**Falkirk Children’s Commission – Five to Thrive – Team Briefing**

“Secure parent-child attachment is one of the building blocks for positive early development and resilience for later life. Without it, infants can experience significant stress and anxiety that can develop into mental health difficulties as they get older.”

*Scottish Government National Parenting Strategy, Pg. 24*.

**WHY FIVE TO THRIVE?**

Falkirk Children’s Commission recognises that parents are one the biggest influence on the life chances of our children. We want staff to feel confident discussing attachment with parents and to continuously develop attachment informed practise. Attachment informs all of our work to various degrees but our learning about attachment will be different depending on our roles, professional qualifications and work experiences. The Children’s Commission acknowledges this and has introduced Five to Thrive as an approach that can give practitioners a common language and shared understanding when working with families and considering attachment in assessment.

**WHAT IS IT?**

Five to Thrive offers simple tools to help put the science of positive brain development into practise. It is based on 5 relational activities that, when done every day, promote positive brain development and attachment.

RESPOND CUDDLE RELAX PLAY TALK

These are the child’s daily ‘five to thrive’, the building blocks for a healthy brain.

Five to Thrive is not a prescriptive pack like triple P. It is a toolkit for practitioners to use to help them talk about attachment with their families on a daily basis. The tools will be useful at an early intervention level and at the higher end of the need spectrum. Five to Thrive can also help us to consider attachment as part of our assessments, particularly for younger children.

MORE INFORMATION ON FIVE TO THRIVE CAN BE FOUND HERE: Team Briefing Slides

We want to try out a parent’s course. Feedback from Kendal in Yorkshire and Renfrewshire has been very positive with lots of positive outcomes including significant increase in nursery attendance for specific children.

We are working with Renfrewshire to adapt their course and identify measures. If you are interested in piloting a parent’s course please get in touch. We will be looking to develop this over the next few months.

**WHO IS FIVE TO THRIVE FOR?**

Five to Thrive is for all staff working with children and families regardless of what previous training they have on attachment. We want to develop a common understanding and language and need all staff to be aware of the 5 building blocks.

**TARGETED/ UNIVERSAL/ SPECIALIST:**

In Falkirk we will have targeted learning for Named Persons and universal learning opportunities for all staff. We will also be developing a specialist group for those who want to become champions.

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| --- | --- | --- | --- |
|  | TARGETTED | SPECIALIST | UNIVERSAL |
| **WHO** | Named Persons: Health & Education (date tbc)  Early Years Officers (Aug 2015) | Staff who have completed training/ emodule and want to be champions/ deliver learning on Five to Thrive. | All Staff in the Children’s Commission and other related services (adult/ family services). |
| **TRAINING** | 1 day face to face learning mandatory | Face to face not mandatory | Key messages shared at team meetings. |
| **CORE eLEARNING** | And brain development & Positive parenting emodule. | Brain development & Positive Parenting emodule | Brain development & Positive Parenting emodule |
| **RESOURCES** | Resources accessed via emodule | Resources accessed via emodule | Resources accessed via emodule |
| **ADDITIONAL eLEARNING** | 4 additional emodule on PP | 4 additional emodule on PP | 4 additional emodule on PP |
| **FIVE TO THRIVE NETWORKS** | Will attend networks when appropriate. | Will lead on Five to Thrive training and delivery to cascade learning. Will facilitate networks. | Networks are open to all staff. |

All staff have access to online learning resources, booklets for parents and practical resources to use with families, on the GIRFEC practitioner pages. There are 5 modules staff can use which will build on their knowledge of attachment. The main module that introduces Five to Thrive is Brain Development and Positive Parenting. All staff should register for this module. For some staff, completing the emodule in full using the reflective diaries will be of great use, building their knowledge and reflecting on their practise for CPD. For those who are more steeped in attachment in their day to day role and already reflect on their practise through their professional learning, it will be useful to read the sections on Five to Thrive.

We want to measure if using Five to Thrive makes a difference. The three measures below should be considered by all teams. More information on measures and reporting is on the GIRFEC Practitioner Pages/ A-Z Resources/ F/ Five to Thrive.

Measures:

* Staff report that they feel confident to discuss attachment with families and do so in day to

day to day work and as part of assessments.

* Staff report using Five to Thrive in daily practice.

• Parents report FTT being used and having positive impact at home.