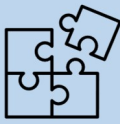


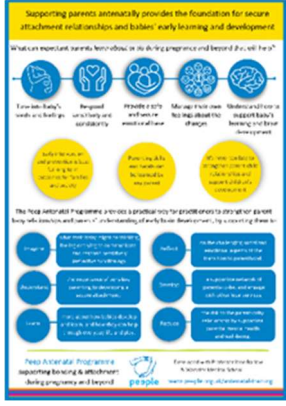







Storyboard at a Glance...


- Families
- Environment
- Workforce
- Identification
- Intervention
- Universal
- Targeted

An Early Language and Communication Improvement Story Board from

Local Authority: Perth & Kinross Council

 <p>The issue</p>	 <p>The team</p>	 <p>Our idea</p>
<p>To increase support for parents who are not accessing other family support services during their pregnancy. Feedback from parents attending our baby groups highlighted a need for support at an earlier stage to help build parents confidence and knowledge on how to build positive relationships and support their child's development.</p>	<p>The Parenting and Family Learning team sits within Education and Learning, Early Years and Childcare.</p> <p>For more information please see our website</p> <p>Parenting and family learning - Perth & Kinross Council (pkc.gov.uk)</p>	<p>To enhance parents' ability to think about and bond with their baby before and after the birth, creating a strong base from which the baby can explore the world. Developing and supporting secure parent-baby attachment relationships.</p> <p>The Peep Learning Together Programme is delivered successfully across Perth and Kinross so we decided to train staff to deliver the Peep Antenatal Programme to enhance the offer while providing consistency for parents.</p> <p>The Peep Antenatal Programme provides a positive foundation for expectant parents who are around 28 weeks pregnant as detailed in the poster below.</p> 

 Tools & resources we used.	 What we did	 The impact
<p>Staff are trained in the relevant programmes. A selection of books and handouts are shared.</p> 	<p>We trained 4 members of staff, who were already experienced Peep Learning Together Programme practitioners, to deliver the Peep Antenatal Programme.</p> <p>We promoted the group to staff at Perth Community Birth Unit at Perth Royal Infirmary to try to establish a seamless application process at the earliest stage of pregnancy. Further promotion work was also done with the local Health Visiting Team, social work teams, local GP Practices and through social media. We created a promotional leaflet which is sent out via the local Health Visiting Team to every expectant mother.</p> <p>We have delivered a range of in person and virtual Antenatal Peep groups supporting expectant parents as well as individual one to one sessions. Parents can attend alone or with a supportive family member or friend.</p>	<p>Antenatal Peep</p> <ul style="list-style-type: none"> • 40% were loan parents. • 60% were supported by their partner. • 20% were supported by a friend or parent. • 100% of parents reported that they felt more confident as a new parent and understood how to bond with their baby and support their baby's early development. • All the partners/support person attending said they felt better prepared to support Mum during labour and once baby is here. • Families attending the programme were then able to move on to other programmes such as Infant Massage and Baby Peep once their baby arrived. <p>Quotes from participants:</p> <p>'I didn't realise my baby would be able to hear when she was born...' (Dad)</p> <p>'I'd never thought it would make a difference talking to a new born baby' (Mum)</p>
 Our learning & next steps	<p>Our learning:</p> <ul style="list-style-type: none"> • It was challenging to get a group of parents together at the same stage of their pregnancy due to geographical location. • We did not always receive applications at the right stage of pregnancy so that parents could get support prior to their baby being born. • Expectant parents were unable to attend due to work commitments (maternity leave not started). 	

	<p>Next Steps:</p> <ul style="list-style-type: none">• Exploring different group delivery times (evening, weekend)• Increasing awareness of the offer so that applications are received in advance of expectant parents reaching 28 weeks of pregnancy.• Streamlining the application process for services or families.
 Find out more	<p><i>Enter contact details here: Megan Campbell, Parenting and Family Learning Programmes Co-Ordinator, Parenting & Family Learning Team, Perth & Kinross Council. For More information contact Parenting@pkc.gov.uk</i></p>

Supporting parents antenatally provides the foundation for secure attachment relationships and babies' early learning and development

What can expectant parents *learn about* or *do* during pregnancy and beyond that will help?

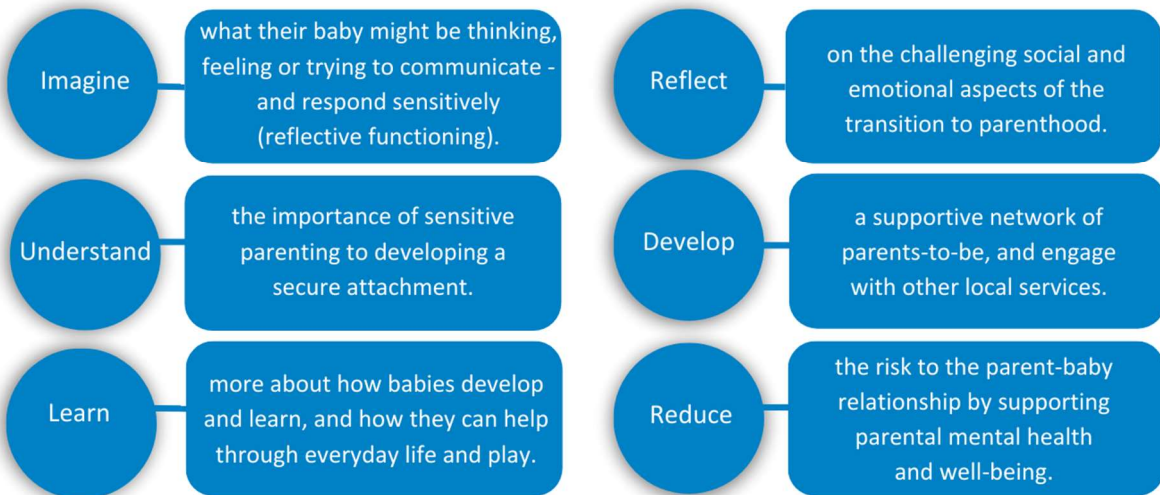


Early intervention and prevention is best for long-term outcomes for families and society

Parenting skills and habits can be learned by any parent

It's never too late to strengthen parent-child relationships and support children's development

The Peep Antenatal Programme provides a practical way for practitioners to strengthen parent-baby relationships and parents' understanding of early brain development, by supporting them to:



Peep Antenatal Programme
supporting bonding & attachment during pregnancy and beyond



Developed with Professor Jane Barlow & Warwick Medical School

www.peep.org.uk/antenatal-training

