This briefing aims to describe the content, distribution routes and ordering methods for the CHANGE group of parenting resources, providing accessible easy read information for parents with learning disabilities.

What do they cover?
- **‘My Pregnancy My Choice’** covers all aspects of ante-natal care – from knowing when you are pregnant, foetal development, problems during pregnancy to the first days with your baby. As well as extensive information about breastfeeding, there is content on formula feeding, but UNICEF have confirmed that this will not compromise NHS Boards’ ‘Baby Friendly Accreditation’ status.

- **‘You and Your Baby’** (0-1 year), a 370 page ring binder covers feeding, hygiene, safety, teething, health checks and managing baby’s routines.

- **‘You and Your Little Child’** (1-5 years) covers nutrition & healthy eating, hygiene, setting routines for potty training, bathing and bedtime, learning through play, going to nursery and how adults can develop positive parenting skills and support good behaviour in young children. There are expanded sections on safety and abuse and a chapter on immunisations.

These resources are consistent with current policy (i.e. ‘Keys to Life’ 2013), and legislation (i.e. ‘Equality Act 2010’); and are recommended for use in the new Health Visitor pathway (2015).

How should the resources be used?
Expectant and new parents with learning disabilities should be given their own personal copy to keep and offered ongoing support to use these resources – they should be viewed as a communication tool alongside individual tailored support as communication needs and preferences can be very varied. Routinely check understanding and aim to reinforce learning through repetition and consistently referring back to the resources. For more tools on working with people with learning disabilities, visit the keys to life website.

Who designed and publishes them?
CHANGE, a registered charity and national human rights organisation led by people with learning disabilities, based in England, produced the resources. NHS Health Scotland provided input to the 2nd edition to ensure consistency with Scottish policy.

Have they been evaluated in Scotland?
Yes, evaluations involving 62 professionals and 14 parents found that parents liked the pictures, layout, large print, short sentences and paragraphs, and easy words in the CHANGE resources. They also appreciated having all the information they need in one place. However the evaluation also found that many parents were still not getting access to all of the resources in the suite.
When should the resources be distributed?

<table>
<thead>
<tr>
<th>CHANGE resource</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Pregnancy My Choice</td>
<td>Midwife booking appointment</td>
</tr>
<tr>
<td>You and Your Baby (0-1 year)</td>
<td>28 week postnatal contact by Health Visitor</td>
</tr>
<tr>
<td>You and Your Little Child (1-5 years)</td>
<td>12/13 month check by Health Visitor</td>
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</table>

In addition, copies of the universal resources Ready Steady Baby! and Ready Steady Toddler! should be offered.

Who can order the resources?
- NHS staff - midwives and health visitors
- Third sector agencies e.g. Advocacy Services
- Local authorities e.g. Personal and Housing Support Services, Social Work Teams, Children & Family Centres, Learning support

If you support expectant and new parents with learning disabilities who have not received the resources, please contact the named person for the individual within your local NHS Board to highlight the identified need.

How do I order them?
To order the CHANGE or any other Early Years resources, please contact your local NHS Health Board Resource & Information Centre. For any additional help ordering contact NHS Health Scotland’s publications team by calling 0131 314 5300. NHS Boards are requested to order no more than three months supply of the CHANGE resources at a time due to the size of the resources. Please allow seven days for the delivery of your order.

How much do they cost?
They are free to local areas if you order via your local NHS Health Board Resource & Information Centre. NHS Health Scotland covers the cost.

Can I keep a copy?
Parents with learning disabilities should be offered their own personal copy to keep. Reference copies may held by professionals who frequently engage with and support parents with learning disabilities and their children 0 – 5 years.

An opportunity to share your experiences and views on the CHANGE resources

NHS Health Scotland is leading a review of a suite of parenting resources, which include these CHANGE resources. Read more about ‘Redesigning Health Information for Parents’ (ReHIP) on the project’s website.

We would like to hear from professionals and parents about how these materials currently meet needs, and if you would like to see any new content or formats produced in the future? Please email your comments, experiences of using the resources and suggestions for improvements to nhs.healthscotland-ReHIP@nhs.net

For more information contact Debbie Sigerson, NHS Health Scotland, Early Years team. We look forward to hearing from you.