

Sharing our Successes

Contact: Amanda Rowley

Email: amanda.rowley@staffordshire.gov.uk.

Name of Project	Stafford Children's Centre - Smarty's
Description	<p>Teen Tuesdays (Young Parent Group) was developed in November 2007 within Stafford Children's Centre. It started life as a group wholly for parents under 19. Quite quickly we realised that this was not proving effective. Following consultation with our young parents they reported they felt stigmatised by the group and that they would prefer to be involved in general group for new parents.</p> <p>In May 2008 the new concept of Smarty's was launched it consisted of a group for parents 19 and under working alongside an existing Well Baby Clinic. The majority of the session being open to both groups. This format enabled new mums to get their babies weighed and for them to have the opportunity to speak to a Health Visitor and allowed opportunity for good role modelling by the mums having their babies weighed, breast feeding and interacting with their new babies.</p> <p>Whilst this happens the young mums are able to see the midwife for routine health assessments and to answer any questions.</p> <p>Our main outcome is to provide a group that promotes and supports the health and well being of unborn, new babies and toddlers . We aim to do this by;</p> <ul style="list-style-type: none">• Promoting the health and well being of child and parent.• Promoting the parent-child attachment, resulting in better social and emotional well being of the child.• Providing a gateway to advice and information from a wealth of multi agency practitioners.• Identifying any concerns about a child or family and working collaboratively to ensure the family are supported and the child protected.• Access peer support and friendship.• Developing the parent's skills, thus enabling them to provide economically for their child. <p>The group is also supported by 2 Health Visitors one for the young parents and one for weighing babies and advising new parents. There is also a Maternity Support Worker in attendance who supports the midwife and encourages the parents into healthy lifestyles and supports with breast feeding. The Centre's Family Link Worker provides a variety of activities for the parents to explore with their babies and develops relationships with the young parents, supports and signposts them in subjects varying from interactions with their new baby to behaviour management to social issues. There is a Young Parent Advisor who supports the young parents in housing,</p>

	<p>benefits and returning to education.</p> <p>Following the well baby clinic there is opportunity for the young parents to get further support from the group. There is generally a focus such as sexual health or attachment with the baby, and the group with the staff can spend time discussing the subject in a variety of interesting and creative ways. Finally the session ends with a light lunch, where again the support can continue over refreshments.</p> <p>An off shoot of Smarty's has been that we have developed (following discussion with young parents) parent craft classes just for younger parents and their supporting partner. These not only provide the parents with information and facts about labour and pain relief but also give them the opportunity to practice changing nappies, feeding babies and putting the baby down to sleep. All of which is done in a FUN way.</p> <p>Smarty's is a celebration of Partnership working and demonstrates how a multi-agency approach can ensure that all parents needs are met under one roof. The process of developing the group also shows the way in which as a service we need to listen to the requirements of our customer in order to meet their needs adequately.</p>
Further Information	<p>If you would like further information about the session please contact Amanda Rowley (Extended Services Manager) or Julia Gill (Family Link Worker) at Stafford Children's Centre on 01785 854700 or alternatively e mail at amanda.rowley@staffordshire.gov.uk.</p>