

# Southern Area Outcomes Group

## Craigavon LPG – Toxic Childhood Conference

### 20<sup>th</sup> October 2016 (Craigavon Civic Centre)

### Background

Craigavon Locality Planning Group (LPG) hosted a Toxic Childhood Conference on Thursday 20<sup>th</sup> October.

Craigavon LPG had noted over a period of months the ongoing emerging need of this generation of children, young people and their parents of the challenges posed by both technology and unhealthy food and the capacity of parents to deal with this challenge.

One of Craigavon LPG four key priority areas looks at addressing issues impacting children and young people and removing barriers for young people and their parents accessing local services;

The outcome of the day was to:

1. Increase professionals knowledge on how to support families that are addicted to technology
2. Introduce mindfulness into the Southern Outcomes area
3. Highlight the impact on a child when parents are addicted to technology
4. Better understanding of ways of dealing with stress- using CBT

### Outcome 4 & 5

- All Children are safe, confident and enjoy good emotional wellbeing.
- Children and young people live in supported families. Parents/carers receive the help and support they need to empower them to parent.

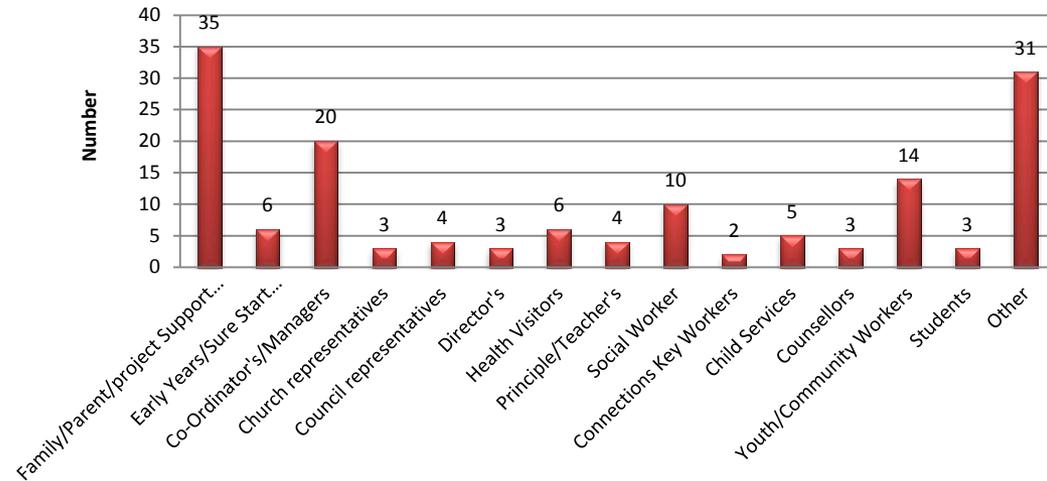


*Chair of Southern Outcomes Group, Paul Morgan with guest speakers, Pauline Leeson, CEO Children in Northern Ireland and Southern Area Locality Planner, Julie Bolton*

## How much did we do?

- 1 half day conference
- 150 professionals from across Northern Ireland attended the conference
- 4 experts delivered presentations and break out workshops

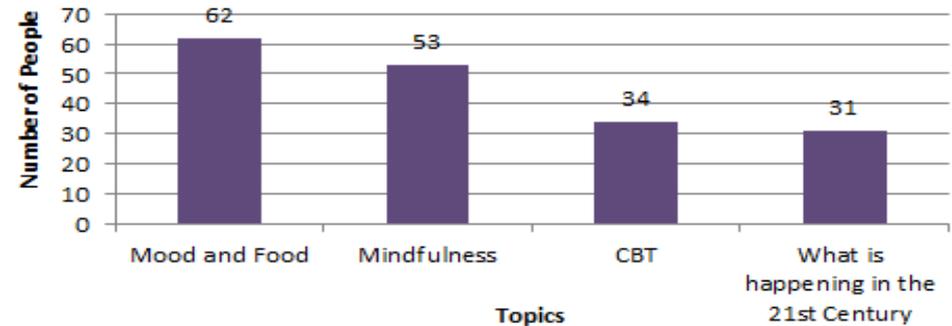
Breakdown of attendee's at the Toxic Childhood Conference



## How well did we do It?

- The cost of the conference was £1400 this works out at approx. £9 per person
- ABC District Council kindly provided the Civic centre to host the event
- Through the CYPSP Twitter #Toxic16 a total of 6258 people were engaged via 32 tweets and 34 retweets about the conference. Over 1000 have watched video.
- 110 out of 150 delegates completed an evaluation form
- 100% of delegates rated the overall conference a rating of 4 or 5 out of 5

Feedback from Delegates:  
Most Useful Topics

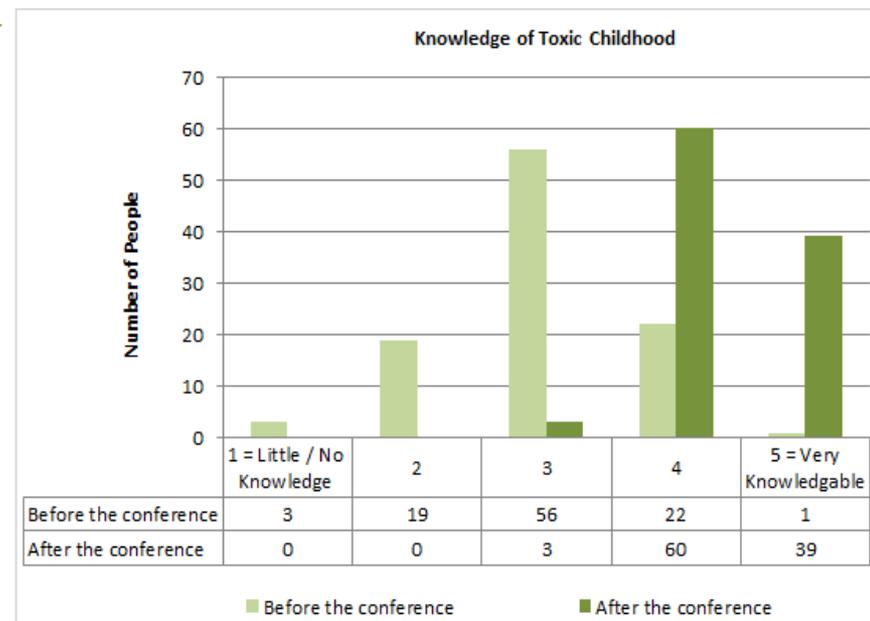


## Is anyone better off?

Following the conference practitioners vowed to change their practice both professionally and as a parent.

Examples from the evaluation forms are shown below:

- Introduce mindfulness/strategies to be more aware
- Share information with families
- Be more positive
- Less time on my mobile phone with my children
- Reduce stress- be more focused on values
- To encourage parents to remain in the “present”
- Look at what we are eating at home
- Time on technology as parents- setting a good examples to children
- Talk to parents about nutrition and mindful practice
- Further informing schools and other colleagues on toxic childhood and the need to be more mindful of the damaging effects of tech addictions



### Concluding remarks

99 out of 150 delegates informed us that their knowledge had increased since attending the conference

11 delegates informed us that their knowledge remained the same since attending the conference

