

Hyperlink 1: Coventry Parenting Steering Group mapping exercise

July 2017

This report analyses the results from an exercise completed to map out current parenting interventions/programmes and general support provided in Coventry through the Coventry Parenting Steering Group.

Number of responses:

Responses were received from 21 partner agencies:

1. Social care
2. Positive parenting team
3. CRASAC
4. NSPCC
5. Carriers of Hope
6. Three secondary schools in the North East Cluster
7. Adult education service
8. FNP (Family Nurse Partnership)
9. iBumps
10. Midwifery
11. Health visiting
12. SEND
13. Youth services
14. Neurodevelopmental Service
15. Children and families first
16. Cyrenians Alcohol Mediation
17. One body one life
18. Child and Family Services (CWPT)
19. Coventry Haven
20. The Coventry parenting steering group
21. Coventry Libraries

Table 1 and 2 provide a breakdown of the parenting programmes identified as part of the mapping work.

Table 1: Coventry universal parenting support - Where are we now?

Age group	Name of parenting programme/support	Description	Lead
ANTENATAL			
Antenatal	Birth expectation classes	Antenatal support group for all expectant mothers It concentrates on care in labour, pain relief options , care after your birth , care at home , breast feeding , safe sleeping	Midwifery
Antenatal	Hands On	Antenatal support group for all expectant mothers More practical approach, changing, feeding, bathing, safe sleep , again varies according to what the group wish to discuss	Midwifery
Antenatal 16 to 20 weeks	Family links antenatal programme	The focus of the course is to support parents with bonding, attachment and attunement with the new baby and getting them prepared for family life with a new baby. We also have practical tasks as part of the course – nappies, bathing the baby etc.	Trained staff include: 5 Children centre workers 1 CFF worker 1 Health visitor 1 maternity support worker 1 Positive Parenting Outreach Worker 4 community nursery nurses 1 Senior Parenting Practitioner
Antenatal	Solihull approach Antenatal (online course)	This Solihull Approach antenatal online course gives parents practical information about pregnancy and birth, whilst at the same time introducing them to their baby.	Promoted by Midwifery Promoted by Health Visiting
Antenatal and postnatal	Best beginnings app	Nationally developed app- available for free download - developing practical, simple, educational and interactive tools to support parents-to-be and new parents – includes antenatal, postnatal, breastfeeding and mental health support	Promoted by Midwifery at the booking visit , and at intervals during the pregnancy.

ANTENATAL/ POSTNATAL			
Antenatal /postnatal	Baby box university syllabus	Online local videos - syllabus includes breastfeeding advice, safe sleeping advice.	Promoted by Midwifery and Health visiting
0 – 6 months	Weaning advice	Health visiting advice	Health Visiting
Aged 6 months to 18 years.	Understanding your child - Solihull approach online course	Online course include modules such as how your child develops, understanding how your child is feeling, Responding to how your child is feeling, different styles of parenting	Promoted by health visiting
0-12 months	Book Start baby	Bookstart Baby is for children between 0 and 12 months, which is given by a health visitor at the infants six to eight week health check	Health Visiting
0-5 YEARS			
0-4	Rhyme Times – Coventry Libraries	Rhymetime sessions are a great place for toddlers to use language in a fun and engaging way. The library service also works with health partners who sometimes attend rhymetime sessions with useful health and wellbeing advice for children	Coventry City Council and health partners
0-5	One stop shop HV	Promote healthy lifestyle obesity reduction	Health visiting
0-5	Healthy child programme developmental checks	Health visiting mandated checks	Health visiting
0-5	Infant feeding support (drop in clinics and helpline)	Promote breastfeeding and skin to skin Promote emotional attachment and bonding, understanding of responsive feeding	Health visiting and infant feeding service
0-5	Family Links (nurture programme)	The Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning	5 children centre workers 7 children and families first workers 1 senior positive parenting practitioner Occasional delivery: 1 children and families assessor, 1 children centre worker, 1 children and families worker

0-5	Bookstart Treasure	Bookstart Treasure is for pre-school children which are given out at early years settings such as playgroups and nurseries in the child(ren)'s pre-school year	Playgroups and nurseries
2-4	One Body One Life 2-4 yrs (OBOL 2-4)	One Body One Life (OBOL) is a community based weight management programme for families and individuals who want to lead a healthier lifestyle. The programme meets the NICE recommendations. It's a FREE 8 - 10 week programme across Coventry aimed at helping people to make real changes to their lives by looking at their eating and exercise habits.	Be Active Be Healthy Team
5-11			
5-11	Family Links (Nurture programme)	A universal, group-based programme for parents with children between the ages of 0 and 18.	5 children centre workers 7 children and families first workers 1 senior positive parenting practitioner Occasional delivery: 1 children and families assessor, 1 children centre worker, 1 children and families worker
5-11	Strengthening families strengthening communities	13 week group evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.	Children centre – hillfields
5-11	Solihull approach - Understanding children's behaviour	Online course include modules such as how your child develops, understanding how your child is feeling, Responding to how your child is feeling, different styles of parenting	Promoted by Health visiting
11 PLUS			
11-17	Raising Responsible Teenagers	Free 90 minute Triple P Seminars for Parents, Carers, Foster Carers, Special Guardians and Connected Persons of children and teenagers aged 10 – 16.	1 learning mentor 4 senior parenting practitioner 3 CFF
11-17	Triple P teen group		34- school/CFF/children centre/parenting

11-18	Family links (Nurture programme)	A universal, group-based programme for parents with children between the ages of 0 and 18.	5 children centre workers 7 children and families first workers 1 senior positive parenting practitioner Occasional delivery: 1 children and families assessor, 1 children centre worker, 1 children and families worker
11-18	Solihull approach understanding children's behaviour	The Solihull Approach Understanding Your Child's Behaviour is the core universal parenting programme suitable for parents and carers of children aged 0-19 years. Includes self regulation and anger, different parenting styles and how a child develops.	Promoted by Health visiting
OTHER			
All	Online information – e.g. net mums		
0-18	The Family Links 10-Week Nurturing Programme (FLNP)	A universal, group-based programme for parents with children between the ages of 0 and 18.	5 children centre workers 7 children and families first workers 1 senior positive parenting practitioner Occasional delivery: 1 children and families assessor, 1 children centre worker, 1 children and families worker
0-12	Triple P seminars Primary Care	Free 90 minute Power Point Presentation – To give Parents basic information about Positive Parenting strategies.	Seminar primary trained: deliver occasionally 1 Home School Liaison Officer 2 Children and Families Worker 1 outreach worker , 1 children centre worker Deliver occasionally: 1 Children and families first

Coventry Targeted parenting support –where are we now?

Targeted support for vulnerable families

There are a number of vulnerable groups who require more targeted parenting support this includes:

- Teenage parents
- Parents from BME community / parents who are asylum seekers
- Parents of children with special education needs
- Parents of children with substance misuse issues
- Parents with mental health conditions
- Parents experiencing relationship issues
- Parents experiencing domestic abuse issues
- Parents/children with weight management issues

Table 2 the targeted support offered in the city from 0 – 19 years.

Age group	Name of parenting programme/support	Description	Lead	Target group
ANTENATAL				
Antenatal	Family Links (antenatal) programme 16 to 20 weeks	The focus of the course is to support parents with bonding, attachment and attunement with the new baby and getting them prepared for family life with a new baby. We also have practical tasks as part of the course – nappies, bathing the baby etc.	Trained staff include: 5 Children centre workers 1 CFF worker 1 Health visitor 1 maternity support worker 1 Positive Parenting Outreach Worker 4 community nursery nurses 1 Senior Parenting Practitioner	
ANTENATAL/POSTNATAL				
Pre birth to 3 months	Carriers Of Hope (Baby Bundles)	Targeted at asylum seekers, refugees and EU Migrants – resources for parents?	Carriers of hope	Asylum seekers, refugees and EU migrants
3 -6 months				
Up to 2 years	Family Nurse Partnership (FNP)	It is for first time parents aged 19 and under at booking with the CMW with a gestation below 28 weeks. specially trained family nurse visits the young mum regularly, from the early stages of pregnancy until their child is two	FNP nurse	Teen parents first time
Antenatal/Postnatal	MAMTA	MAMTA staff support antenatal clinics; postnatal clinics; Parentcraft sessions at FWT; and work in partnership with midwives, health visiting teams and other	Mamta staff	For BME communities

		health professionals in educating women on key health messages.		
		0-4 YEARS		
0-2	iBumps	Service for teen parents including parent craft - Teenage parents support is offered by midwifery for those who are not eligible for FNP	iBumps Midwives	Teen parents
0-4	Communication and Interaction (inc Autism) Support Service NAS EarlyBird	A service offering advice and guidance on strategies and approaches for dealing with young autistic children	Communisation and interaction support service	Parents of children with ASD autistic spectrum disorder
0-4	Jigsaw	Targeted group including a team of Specialist Teachers, Portage Home Visitors, Inclusion Support Development Officers and Area SENCOs who provide support at home, in early years' settings and school nurseries for young children who are experiencing difficulties with their development. The service offer support, guidance and training to staff of early Years settings	Neurodevelopmental team	Parents of children with ASD autistic spectrum disorder
0-4	Early Years Group parenting sessions SEND		SEND	Parents of children with SEND special educational needs and disability
0-4	Carriers of hope lets play	Targeted at asylum seekers, refugees and EU Migrants	Carriers of hope	Targeted at asylum seekers, refugees and EU Migrants
		0-5 YEARS		
0-5	Sleep advice group -	Safe sleeping	Health visiting team	

0-5	SEND EYSS	Targeted group experience group Team of Specialist Teachers, Portage Home Visitors, Inclusion Support Development Officers and Area SENCOs who provide support at home, in early years' settings and school nurseries for young children who are experiencing difficulties with their development. We offer support, guidance and training to staff of early Years settings	SEND	Parents of children with special educational needs and disability
4-5	School readiness	Health visiting school readiness	Health visiting	School readiness issues
3-6	Incredible Years Parenting programme	Parents attend 18 to 20 weekly group sessions where they learn strategies for interacting and communicating positively with their child, promoting optimal social and emotional development and discouraging unwanted child behaviour	CAMHS	Dealing with anti-social behaviour
0-8	NSPCC Parents Under Pressure	Aims to support parents who are on a drug or alcohol treatment programme. It can help them keep their recovery on track.	NSPCC	Parents with substance misuse issues
1-5	Circles Of Security	Circle of security is designed to help parents who have attachment difficulties and can be used to help children who are looked after it also helps professionals develop a universal therapeutic language and skills to help parents	CAMHS Psychologist	Increase attachment security among socially disadvantaged children
5 -11 YEARS				
0-12	Triple P Stepping Stones	10 weeks (7 weeks at the venue and 3 telephone calls) 10 week programme to support Parents of children with a diagnosed disability to develop a positive relationship with their children and to use Positive Parenting strategies to manage their children's behaviour	Positive parenting team	Parents of children with a diagnosed disability

6 – 10	Helping the Non compliant Child	This is an evidence based intervention that is delivered to parents of children who are difficult to manage and have oppositional behaviours The programme is a taught with the parent and child together, there are handouts and set homework tasks to follow.	CAMHS	Delivered to parents of children who are experiencing difficulty in managing their child's behaviour
5-7	Targeted support within Neurodevelopmental service.	It is delivered across Coventry with an open referral to the Neurodevelopmental service	Neurodevelopmental team	
5-10	Relate	Counselling training / Relate specific trainer training The counsellors have key skills in supporting bereavement and divorce/ separation/ family change.	Relate	Parents experiencing relationship issues between adults
6 – 12	Incredible Years	The incredible years managing the behaviour of a child between the ages of three and six. Parents attend 18 to 20 weekly group sessions where they learn strategies for interacting and communicating positively with their child, promoting optimal social and emotional development and discouraging unwanted child behaviour	CAMHS	Child behaviour management issues
5-14	OBOL (one body one life)	OBOL Child age group is 5 – 14 years family weight management support	Be active be healthy team	Targeted towards families where one family member is overweight or obese.
11 PLUS				
5-14	OBOL (one body one life)	OBOL Child age group is 5 – 14 years family weight management support	Be active be healthy team	Targeted towards families where one family member is

				overweight or obese.
11-16	Triple P Primary Care Teen practitioner (one to one)	Intervention to support specific behaviour over a 4-6 week period	Positive parenting team 6 children and family workers 1 senior parenting practitioner 1 senior youth worker	
11-17	Triple P Teen Group	9 weeks (6 weeks at the venue and 3 telephone calls) Parents may be interested in promoting their teenagers development and potential or they may have concerns about their teenager's behaviour that they want to change.	Positive parenting team 1 learning mentor 3 senior parenting practitioners 3 children and family workers	
13 – 18	Cyrenians Alcohol Mediation Service -	Involves mediation and holistic support of needs and issues. Utilises Cyrenians services overall	Cyrenians alcohol service	
OTHER				
0-12	Triple P Parenting Plus	Support Parents to develop a positive relationship with their children and to use Positive Parenting strategies to manage their children's behaviour	Positive parenting team	
0-12	Triple P Stepping Stones	10 weeks (7 weeks at the venue and 3 telephone calls) 10 week programme to support Parents of children with a diagnosed disability to develop a positive relationship with their children and to use Positive Parenting strategies to manage their children's behaviour	Positive parenting team	To support parents with a child who has a disability
0-16	Circle of Security (0-16 years) group programme	The Circle of Security approach to treatment is built upon the rich foundation	CAMHS	

		of psychoanalytic/object relations theory. Inherent in this theoretical tradition is the recognition that each of us defend against the inherent pain of attachment ruptures that went without repair in our early years		
0-18	Family support services	Family Support Services – Family Support Workers and Family Assistants	Senior social care practitioners	Safeguarding
0-18	Social care Graded care profiles.	Targeted to address neglect and support children who are vulnerable to neglect. The work is completed with the parents.	Senior social care practitioners	Safeguarding
0-18	Domestic Abuse Programme – Surviving Violence	Aimed at parents who have children either in their care or seeking to have them returned to their care. (only delivered in the north west)	Senior social care practitioners	Parents experiencing domestic abuse
All	Adult education ESOL	Adult Education Courses Adult Education Essential Skills / ESOL classes are targeted in the areas of greatest deprivation in Coventry.	Adult education	
All	Adult education	Parenting Plus Courses – adult education	Adult education	
All	NSPCC Women as protectors	Women as Protectors helps mums and carers who are in contact with a man who poses a risk of sexual harm to children	NSPCC	Safeguarding
All	Living with confidence	Women Only Group – 9 weeks9 week programme to improve the confidence of women.	Positive parenting team	Parents experiencing domestic abuse
All	Young Smiles	Help support children who live with parents with mental health issues	NSPCC	Support for parents with mental health issues
Any	Triple P 1:1	Primary care practitioners triple p 1:1 Intervention to support specific behaviour over a 4-6 week period	Positive parenting team 1 family support worker 8 children and families workers 1 learning mentor	

			2 Adolescent support worker 4 senior parenting practitioners	
All	Coventry Haven	Just4Me sessions term time only is targeted mainly at parents (mothers) who are victims or survivors of any type of abuse or violence.	2 facilitators	Parents(mothers) who are victims of abuse/violence
All	Coventry Haven	Peer Support/DVA training	2 facilitators	Parents experiencing domestic abuse
All	Coventry Haven	“You and Me Mum” training 10 week programme for mothers who have experienced domestic & sexual abuse. It aims to empower and support survivors in furthering their understanding of their role as mothers and in addressing the needs of children & young people who have lived with domestic abuse.	2 facilitators	Parents experiencing domestic abuse
All	CRASAC - Parent/Carer Group	Targeted at females safe parent/carers of children who have experienced sexual abuse or violence	2 Practitioners	Offering parents safe space to explore their own feelings about their child’s abuse.

Stakeholders were asked the following questions:

What worked well?

Thinking about what works well across the programme, the following areas were highlighted:

- Positive outcomes pre and post feedback(6)
- Opportunities for Peer to peer support (6)
- Evidence based programme e.g. for teens such as teen triple p, stepping stones, skilled based activities used (5)
- Partnership working (4)
- Skilling parents e.g. to support mental health of children self esteem building making them feel empowered (4)
- Passionate staff and knowledgeable (2)
- Good advertising (2)

What was working not so well?

Thinking about what is working less well the following areas were highlighted:

- Parental attendance rates (seminar primary and teen) referrals for Parents under pressures (5)
- High demand for session e.g. birth expectation classes and hands on (2)
- Limited staff (5)
- Difficult breaking down barriers with roma community and getting commitment from parents, parental engagement schools (3)
- Staff commitment (3)

What would make it even better?

Thinking about what would make parenting support even better the following were highlighted:

- More staff delivering (4)
- Time and resource for follow up (3)
- Improved communication with partners (2)
- Booking the same venues /crèche facilities (2)

Areas of focus for the strategy:

Stakeholders were asked to highlight the top five priorities for the strategy the following results were received:

	Theme	Quotes	Which TAF does this feed into
Priority 1	Offering targeted support tailored to needs (12) Structured and unstructured offering (10)	<i>Providing a range of Parenting interventions in a timely way to meet parents individual needs.</i> <i>Services need to reach out into the community to contact difficult to reach families</i> <i>To encourage the development of a range of services and interventions that would meet the needs of a broad range of parents.</i>	<i>Information and advice</i> <i>Parenting support offered across a gradient of need</i>
Priority 2	Parents promoting positive coping strategies and asking for help is OK (17) Peer support and reducing isolation for parents (6)	<i>Parents being able to promote positive coping strategies in their children</i> <i>Providing Peer Support regularly and on an individual basis.</i> <i>Connect communities</i>	<i>Use of technology and reduce parent isolation</i> <i>Build parenting capability</i>
Priority 4	More joined up approach from professionals - reduce duplication (9)	<i>Strong partnership working to support parenting provision</i> <i>Partnership work is essential as we cannot afford to duplicate services</i>	<i>Improve partnership working 0-19 services</i> <i>Early help and prevention</i>
Priority 5	Delivery Programmes with efficacy and ensuring quality and fidelity (5)	<i>showing empathy and offering emotional support</i> <i>To actively encourage all case holders to refer families to a parenting group and then actively support them to attend.</i>	<i>Quality and effectiveness of parenting support</i>

		<i>Delivery Programmes with efficacy and ensuring quality and fidelity</i>	
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Other responses

Some partners (e.g. schools) do not deliver programmes, however, they refer into other parenting programmes. We have not been able to obtain responses from all schools however, a cohort of schools have fed back responses - Lyng Hall school mentioned referring into Primary Mental Health enhanced schools programme, they also mentioned awareness sessions for parents of all children aged 11 – 18 which is being piloted at the school. The school also refer into Citizen Advice Bureau, and also run a session on British Values. Another school in the city (Cardinal Wiseman) said they refer into a range of parenting project such as Triple P (universal seminar), Living With Confidence, Teenage Triple P, ESOL Maths and English classes. The school has also held a CSE (child sexual exploitation) prevention awareness workshop recently for parents. Other schools in the city (such as Grace Academy) fed back that they refer to the Cygnet course for parents who have children with ASD (Autistic Spectrum Disorders), REACH adult course, Living with Confidence, Triple P, Grapevine, and the Young Smiles programme (NSPCC).

Future programmes

Future programmes which are to be launched include the following:

Wild earth: This is a targeted intervention for families who are receiving support from Family Hubs and Social care. The programme is initially aimed at children under 5 years old and is a City wide initiative, delivered by 2 staff members.

Hyperlink 2: Consultation with Parents: Summary report

September 2017

As part of the development of the parenting strategy for Coventry, a consultation with parents ran from Friday 1st September to Wednesday 20th September 2017 to capture the views of parents and carers in the city. This was to help identify the needs of parents and where the potential gaps were in the current parenting provision.

The methods used to capture the views included:

- An online survey for members of the public was completed between 20th January and Feb 20th 2017
- A paper based version of the survey was also made available to users as and when needed and used in Foleshill Women Training Centre and Foleshill Children Centre. Both versions of the survey asked identical questions.
- A consultation event was held in central library in Coventry to capture views of parents /carers.

364 responses were received from the questionnaire.

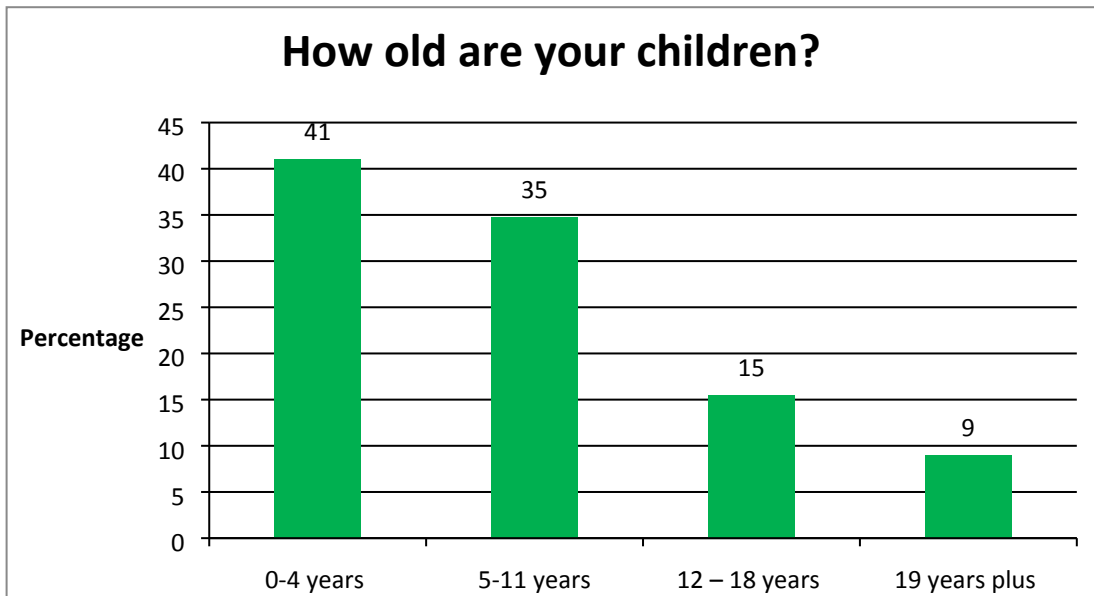
Respondents were asked how many children they had. The most popular answer was parents with two children 43% (166/380), more than a quarter (29%) (109/380) of the respondents said they had one child. A full breakdown of responses is shown in Table 1 below:

Table 1: Responses from parents - How many children do you have?

Answer	Number	Percent
Pregnant	16	4
One	109	29
Two	166	44
Three	59	16
Four	16	4
Five	12	3
Six plus	2	1

Respondents were then asked how old their children were. 41% (202/493) said they had children aged 0-4 years, more than a third (35% 171/493) said they had a child aged 5-11 years. 15% had children between the ages of 15-19 years and 9% had a young person aged 19 or above.

Figure 1: Responses from parents – how old are your children?

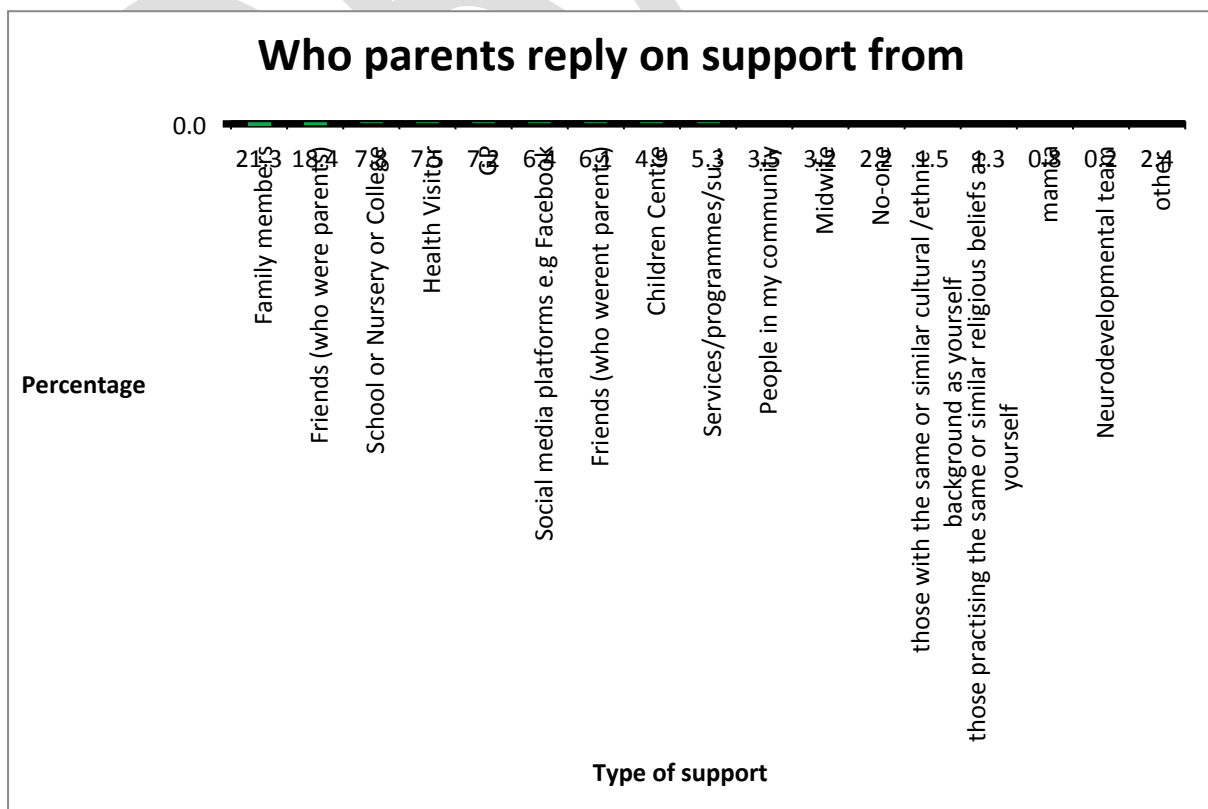


Respondents were then asked if they had a child with a disability. 24% (86) respondents said yes 76% (267) said No.

Respondents were then asked to comment on who they rely on for support in good times and bad times.

Almost a quarter 21% (263/ 1237) of respondents said they relied on family members, with 18% (228/1237) of respondents reporting they rely on friends who were parents. A full breakdown of responses is shown in Figure 2 below

Figure 2: responses from parents – who do they rely on support from?

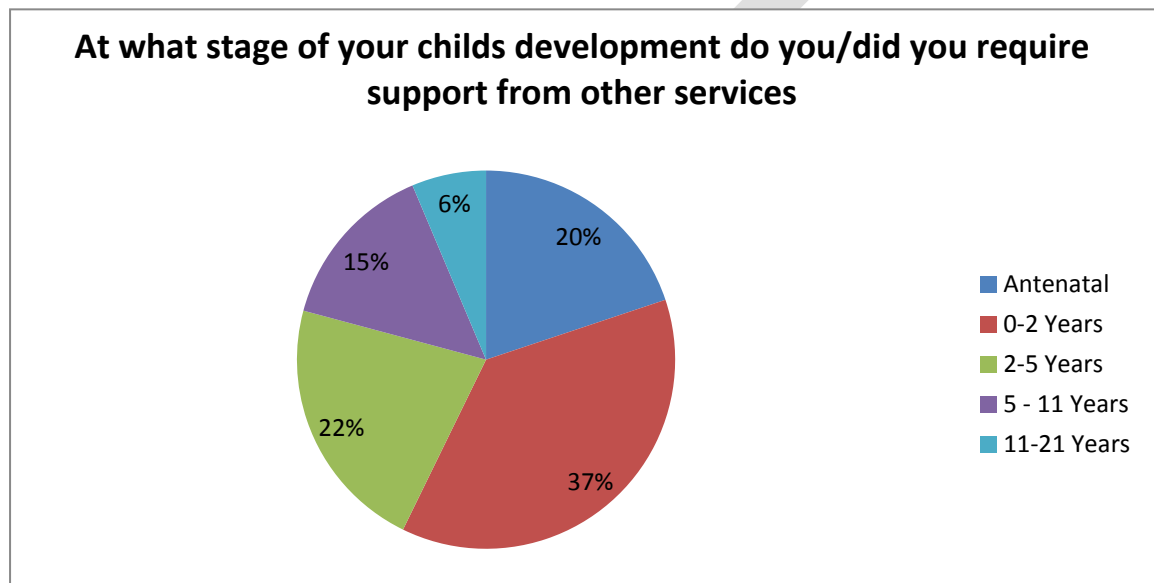


Other support groups/individuals reported included – infant feeding/breastfeeding team (3) social workers (2) education - books (1) toddler groups (2) online forums mums net (1)

Respondents were then asked at what stage do they or did they need support from other services. 37% (125/629) said that 0-2 years was the stage at which they needed/need support from other services. Fewer responses were received with regards to support at 11 -21 years (6% 40/629)

Figure 3 shows the full results.

Figure 3: Responses from parents – At what stage of the child’s development do you/did you require support?

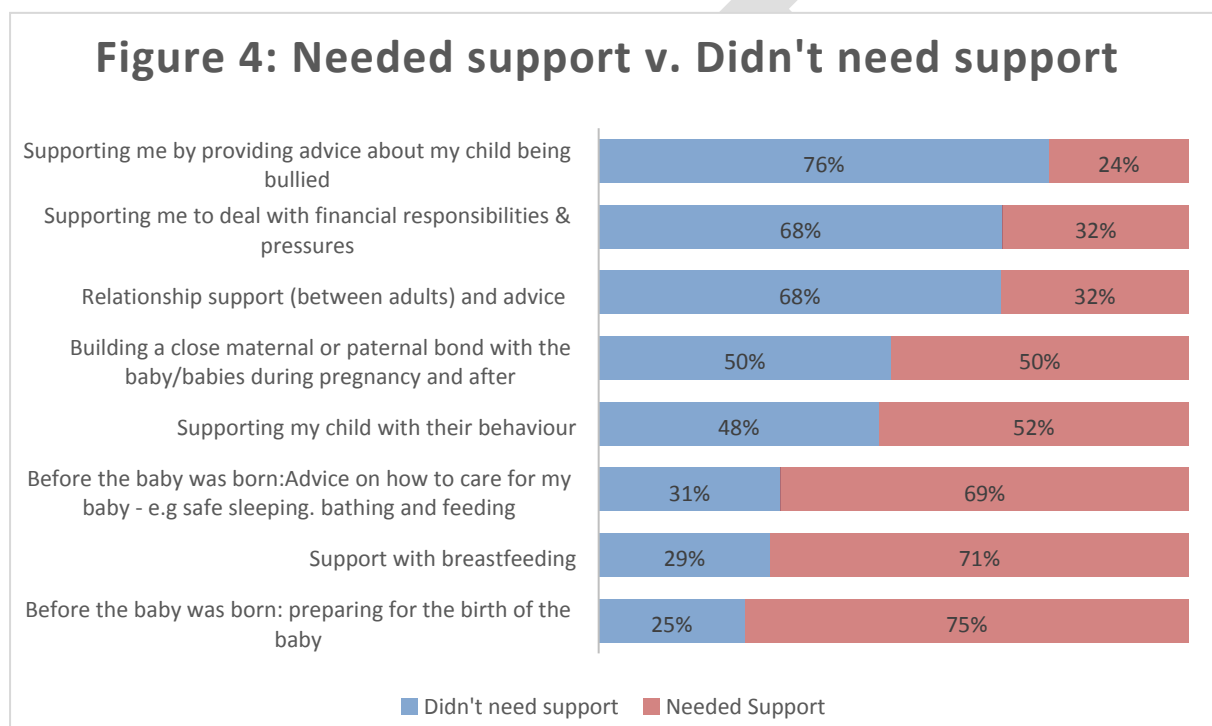


Respondents were then asked a series of questions which looked at how well supported they were in relation to:

- Breastfeeding
- Preparing for the birth of the baby
- Advice on how to care for my baby - e.g. safe sleeping, bathing and feeding
- professional support with building a close maternal or paternal bond with the baby during and after pregnancy
- Supporting child behaviour
- Support around transition points
- Supporting about my child being bullied
- Support to deal with financial responsibilities & pressures
- Relationship support (between adults) and advice

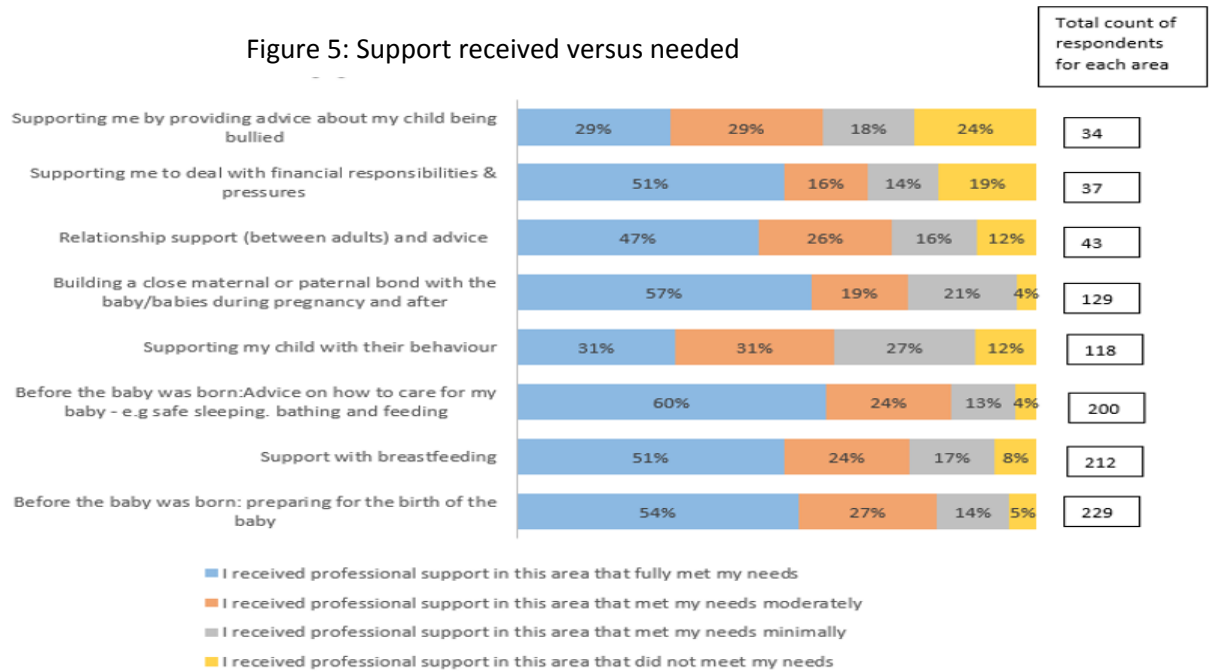
Respondents were also asked a follow up question if they would have liked professional support but didn't receive it, they were asked to comment on why they didn't receive any support.

The findings Figure 4 below show that the highest level of need was in areas such as 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%). Therefore investing in support in these areas is crucial to improving health and wellbeing for children and families. A smaller proportion of parents reported needing support in areas such as relationship support between adults, dealing with financial responsibilities and pressures and support around their child being bullied.



The Figure 5 below shows where support was received and where it was most needed.

Figure 5: Support received versus needed



Areas which scored the highest where respondents felt they had received support that fully met their needs included:

- Before the baby was born: Advice on how to care for my baby - e.g. safe sleeping, bathing and feeding (60%)
- Building a close maternal or paternal bond with the baby/babies during pregnancy and after (57%)
- Before the baby was born: preparing for the birth of the baby (54%)

The majority of parents received support that fully met their needs or moderately met their needs. A small proportion of parents said they received support which didn't meet their needs this was in relation to managing their child being bullied (24%) and dealing with financial responsibilities and pressures (19%).

Parents reported the following as barriers to them accessing help:

Stigma

"Felt self-conscious and failure if I admitted I was struggling" (breastfeeding)

"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"

Not knowing how to access parenting support:

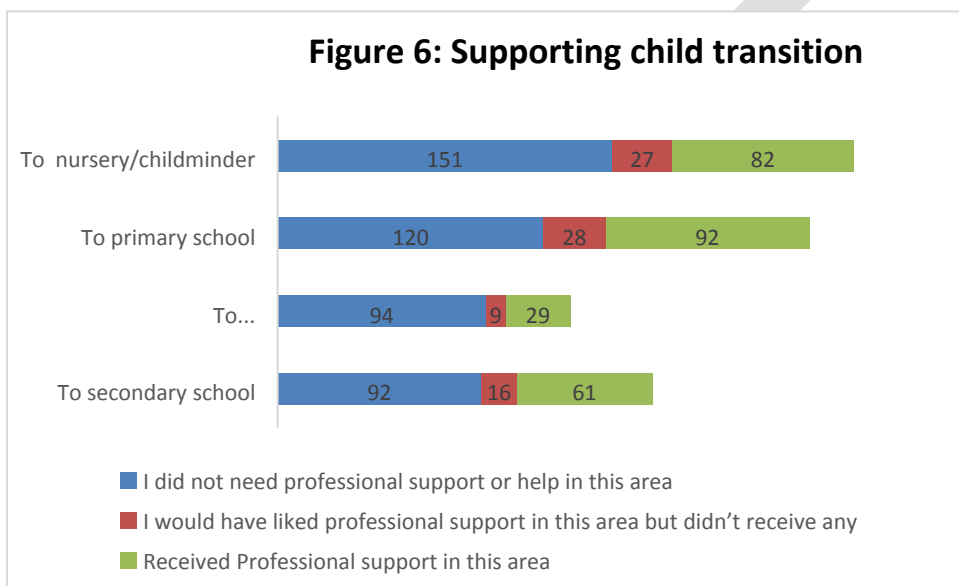
Access to parenting support needs to be strengthened in the following areas:

- Breastfeeding (8;29%)

- Supporting my child with being bullied (7;24%)
- Advice on how to care for my baby - e.g. safe sleeping, bathing and feeding (6;19%)

Not knowing that help was available:

- Support to deal with financial responsibilities & pressures (39;81%)
- Relationship support (between adults) and advice (31;76%)
- Professional support with building a close maternal or paternal bond with the baby during and after pregnancy (25;71%)

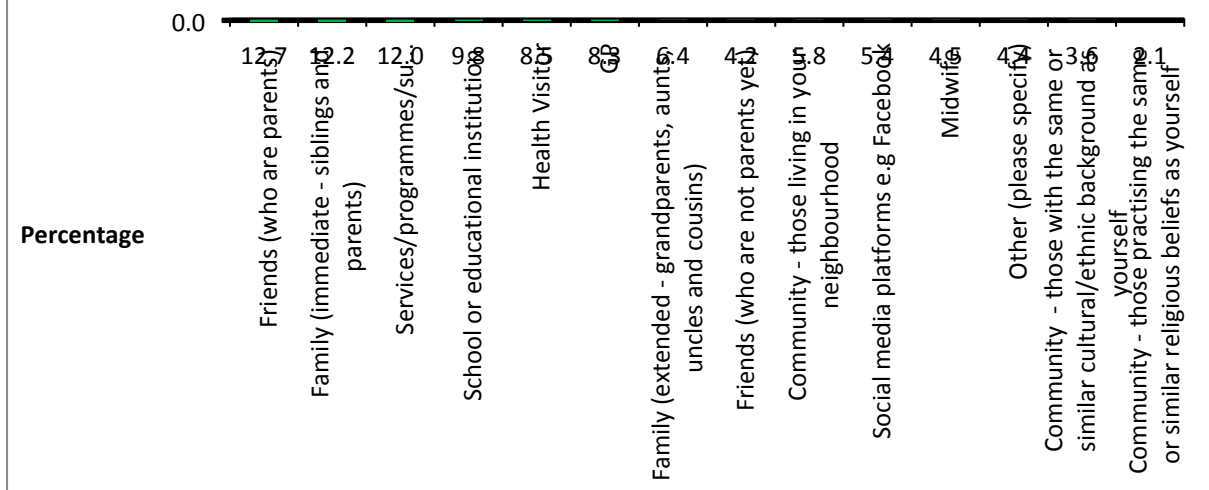


In terms of support in child transition, Figure 6 shows that the majority of responses from parents/carers indicate that they didn't need support. A higher proportion of parents said they did need support in the transition to nursery/childminder and to primary school compared to secondary school and sixth form. Responses are relatively low in the areas of transition to sixth form and to secondary school, which reflects the number of respondents from the sample who have children in this age bracket.

Respondents were then asked to think about support in the future and who they would like to receive it from.

Figure 7 below shows the results. The most popular answer was friends who are parents

Figure 7: Who would you like to have parenting support from in the future?



Respondents were then asked if they had any other comments:

Comments were made about the positive experiences respondents had with professionals (13)

“Mamta is very co-operative and helpful. Very knowledgeable to training courses and also parenting support”

“been a first time parent was nervous but receiving help from midwives”

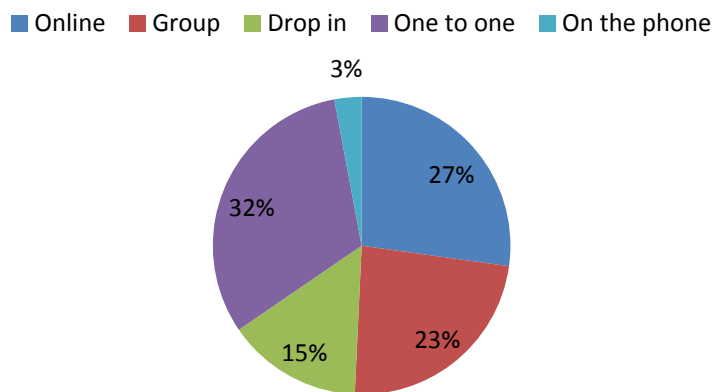
Comments were made about the important role of peer to peer support (4)

“The support I have received has been invaluable not just in the direct help and advice, but indirectly by helping me meet other parents and build friendships and support networks through groups, i.e. feeding group. [Joining] something regular to go to has also helped get me and baby out of the house and forge a routine”

“The community needs to stop relying on agencies to fix our problems. If we just cared about each other more.. The world might be a better place”

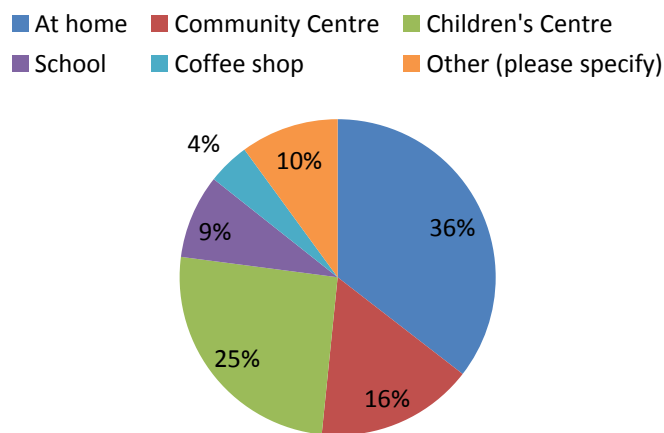
Respondents were then asked how they would like to receive parenting advice: 86;32% said one to one support was their preferred method, the second most popular answer was online (74;27%) and the least popular answer was on the phone (8;3%)

Figure 8: How would you prefer to receive parenting advice and support



Respondents were then asked where they would like to meet professionals. 36% said at home and 25% said in the children centre. the least popular answer was at a coffee shop (4%)

Figure 9: Where are you most comfortable meeting professionals



Demographics:

There were 11 males (4%) and 261 (95%) females

Ethnicity:

43% (118) respondents were white. 29% (80) English/Welsh/Scottish/Northern Irish/British 23 19% (68/364) of parents were from an ethnic minority group *

- Ethnic minority group in this report refers to the following ethnic groups- mixed multiple groups, white and Black Caribbean, White and Black African, white and Asian, Asian British, Bangladeshi, Pakistani, Indian, Chinese, Asian other, Black African, Black Caribbean, any other Black background, Arab, other ethnic background.

The age of the respondents is provided in the Table 2 below:

Age	Percent	Number
Under 16	0.00%	0
16 to 24	3.31%	9
25 to 34	41.54%	113
35 to 44	39.34%	107
45 to 54	12.87%	35
55 to 64	2.57%	7
65 to 74	0.00%	0

When asked if respondents considered themselves to be a disabled person, 7 answered yes and 263 said no.

Figure 10 below provides the postcodes for where parents live.

