



West
Dunbartonshire
COUNCIL

NHS
Greater Glasgow
and Clyde

West Dunbartonshire HSCP

Parenting Newsletter

getting
it right
for every child

Spring 2017



Welcome to the Spring 2017 Parenting Newsletter, keeping you up to date with what's happening in West Dunbartonshire. We welcome your input, if you would like to share an area of good practice or perhaps share your experience using one of the parenting programmes be it as a professional or a parent we would love to hear from you.

The Incredible Years[®]



Parents, teachers, and children training series

Teachers and Parents Together

Incredible Years Parent and Teacher Programmes have been running in West Dunbartonshire over the last few years. Both programmes are very popular and have supported collaboration between parents, teachers and early years workers. Teachers and early years workers comment that it is rewarding to be working together with parents to develop emotional literacy and social competences. It is also very supportive for parents, who attend IY groups, to know that their child's educators value the same Incredible Years principles they are learning about in their group. Parents and educators can then use the same language to talk together about how the child is developing and what skills they are both working on with the child.

This collaborative approach works particularly well when IY groups are hosted within a school or nursery. In recent groups, hosted in Linnvale Primary School and Our Holy Redeemer Primary School, class teachers from these schools joined an Incredible Years session to chat with the parents and tell the parents about the approach that they take in developing social and emotional competences within their classes. (Both teachers had completed the IY teacher programme). The sessions were highly evaluated by the parents who discovered that the teachers were using the same IY principles that they found so useful.

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West Dunbartonshire are about to be part of The Psychology of Parenting Project (PoPP)

What is PoPP?

The Psychology for Parenting Project (PoPP) is a preventative mental health initiative which is hosted within NHS Education for Scotland. West Dunbartonshire Community Planning Partnership has been accepted as a PoPP site. This means that NHS Education will provide training and supervision for PoPP practitioners in the Incredible Years Pre-School Basic Parenting Programme as well as provide funding to run groups throughout the Authority.

The PoPP implementation scheme provides a framework supporting the improvement of outcomes for young children with elevated levels of behaviour difficulty. Approximately 10% of young children display elevated levels of behaviour problems which, without help, are likely to lead to a host of negative long term outcomes. One of the best buffers for these children is to have a positive relationship with their parent(s) or main caregiver. Research shows sensitive parenting supports specific aspects of brain development that foster the development of self-regulation in children.

Research trials have demonstrated that parenting programmes such as Incredible Years are capable of helping 2/3 of affected children leave their risk-laden development trajectories. This evidence is strongest for young children between the ages of 3-6 years, therefore, over the coming year our priority will be to recruit parents of this target age group and deliver the Incredible Years Programme.

Referral Process

We need your help to identify children who fit the PoPP criteria. We have PoPP practitioners ready to engage with families and work with them to help them become ready and receptive to The Incredible Years Group Programme.

Referrals can be made through the main Parenting Department using the Request to Parenting Co-ordinator form which can be emailed to the Parenting Mailbox:

GG-UHB.WestDunbartonshireParenting@nhs.net

For more information contact Colleen Wilson, Business Support Assistant on 01389 812319





Working to close the vocabulary gap within the early years

Ellen Moran,

Depute Principal Educational Psychologist

Background

Research evidence has shown that by the time children reach the age of 5 years the expressive vocabulary gap between children from the richest and poorest backgrounds is around 18 months. In addition, comparing the amount of hours that children are read to reveals significant disparities between those from rich and poorer backgrounds. Given that this gap exists pre-school the challenge is how best to intervene to make a difference before children start school.

What are we doing to close the poverty related vocabulary gap?

A pilot initiative being undertaken within 3 nurseries builds on key research evidence on literacy and language development in young children using books as a focus to increase vocabulary. Staff in the nurseries have been trained in an approach called '*Word Aware*' with information on this approach also being provided to parents. Briefly, each nursery is focussing on a book over a 4 week period and are using the book to teach children vocabulary in context. Each week a word of the week is chosen with lots of

learning activities around the word taking place in the nursery. At the same time, text alerts and / or leaflets have been sent to parents telling them what the word is along with ideas for them to try out at home. As the project is part of the Scottish Raising Attainment Challenge funding has been provided to give each child in the nurseries involved a copy of the book to take home and keep.

Has it made a difference to children's vocabulary?

Children's vocabulary has been measured before and after the introduction of the book and the views of parents and staff have been gathered. Results are currently being fully analysed but so far it is looking very positive with children being heard using the new words out of context and with parents being very positive about the use of text alerts. Staff have also been very positive about the approach. The 3 nurseries currently involved are moving on to use a second book with the plan that next school session more nurseries will be part of the initiative.

Further information can be obtained by contacting Ellen Moran: ellen.moran@west-dunbarton.gov.uk

Parents@Sandyford - A new website for parents and carers

Stakeholder Information

In 2015 we consulted parents, across NHS GGC, on their role in educating children about growing up, puberty, sexual health and relationships. Parents told us:

They view school based learning positively and want to back up the learning at home.

They feel unsure about what to talk about at each age/stage and what language to use – particularly words for private areas of the body.

They want to access information and resources, from a reliable source, online.

So, we built a website to provide this information and support: <http://www.sandyford.org/parents-sandyford/>



Could you help us promote the website?

We've made a very short film, on the theme of language, which we hope will make parents laugh and then share on various social media platforms and by word of mouth. The film will be on the homepage of the website from the 24th April 2017. We'll be tweeting a teaser version of the film and would like schools, parent councils, and others who work with parents/carers, and you, to follow us on Twitter **@parentsandyfrd**, re-tweet the message, and post it on any other social media platforms used.

For more information, please contact: **Jill Wilson: 0141 211 3809**, Jill.Wilson@ggc.scot.nhs.uk



Supporting your child following separation and divorce

Schools in Clydebank have been running Seasons for Growth groups for children affected by change, loss and grief since 2007. Over 2,000



children and young people have now participated in groups. They tell us that it helps them to cope when things are difficult.



Parents and carers often ask what they can do to support their children following a separation or divorce. Seasons is now able to offer small groups of parents and carers a short course, consisting of two sessions. This helps participants to understand the child's perspective and explore ways to support children to cope with family change. The sessions explore:



How children react to loss and change;

What you can do to help your child;

Communicating with your child;

The Seasons for Growth approach to understanding and managing change, loss and grief;

Caring for yourself.



"Nobody loves your child like you do – you have immense experience and wisdom about what your child needs"

If you would like more information or to register for a place on the course, contact the Parenting Team:

Colleen Wilson – 01389 812319 or Colleen.Wilson@ggc.scot.nhs.uk

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Support for Children, Young People and Families



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