



Coventry City Council

Briefing note

To: Education and Children's Services Scrutiny Board (2)

Date: 4th April 2019

Subject: Coventry Parenting Strategy 2018-23

1 Purpose of the Note

- 1.1 To provide a follow up report on the Coventry Parenting Strategy 2018-2023 (which was presented on 1st March 2018) and inform members of the progress made against the recommendations and the year 1 parenting action plan.

2 Recommendations

- 2.1 The Scrutiny Board are requested to:
- 1) Consider the content of the report and progress made.
 - 2) Identify any further recommendations for the appropriate Cabinet Member.

3 Information/Background

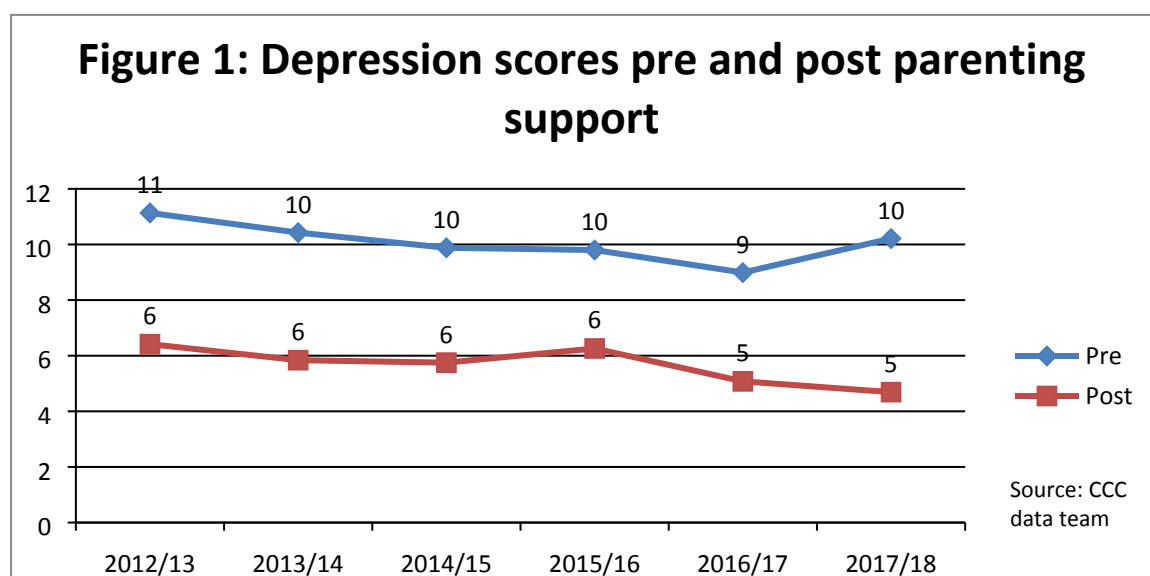
- 3.1 As children and young people develop, families may face a number of challenges and the extent to which they are able to cope with these will differ from person to person. There is clear evidence that supporting parents and carers to develop effective parenting skills is an important part of maximising their children's potential.
- 3.2 In Coventry, the future for our young people is not as good as others across the West Midlands and the country as a whole, particularly for our more deprived children. The total number of children and young people aged 0-19 is 89,200 which equates to approximately 25% of the population for the city¹
- 3.3 As a Marmot city, those delivering support to families in Coventry are committed to tackling health inequalities, where increasing deprivation is associated with poorer health.
- 3.4 Coventry's vision for parenting is to have "More Coventry Children and Young People grow up within supportive families and communities". The Coventry Parenting Strategy 2018-2023 identified areas for improvements and key recommendations, bringing together the views of parents, stakeholders and evidence. The approach taken was to strengthen these services within existing resources.
- 3.5 The multiagency Coventry Parenting Strategy Steering Group was established to develop the Parenting Strategy and has overseen the progress made against the recommendations, it includes representatives from parents, statutory and non-statutory

1. Mid year office national statistics 2017.

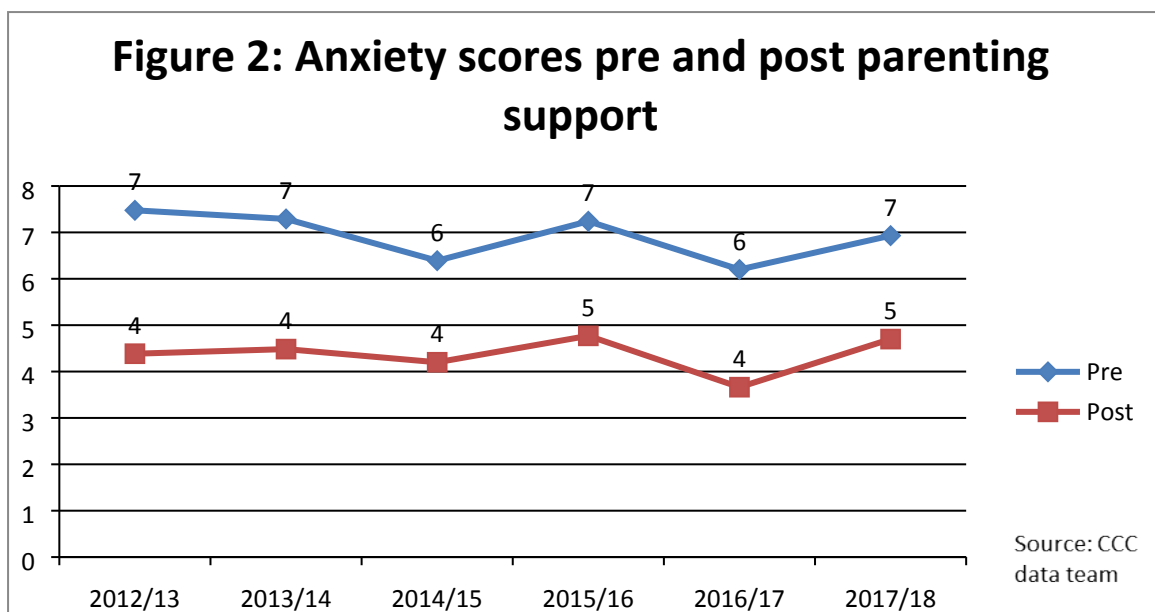
organisations including the voluntary sector. Multiagency task and finish groups have taken forward the recommendations creating tangible actions driven by key partners.

4 Impact of Parenting support offered in Coventry

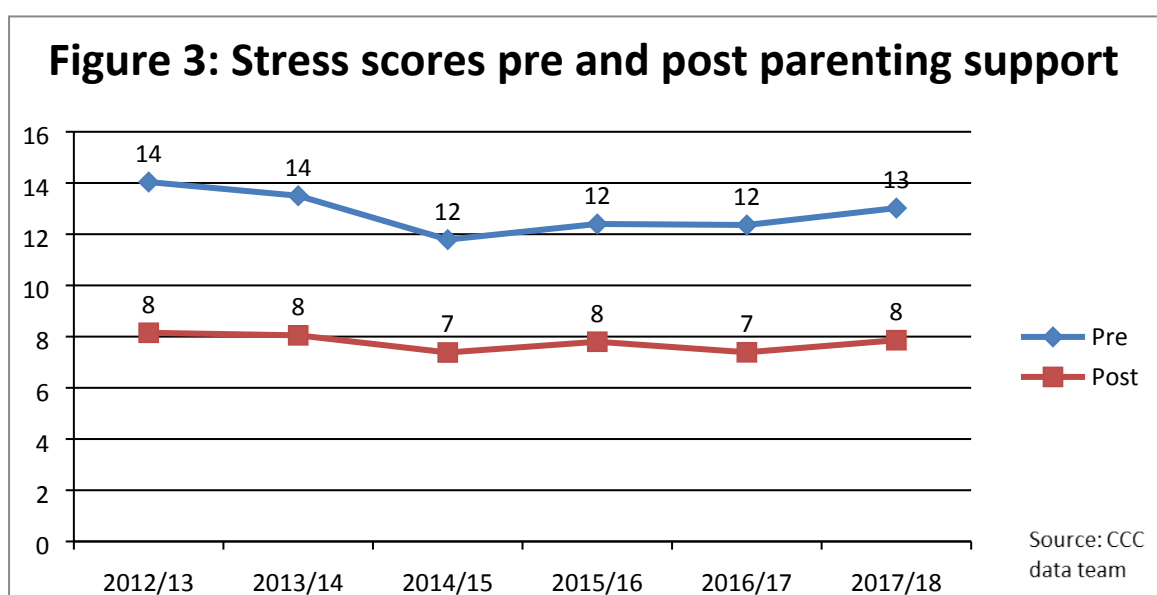
- 4.1 Ten years ago, there was a key drive by the City Council to invest in parenting programmes such as Triple P (an evidenced based programme for parents of children aged 0-19 years) There is strong evidence that there are many benefits associated with Triple P parenting support and staff at all levels within the City Council were trained in delivering this support to families. The standard Triple P programme has been shown to prevent crime, violence and antisocial behaviour. The Triple P Parenting programme measures parent's wellbeing. Parents wellbeing is measured using the Depression, Anxiety and Stress Scale (DASS: Lovibond & Lovibond, 1995) a 42-item self-report assessing symptoms of depression, anxiety and stress in adults and is completed after the Triple P course.
- 4.2 In Coventry, the data for the past six years has been analysed for those parents who completed a Triple P programme to understand the impact of the parenting support offered to families. An analysis of the depression scores noted by parents following the Triple P parenting programmes are shown in Figure 1. From 2012/13 to 2017/18 the depression scores are consistently higher before compared to after completing the parenting course. Before the parenting course, the scores (for most years shown) are outside the normal range but after the course, all the scores are within the normal range. NB: A normal depression score ranges from 0 – 9. Mild to moderate is a depression score between 10-20 and a severe depression score is considered to be over 21.



- 4.3 Figure 2 shows the anxiety score measured pre and post parenting support from 2012/13 to 2017/18. Before the parenting course, the readings per year ranges between 6 and 7 (which is on the higher end of the normal range of the anxiety scale) but after the Triple P parenting course, the readings are lower at 4 and 5, which is positive. NB: A score between 0-7 is considered as a normal score, 8 to 14 is considered to be a mild to moderate anxiety score, and a severe anxiety score is over 15.



- 4.4 Figure 3 shows the stress score reported by parents pre and post parenting support, the scores are repeatedly higher for pre measures compared to post Triple P parenting support. Before the parenting course, the readings per year ranges between 12 and 14 (which is on the higher end of the normal range of the stress scale) but after the Triple P parenting course, the readings are much lower which is positive. NB: 0-14 is considered as a normal stress score, 15-25 is considered to be a mild to moderate stress score and over 26 is a severe stress score.



- 4.5 The above analysis clearly shows the investment into parenting support over the past six years has had a positive impact on parents and carers in the city. The redesign in children and young people's service has meant that resources have reduced, however last year a review was completed of the number of staff trained in the intervention and there were 128 practitioners trained in Triple P. It was identified that support needed to be strengthened for parents with teenagers; therefore, in 2018 the number of parenting groups has been increased to offer more Triple P teenage groups

5 Progress made since the Parenting Strategy launched

Below is a summary of the progress made against the key recommendations from the Coventry Parenting Strategy 2018-2023. A high level summary of the five year strategic plan is provided in Appendix 1. A full detailed action plan is provided in Appendix 2 which has been developed by the Parenting Strategy Task and Finish Groups.

5.1 Recommendation 1: To strengthen availability and accessibility of general information and advice to parents

- 5.2 A recent survey of 27 key partners involved in the delivery of parenting support in the city (response rate 70%) found that 44% (8 out of 18) agency leads said that knowledge of referral processes for parenting had improved or improved a lot, the remaining said it stayed the same. No agency leads reported that it had got worse. 78% (14/18 partner agencies reported awareness of parenting support offered in the city had improved a lot or improved; no agency lead felt it had got worse.
- 5.3 There are 8 Family Hubs operational in Local Authority venues across the city, serving local communities and focusing on delivering early help to children aged 0-19 (and up to 24 for young people with SEN) and their families. Each Family Hub has launched a 'resource library' which can be accessed by partners and aims to provide a standardised portal for staff working within the locality to access information about local services. Information about parenting support and the Coventry Parenting Strategy 2018-2023 has been uploaded onto the library.
- 5.4 Public Health has presented the Coventry Parenting Strategy 2018-2023 and discussed strengthening parenting support with the safeguarding faith forum. This has led to the chair joining the parenting task and finish group. Links have been established between members of the safeguarding faith forum and the Positive Parenting team.
- 5.5 In Partnership with MAMTA, the positive parenting team have developed a new Triple P evidence based parenting programme to deliver to parents from BME backgrounds increasing parenting support in the city.
- 5.6 Further work has been completed to raise awareness of parenting support offered antenatally and postnatally such as the Family Links antenatal nurture programme with briefing sessions being held with Maternity and Health Visiting to increase uptake.
- 5.7 The Family Health and Lifestyles service has been recommissioned by Public Health bringing together the following seven services; Health Visiting, Stop Smoking in Pregnancy, MAMTA (Supporting mothers from BME backgrounds), Infant Feeding, School Nursing, Family Nurse Partnership and Family weight management services. The new service went live in September 2018. The new service will improve the cohesiveness of parenting support in the city through integration of care. The new service will create a parent leadership programme, this will be a formal programme that supports parents to drive service improvements and increase community capacity. Through the Family Hubs, Health Visitors and School Nurses attend weekly 'Family Matters' meetings at the 8 Family Hubs to discuss cases where families requiring early help are identified and appropriate support is put in place.
- 5.8 New parenting programmes offered locally have been promoted via partners. For example, the promotion of NSPCCs "Building Blocks" for parents and carers of children under 7 years old who may have been identified as needing extra support has been promoted via the Family Hubs, Family Health and Lifestyles service and with the Voluntary Sector.
- 5.9 Based on the findings from the consultation with parents (which was completed by the Parenting Strategy Steering Group), a calendar has been created to promote a new theme each month via services such as Family Hubs and includes areas such as child behaviour and breastfeeding.

- 5.10 The Parenting Strategy has been disseminated to key partners and organisations delivering parenting support and has been shared with Primary and Secondary school heads.
- 5.11 In terms of data, school readiness is a key marker in a child's development, there is an opportunity to use the ages and stages measure completed by Health Visiting at 2 ½ year check to provide data which will allow a system response to improve school readiness. The questionnaire is completed by parents to measure child development .

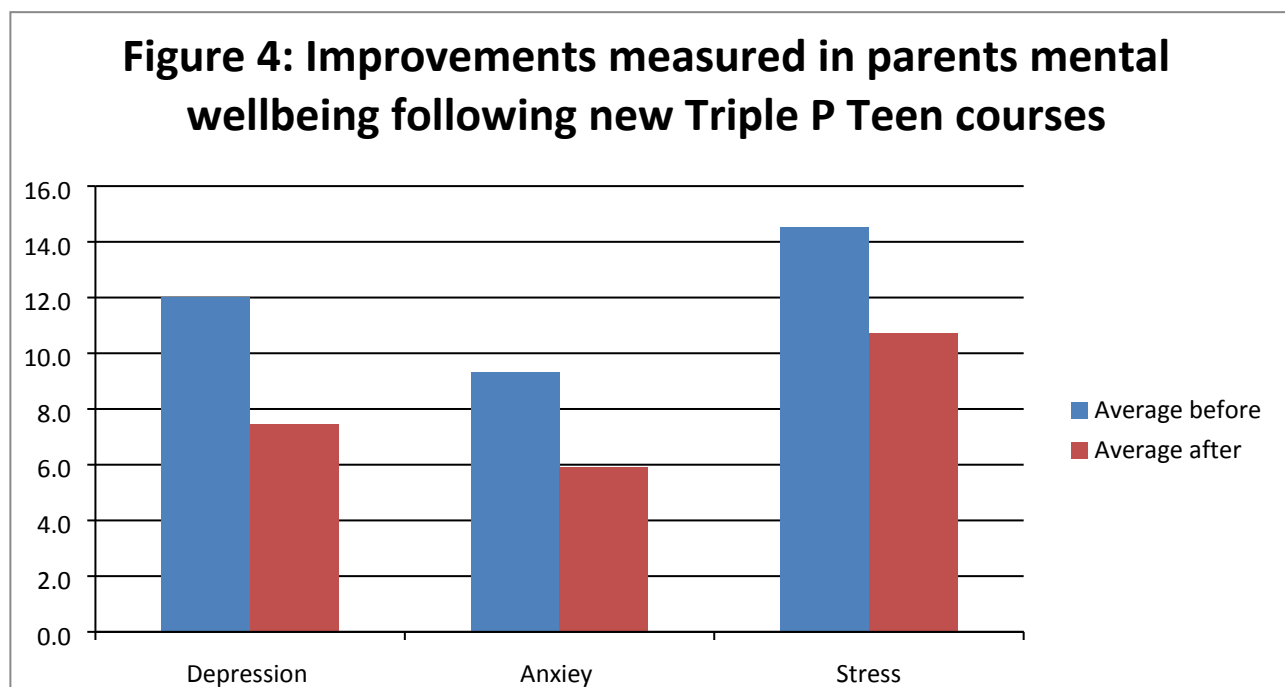
6 Recommendation 2: Harness technology and the developing digital systems across agencies to strengthen the parenting offer.

- 6.1 Video clips have been produced covering a range of different services through the Family Hubs. Discussions about supporting learning difficulties and English as a second language are included.
- 6.2 All Family Hubs have new Face Book pages , information about parenting support is being uploaded and will be scheduled to be disseminated on a quarterly basis The Family Nurse Partnership service supports first time parents aged under 19 and utilises the support available online such as Baby Buddy mental health videos on post-natal depression .
- 6.3 Grapevine have held 'idea factories' around child accident prevention for parents working jointly with Child Accident Prevention Trust and Public Health. This resulted in mobilizing parents to spread safety messages and parents creating a short video which was used in a social media campaign to support Child Accident Prevention Week.
- 6.4 Work in underway to utilise the screens available in each Family Hub waiting area to promote messages to families on parenting support available locally.

7 Recommendation 3: Ensure there is a systematic approach to ensuring the quality and effectiveness of the parenting offer across the whole system

- 7.1 Two practitioners have undertaken 'Train the Trainer' Solihull Approach (a universal parenting programme offering support to parents of children aged 0-19) creating a more sustainable parenting support offer for the future. Family Hubs will be looking to initially train 8 members of Family Hub staff by the end of May 2019. This will inform the wider roll out of training scheduled for September 2019.
- 7.2 Health Visitors are trained in an evidenced based parenting programme (Triple P Primary Care) and are undergoing refresher training planned for September 2019. VIG (video interactive guidance) training is being provided for 3 Health Visitors in Coventry linked to promoting attachment and promotion of post-natal mental health support.
- 7.3 The Family Nurse Partnership (which offer support to first time parents from 0 – 2 years) have created modules on areas such as attachment and the teenage brain which have been delivered to children's services staff, including Social Care, Foster Carers, Family Hub workers and Parenting Practitioners, with a very positive evaluation.
- 7.4 The Health Visiting service have created a "Together we Can" group running in Foleshill. It is in conjunction with the SEND agenda and is run alongside a Portage worker and Nursery Nurse from Health Visiting services. The uptake is good and the feedback is excellent. Parents enjoy the service and can see the progress their children are making. The sessions are structured, specific and goals are set for each child.

- 7.5 Police Officers are being trained in Signs Of Safety and input information about families with an unmet need into the multiagency 'Family Matters' meeting held at the Family Hubs on a weekly basis.
- 7.6 Further investment into Triple P Teen (an evidenced based parenting programme) has led to 3 practitioners being trained and new parenting groups for parents with teenagers have commenced. 4 groups ran with the 3 newly trained practitioners co-delivering at Harmony, Aspire, Pathways and Woodside Family Hubs. 30 parents completed the courses. The feedback from parents is positive, improvements in depression, anxiety and stress scores have been reported see Figure 4.



8 Parents/ carers feedback:

Below shows feedback collated from parents with teenage children who have attend the parenting programmes:

"It's given me more confidence in the tools I have learnt"

"I have made friends"

"Helped give ideas support my children".

"[The course is] relaxed, friendly and informative"

9 Recommendation 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

- 9.1 Early Help Managers /Partnership Coordinators have created a citywide mapping directory which is updated on an ongoing basis, this identifies current partnership arrangements for children and families that operate within the city.

10 What needs to happen next?

- 10.1 The priorities for the next 12 months will be to:

- Continue to strengthen plans to meet the recommendations of the parenting strategy including strengthening information and advice for parents, use of technology to

strengthen parenting support, ensuring there is a systematic approach to ensuring the quality and effectiveness of the parenting offer across the whole system and ensuring that this system-wide parenting offer is delivered in a way which progressively provides more support across the social gradient and level of need.

- Hold a celebration event with parents in July 2019 and present back the progress made in year 1.
- To support partners to develop robust participation practice through effective guidance support and good practice.
- Improve continuity and consistency throughout important transition periods e.g. starting school particularly for vulnerable families.
- Strengthen parent relationship advice and further cascade 'train the trainer' universal parenting support to staff.
- Develop a city wide outcome framework with partners to accurately evidence the reach and impact of the whole of the Early Help offered delivered through that partnership and ensure parenting outcomes are integrated within this.
- Strengthen the intelligence that is shared between partners to help them make informed decisions about resources.
- Strengthen support for parents with a learning disability.
- Implementation of the new Early Help Assessment which includes measuring outcomes for families.
- Train staff and offer ongoing peer support, particularly in steps to change and signs of safety to adopt a collaborative approach. This must be offered to voluntary, private and partner agencies and schools. There is an expectation that all partner agencies will use these tools in part or whole.

A link to the parenting strategy can be found here:

http://www.coventry.gov.uk/downloads/download/5182/parenting_strategy

Name: Sue Frossell

Job Title: Consultant in Public Health

Contact Details: Sue.Frossell@coventry.gov.uk

Name: Harbir Nagra

Job Title: Programme Manager Public Health

Contact Details: Harbir.Nagra@coventry.gov.uk