

Parenting Strategy 2018 – 2023 (summary for parents and carers)

Supporting parents and carers to develop good parenting skills is important so that children can reach their potential. Coventry has a number of parenting projects offering parents support in a variety of formats. A new parenting strategy has been created in Coventry. This has been developed with parents and staff in the city.

Our vision

Coventry's vision for parenting is to have "More Coventry Children and Young People grow up within supportive families and communities"

Strategy aims

The strategy aims to make sure:

1. Professionals talk to each other and share information, knowledge and experience to improve the health and wellbeing of children and families
2. Professionals raise awareness of what is available in Coventry to support parents
3. Professionals provide ongoing support and advice to parents, carers and families about parenting
4. We review current parenting support offered and what recommendations need to be made about future delivery of parenting support making sure we make the best possible use of our limited resources

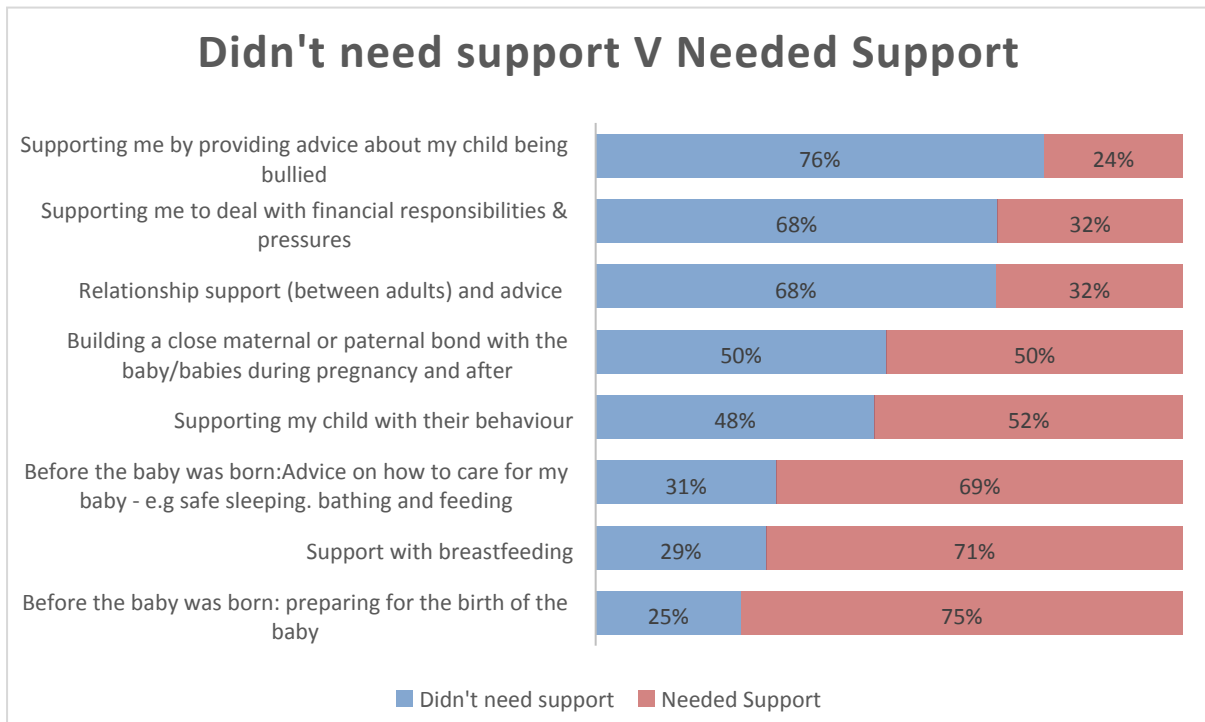
How the strategy was developed

A consultation process was a key part of the development of this strategy. The steering group mapped out and reviewed the current parenting support which showed that Coventry has a large number of evidence based parenting programmes and services on offer. There are also a number of locally grown programmes which help meet the diverse needs of the city.

Feedback from parents

The consultation with parents confirmed that access to parenting support needs to be strengthened; further awareness raising is required around the parenting provision. The findings show that the majority of parents received support that fully met their needs or moderately met their needs. The findings show that a high percentage of parents needed support before or after birth such as preparing for the birth of the baby (75%), breastfeeding (71%), how to care for the baby - e.g. safe sleeping, bathing and feeding (69%) and supporting child behaviour (52%). A smaller proportion of parents reported needing support in areas such as relationship support between adults (32%) and dealing with financial responsibilities (32%).

A summary of the findings is shown in Figure 1:



The consultation with parents identified a number of barriers to them accessing help, such as stigma. Some of the comments highlighted are included:

“Felt self conscious and failure if I admitted I was struggling” (infant feeding)

“Made to feel that because I am well educated and from a reasonably affluent background and not a young mum, that the support wasn't for me”

Key Recommendations

Areas for improvements and key recommendations have been identified, bringing together the views of parents, stakeholders and the evidence. A detailed action plan will be created to achieve these recommendations. Key recommendations are to:

1. Strengthen availability and accessibility of general information and advice to parents
2. Harness technology and the development of digital systems across agencies to strengthen the parenting offer
3. Ensure there is a systematic approach to achieving quality and effectiveness of the parenting offer across the whole system
4. Ensure that this system-wide parenting offer is delivered in a way which progressively provides more support across the social gradient and level of need.
5. Ensure there is a clear focus on early help and prevention
6. Improve cohesiveness of parenting support across Coventry
7. Build parenting capacity in specific areas where gaps have been identified

There are a number of parenting projects to support parents in Coventry. There is support available to everyone and support which is for parents who are most in need of help or face certain challenges. Table 1 provides a summary of the universal and targeted parenting offer in Coventry.

Table 1: Coventry parenting support offer 0-19 years.

	Universal parenting support (Level 1)	Targeted support (level 2 -4)
Pregnancy – Antenatal offer	<ul style="list-style-type: none"> • Solihull approach (online) • Baby buddy app - promoted at booking and at intervals during pregnancy • Antenatal classes – Birth Expectations, Hands On • Family links antenatal programme 	<ul style="list-style-type: none"> • FNP teen parents and iBumps • Domestic abuse programmes surviving violence • Just for me • You and me mum • Coventry mind – befriending
Postnatal offer	<ul style="list-style-type: none"> • Solihull approach(online) • Baby buddy app • Baby box syllabus (online) • Family links nurture programme • infant feeding support groups • Postnatal 0-12 months Book Start Baby 	<ul style="list-style-type: none"> • Jigsaw • Lets play carriers of hope • SEND CASS Communication and Interaction (inc Autism) Support Service • Living With Confidence • Women As Protectors • Young Smiles • Adult Education • Triple P Stepping Stones • Parents under pressure NSPCC • MAMTA • Coventry MIND befriending • Baby Bundles • Domestic Abuse programme Surviving Violence • Parents Under Pressure • Just for me • You and me mum
0-5 years	<ul style="list-style-type: none"> • Solihull understanding children’s behaviour (online) • Infant feeding support groups • OBOL one body one life 2-4 years • One stop shop – health visiting • Strengthening Families Strengthening Communities • Family links nurture programme • Book Start Treasure • Rhymetimes sessions 	<ul style="list-style-type: none"> • SEND EYSS (0-5) • Living with confidence • NAS Early bird (0-4) • Women as protectors • SEND CASS Communication and Interaction (inc Autism) Support Service (0-4) • Jigsaw(0-4) • Young Smiles • Coventry MIND befriending • Adult Education • Triple P Stepping stones 0-12 • Parents under pressures NSPCC • MAMTA • Incredible Years (3-5 years) • Domestic Abuse programme Surviving Violence • Parents Under Pressure • Circles Of Security

		<ul style="list-style-type: none"> • Just for me • You and me mum
5-19 years	<ul style="list-style-type: none"> • Solihull Approach understanding children's behaviour (online) • Family links nurture programme 	<ul style="list-style-type: none"> • Group Teen 11-16 • Triple P Stepping Stones 0-12 • Triple P Teen 11-16 • Triple P standard 11-16 • Living With Confidence • Women as protectors • Young Smiles • Adult Education • Cyreninans alcohol mediation (13-18 yrs) • One Body One Life (5-14 yrs) • Incredible Years(6-12 years) • Coventry MIND befriending • Domestic Abuse programme Surviving Violence • Relate (5-10 years) • Just for me • You and me mum • Circles of security

* Steps to Change is an evaluation tool used by professionals to monitor the progress of a child.

The full parenting strategy can be found at the following link xxxx