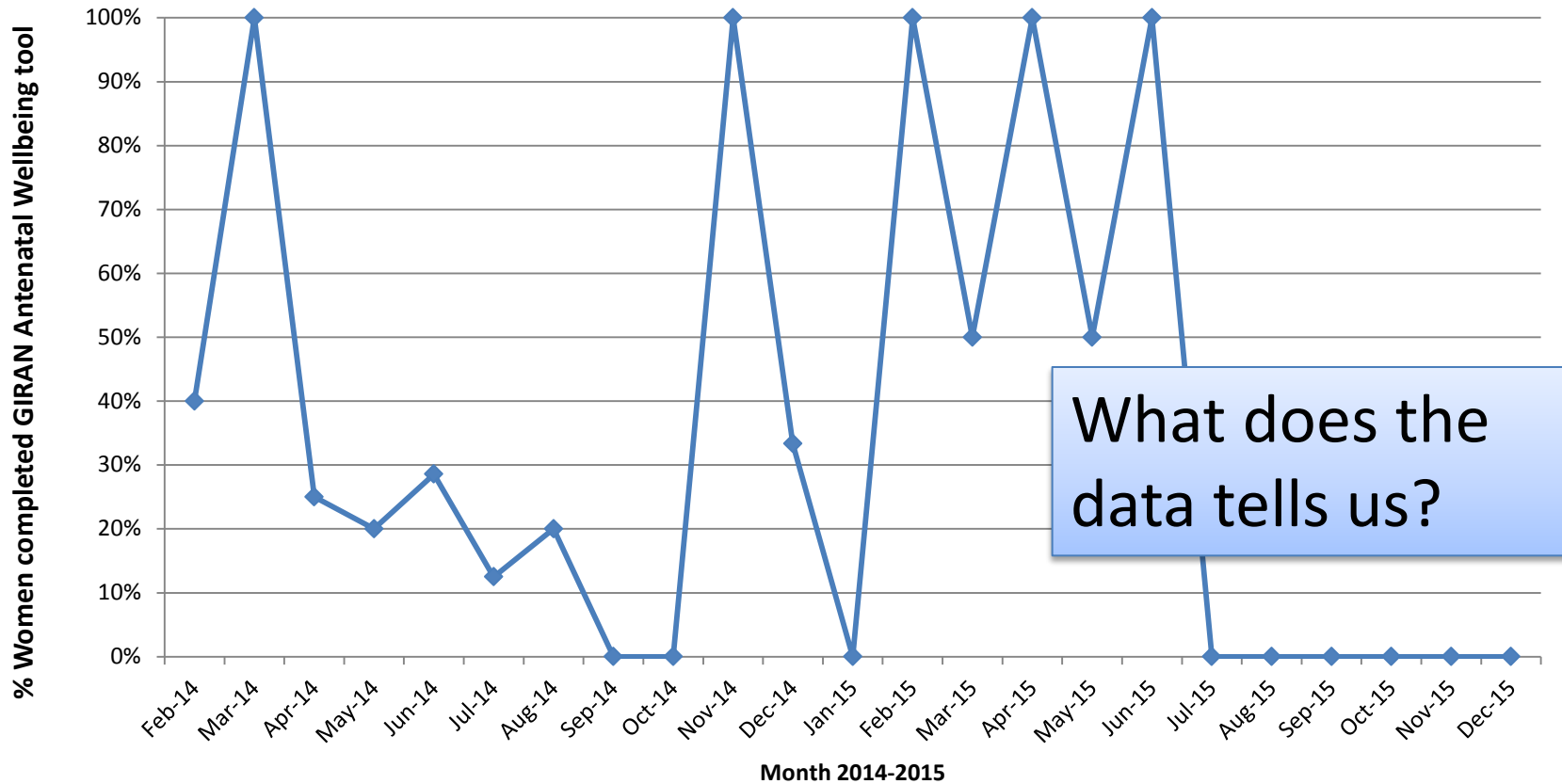


# 62% of women booking with the Midwife in Kintyre are overweight





## Kintyre : % Completed Use of GIRAN Antenatal Wellbeing Tool



Working with the Community Garden and Orchard – **Healthy Start Vouchers** can be used here



# Talking with Mums at Infant Massage



Antenatal appointments

Named midwife

Early Bird Classes

Baby Massage

Mums enjoyed the chance to meet and chat with other pregnant and new mums



# Workstream 2 - Health Visitors

## Well-being Indicator (WBI) Tool

6 – 8 weeks

3 – 4 months

**Well-being Indicator Tool**  
For 6 – 8 weeks review  
Using the scale of 1 – 10 where 10 is the best you are in relation to your wellbeing?  
(1 is the worst, 10 is the best)

<b>Take</b> To what can you take control of your situation? What are your strengths? What are your resources? What are your support networks? What are your coping strategies? What are your goals? What are your priorities?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Health</b> How well do you manage your health? How well do you manage your diet? How well do you manage your exercise? How well do you manage your sleep? How well do you manage your stress? How well do you manage your mental health?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Relationships</b> How well do you manage your relationships? How well do you manage your family? How well do you manage your friends? How well do you manage your work?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Community</b> How well do you manage your community? How well do you manage your local area? How well do you manage your environment?	How well do you manage these things? 1 _____ 10 _____ Details: _____

**Well-being Indicator Tool**  
For 3 – 4 months review  
Using the scale of 1 – 10 where 10 is the best you are in relation to your wellbeing?  
(1 is the worst, 10 is the best)

<b>Take</b> To what can you take control of your situation? What are your strengths? What are your resources? What are your support networks? What are your coping strategies? What are your goals? What are your priorities?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Health</b> How well do you manage your health? How well do you manage your diet? How well do you manage your exercise? How well do you manage your sleep? How well do you manage your stress? How well do you manage your mental health?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Relationships</b> How well do you manage your relationships? How well do you manage your family? How well do you manage your friends? How well do you manage your work?	How well do you manage these things? 1 _____ 10 _____ Details: _____
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12 – 15 months

27-30 months

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**Well-being Indicator Tool**  
For 27 – 30 months review  
Using the scale of 1 – 10 where 10 is the best you are in relation to your wellbeing?  
(1 is the worst, 10 is the best)

<b>Take</b> To what can you take control of your situation? What are your strengths? What are your resources? What are your support networks? What are your coping strategies? What are your goals? What are your priorities?	How well do you manage these things? 1 _____ 10 _____ Details: _____
<b>Health</b> How well do you manage your health? How well do you manage your diet? How well do you manage your exercise? How well do you manage your sleep? How well do you manage your stress? How well do you manage your mental health?	How well do you manage these things? 1 _____ 10 _____ Details: _____
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# Weaning DVD

When, How, What?

Baby Led Weaning



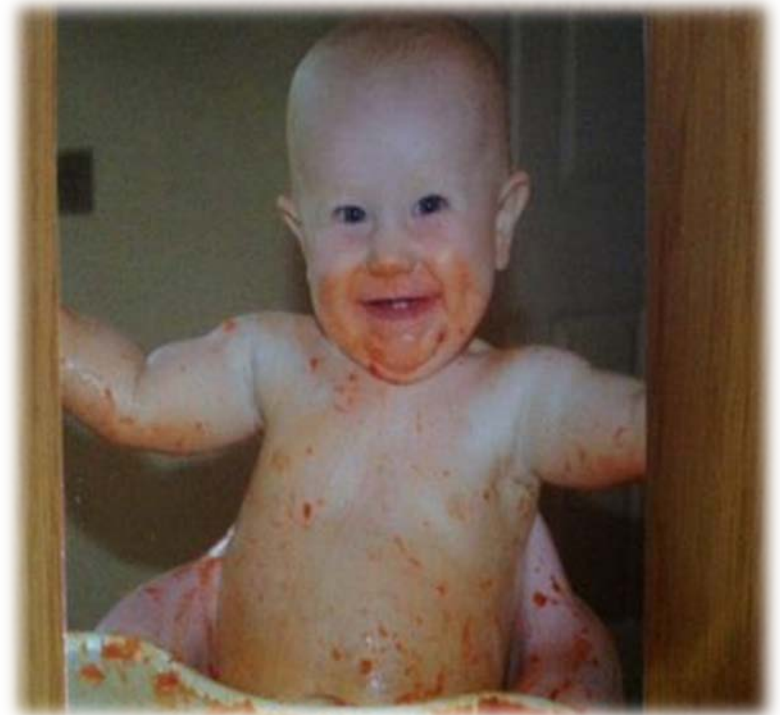
Good Feeding Practices

What about drinks?

What should I avoid?

Food Allergies

How Much do I give him?





# 12 – 15 Month Review

The WBI Tool highlighted the need for:

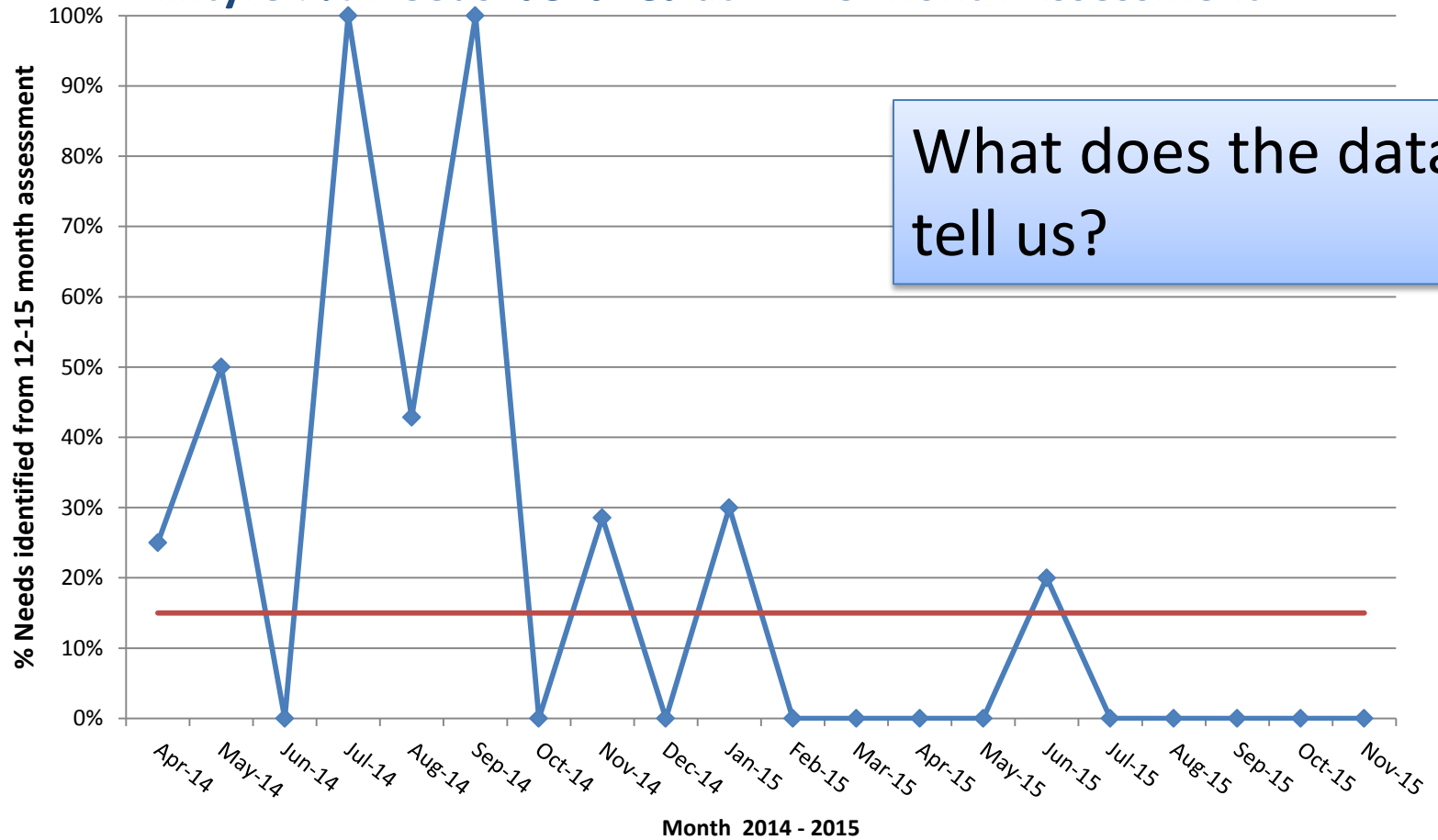
- Additional parental support
- Additional weaning advice – weaning checklist for parents introduced
- Additional Speech and Language (SLT) support – SLT checklist for parents introduced







## Kintyre : % Needs Identified at 12-15 Month Assessment



What does the data tell us?



## 27 – 30 Month Review

- New client friendly letter improving attendance at appointments
- Ages and Stages Questionnaire – Assessment Tool
- Sure Start Language Measure (SSLM)
- 12% of children identified with developmental delay
- 15% of children identified with Speech and Language delay
- Enhanced communication between Health Visitor Nursery and Nursery Manager

# New appointment letter at 27 – 30 month review

What do I like to drink?



What do I eat for dinner?



Am I ready to use my potty?

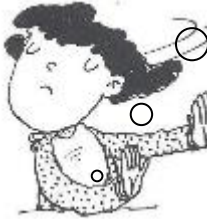
Does mummy or daddy read to me?



Do I like looking at books?



NO!!



Do I brush my teeth regularly?  
Am I registered with a dentist?



Can I run, jump & kick a ball



Do I sleep in my own bed?  
Do I have a bedtime routine?



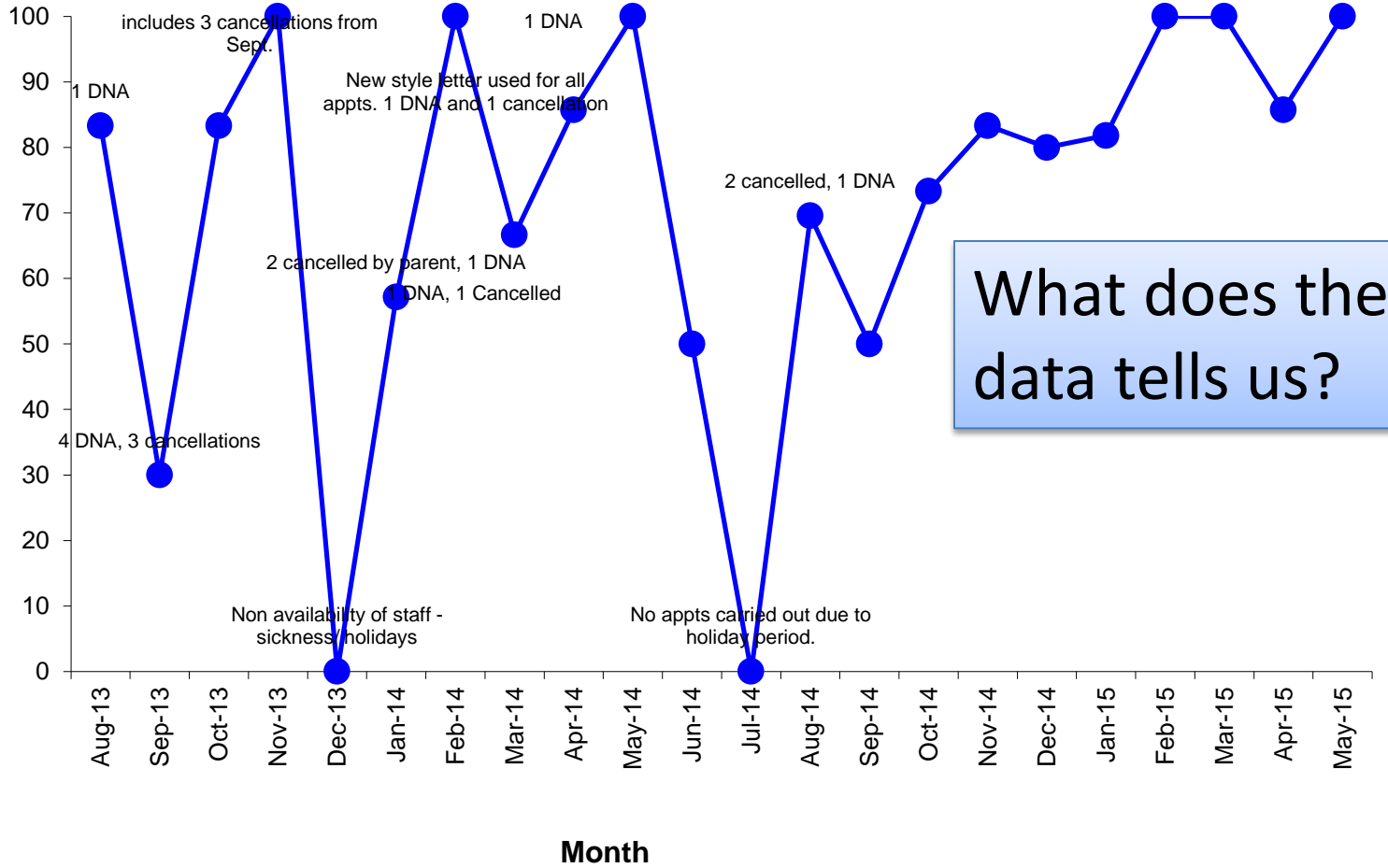
Do I have temper tantrums?





## Kintyre - Attendance at 27-30 Month Appointment

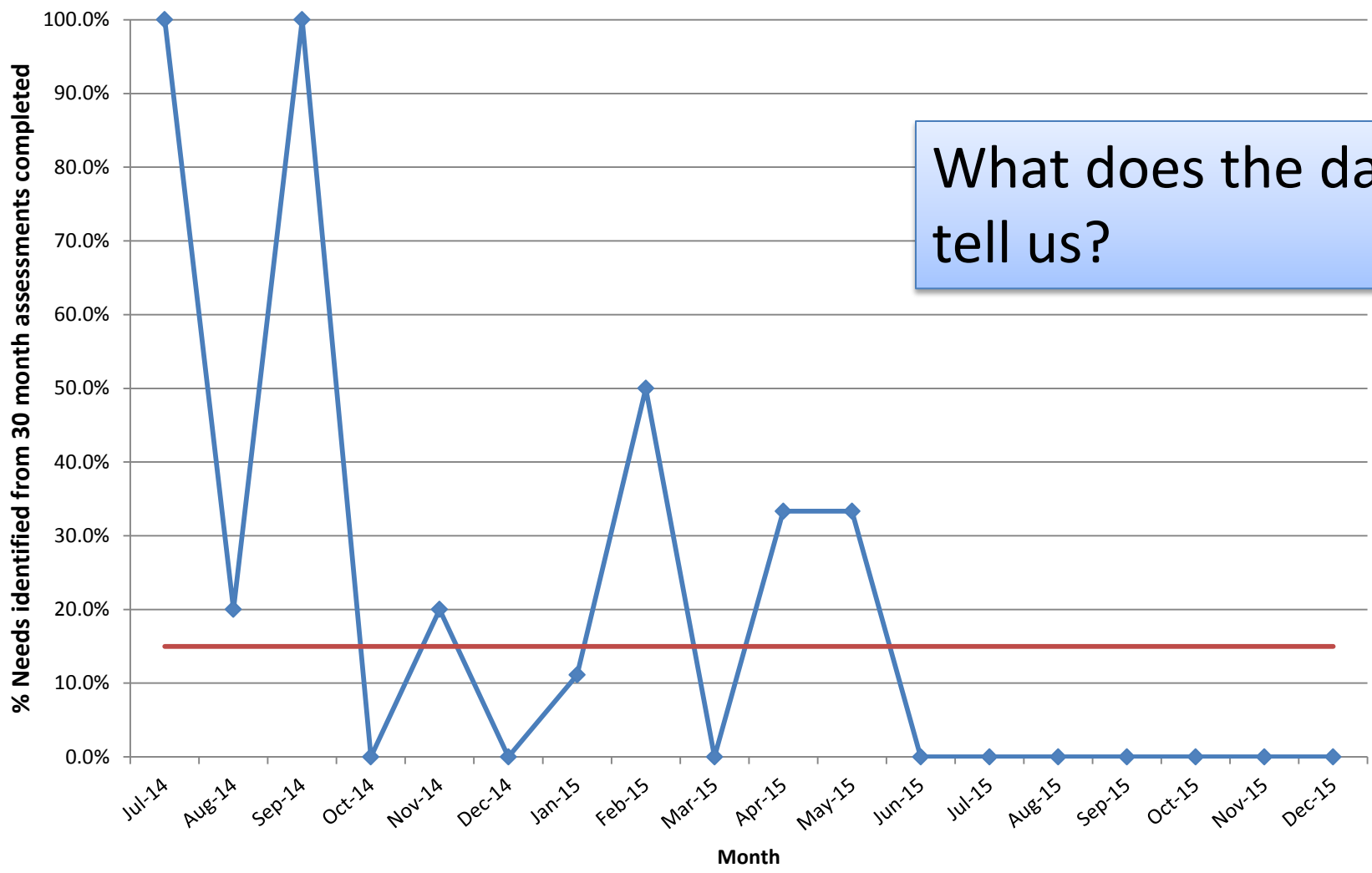
% of eligible children attending 27-30 month review



What does the data tell us?



# Kintyre : % Needs Identified from 27 - 30 Month Assessment



What does the data tell us?



# Workstream 3 – Nursery to the start of Primary 1



“Filling the gaps- the ones we didn’t know existed”



# First steps

- Building on strengths- existing professional relationships within Kintyre
- Gathering feedback from managers
- Getting started with the Developmental Milestones toolkit
- Engaging parents in the process

# Engaging Parents



Next steps for me

I can set the table, serve and participate socially during snack time.

Family learning

- tell us about any interests or activities your child enjoys at home so we can develop this further in nursery

loves getting tasks to do at home like setting the table, dusting etc. and also watching me cook.

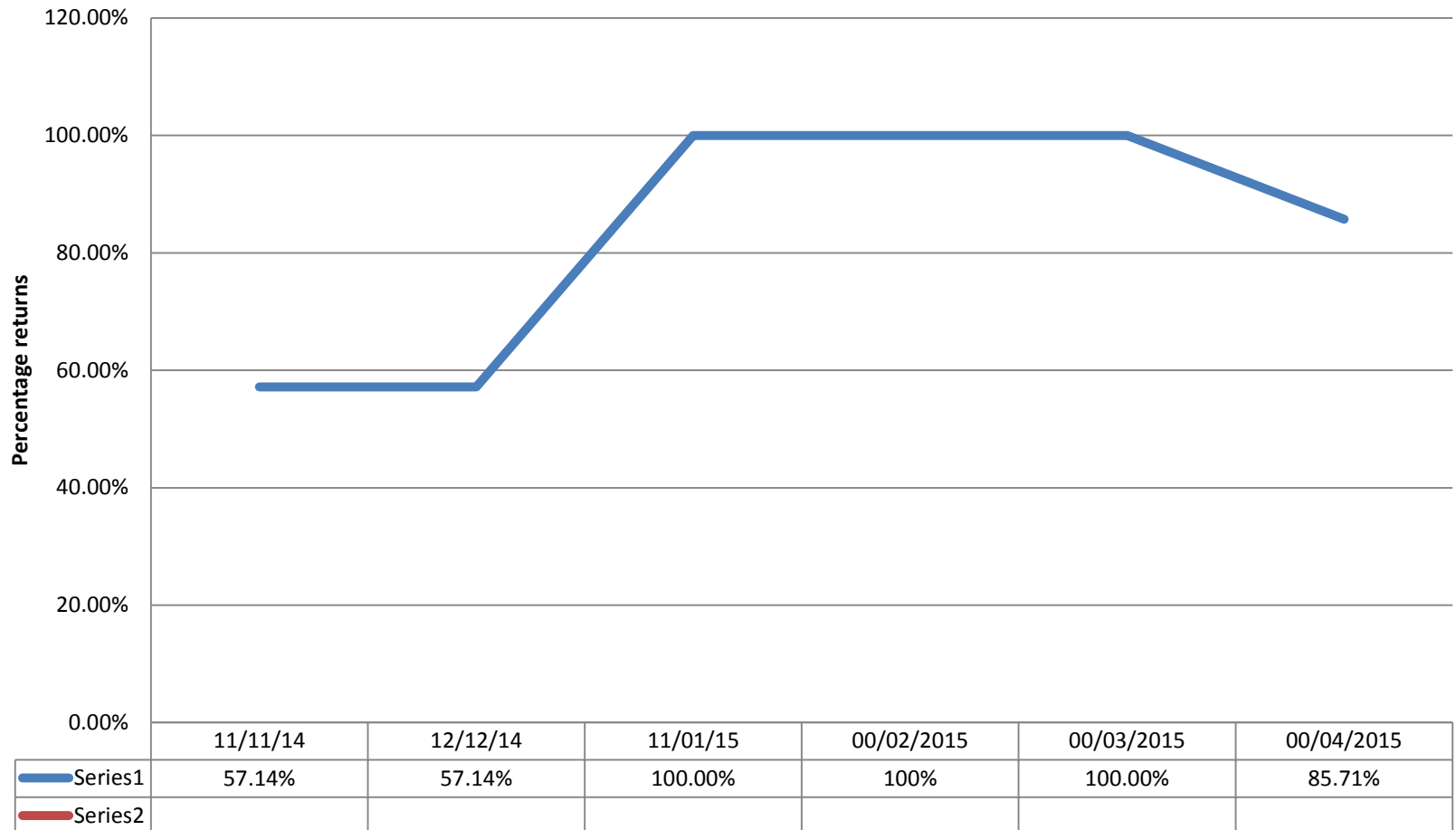
I have been learning "cutting up fruit. Apple, orange, melon". "Smoothie." "The Humane Caterpillar likes eating fruit"

Parent/ carer's comment - help your child to choose a smiley



# Measuring Parental Engagement

## Parent Comments in PLPs



# Impact

- Parental engagement in children's learning increased
- Staff use milestones to help them make good assessment decisions
- Model for Improvement is being used across the establishment
- Transition information ensures children's needs are identified and addressed

# What Next? Our Challenges

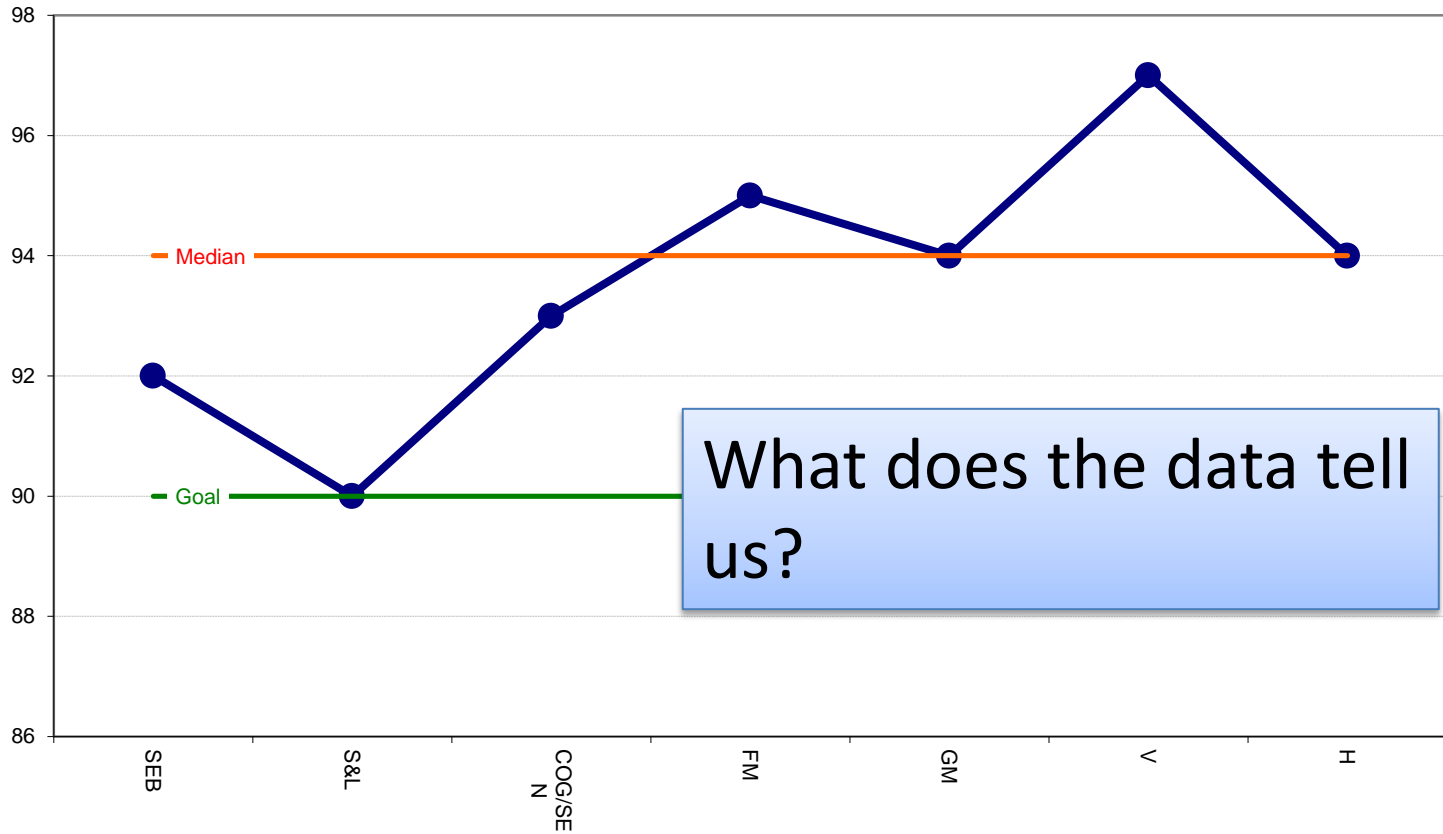
- Keeping it going- ensure systems are working for everyone
- Building on success- how can we further engage families?
- Practitioner engagement with model for improvement- sharing the enthusiasm!

# Best place to grow up!



## Entering P1 -Developmental Milestones - Kintyre June 2015

% Achieved



# **Kintyre Developmental Milestones – Entering P1**

## **June 2015**

- Data is consistent with the national picture
- 97% of children have achieved 5 or more of their expected developmental milestones
- 91% of children have achieved 6 or more of their expected developmental milestones
- Less than 94% (median) achieved Social, Emotional & Behavioural, Speech & Language and Cognitive & Sensory milestones

# Argyll and Bute Family Pathway— Working Together

Increase the number of positive pregnancies and births



Children have all the developmental skills and abilities expected of a 27-30 month old



Children have all the developmental skills and abilities expected at the start of primary school

- 80% of all children in the Kintyre area will have achieved their developmental milestones by the time they leave nursery by the end of June 2015
- Relevant information is shared at each transition stage for 90% of children engaged within the Kintyre Pathway by the end of June 2015



Wellbeing Indicator Tool  
Used within each stage of the Pathway

- Improving the quality of care and support for all children and families within the Argyll and Bute Pathway through testing systems and processes at each key stage
- Improving communication within and across agencies through testing how we communicate and how we share information



90% of pregnant women take vitamins during pregnancy

95% of antenatal women complete the wellbeing Indicator tool

95% pregnant women are asked about gender based violence by 22 weeks gestation and, if appropriate, referred to support services.

95% pregnant women are offered CO monitoring

95% pregnant women have a birth plan in place and signed by both the Midwife and themselves prior to the baby's birth

Increase the number of women breastfeeding and for longer periods of time - aim still to be defined.

To ensure early identification of additional needs:-

95% of children have a core care plan in place at 12 - 15 months by June 2015

Children requiring additional support following the 12 - 15 months review are referred to appropriate services by June 2015

95% of children attend 27 - 30 month review

Children requiring additional support following the 27-30 month review are referred to appropriate services

80% of settings will score 3 for 'ease of use' for the developmental milestone tool by the end of June 2015

80% of settings will score 3 for 'impact on child' using the Developmental Milestone Tool by the end of June 2015

80% of settings will score 3 for 'parental engagement' using the Developmental milestone Tool by the end of June 2015

80% of settings will score 3 for 'capacity building' using the Developmental milestone Tool by the end of June 2015

**June 2015**

# Achievements

- There is a clear vision and strategy for children and families pre-birth - 5 in the Kintyre area
- Using the model for improvement is changing the way we work
- Information was shared for 100% of children starting nursery (end of March 2015)
- 85% of children will have achieved their developmental milestones by the time they start P1 (end of June 2015)
- Kintyre 'Champions' will continue to develop the Kintyre Family Pathway
- Effective practice will be 'scaled up' to another part of Argyll and Bute





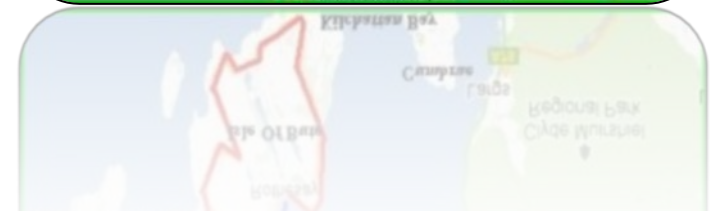
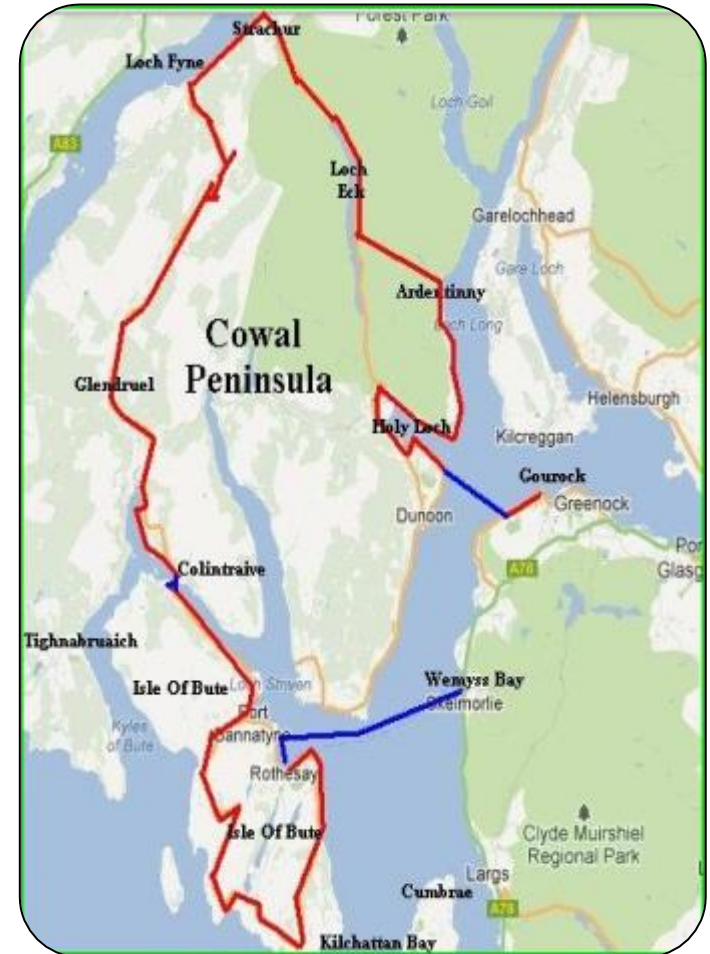
# Challenges

- Effective communication to share the vision locally
- Changing the mindset from 'not another thing to do' to 'this is going to help me make a difference'
- Building confidence and capacity in improvement methodology
- Gathering data to ensure measurements are robust



# Why Cowal?

- Similar SIMD area to Campbeltown
- The Cowal Peninsula is another geographical area which is an obvious choice for population segmentation
- Local 'Buy-in' for development of the 'Cowal Family Pathway'



# Scaling Up in Cowal

- Engage staff teams through Cowal practitioners forum (Midwives, Health Visitors and Early years Staff)
- Ensure parental involvement and engagement from the outset through consultation
- Involve staff in developing services to meet the needs of the Cowal community
- Incorporate the 'Psychology of Parenting Programme' into the 'Cowal Family Pathway'

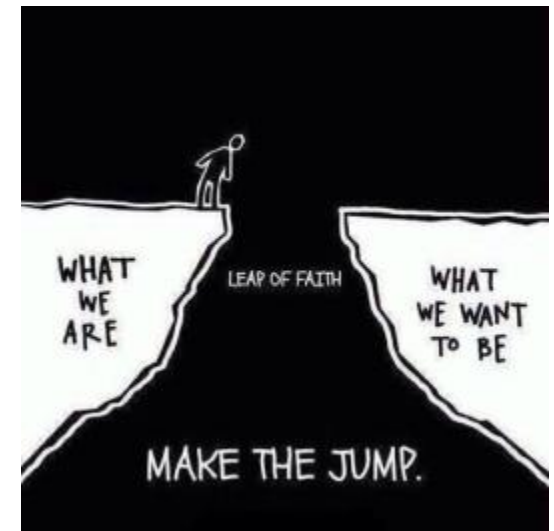


# Future Actions

- Scale up the Family Pathway to each of the localities within Argyll and Bute
- Share tools and practice across all Community Planning Partnerships in Argyll and Bute

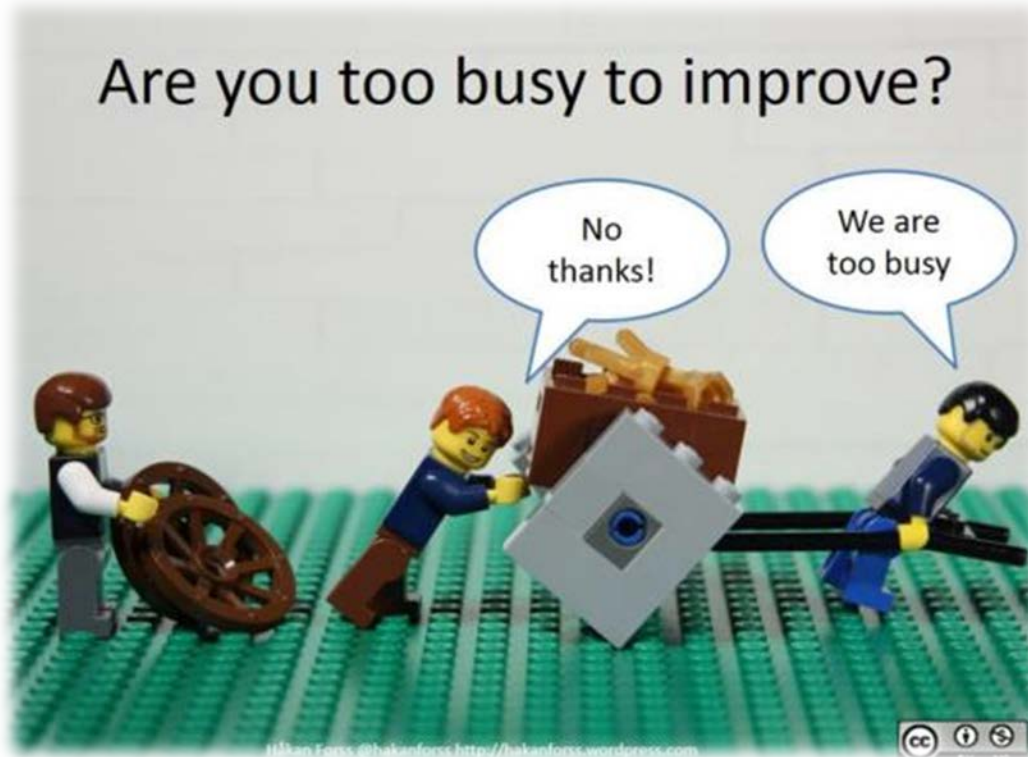
In the longer term.....

- Scale up the use of improvement methodologies to improve outcomes
- Promote a change in practice to ensure sustainability of improved outcomes





## What can the CPP do to support EYC in Argyll and Bute?





## What can the CPP do to support EYC in Argyll and Bute?



"This is not something that is going to change overnight. It will take stick-ability and doing it for five to 10 years, and then we will see a difference." – Sir Harry Burns, Former Chief Medical Officer for Scotland



# Thank You

Kathleen Johnston

Education Officer Early Years

Patricia Renfrew

Consultant Nurse Children and Families

Catriona Dreghorn

Interim Lead Midwife

Dorothy Clark

Children and Families Health Team Leader – MAKI

Ruth Reid

Head Teacher, Rhunahaorine PS and Pre5 Unit