



Baby and Me

A weekly health visiting group for mothers and fathers of babies up to 12 months



Learn more about your baby's growth and development

Enjoy a community of support and information with other parents

Meet with a health visitor in a relaxed and welcoming group

STARTS: (DATE AND TIME AND DURATION)

(VENUE)

For more information contact your health visitor on (contact no)

COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

**To deliver excellent integrated services
in partnership with our community**

Baby and Me Groups: Health Visitor-led Support for Mothers and Fathers

Summary

Delivery of groups for parents is a mechanism by which HVs can impart knowledge and learning and support safe and healthy parenting relationships in supportive group settings in the community. A working group was established to inform development of quality-assured corporate groups for parents in PHN called 'Baby and Me'. Design and content of this resource pack is a consolidation of best practice from previous HV-led groups in NHSCT.

Terms of Reference

- Ensure consistent delivery of current, evidence based, parenting information for mothers and fathers in peer group settings Trust- wide.
- Underpin all topics covered across weekly sessions with key information and messages promoting infant mental health. Delivery should bring together the core health visiting role and apply learning and language from UNICEF Baby friendly, Solihull, and Star Babies where appropriate.
- Incorporate the following core health visiting themes within a menu of sessions: (i) understanding growth and development (ii) social and emotional baby (iii) feeding and sleeping (iv) crying and comforting (v) communication, play and interaction (vi) home safety and first aid (vi) emotional health and wellbeing for mothers and fathers.
- Increase inclusion of fathers and promote the importance and relevance of the role of fatherhood across all sessions.
- Provide evaluation against the delivery of agreed objectives and outcomes.
- Ensure service user experience is incorporated into delivery and development of local groups and integrate '10,000 voices' campaign where appropriate.

Outcomes

- Strengthen mothers' and fathers' understanding of the parenting role and relationship with their baby.
- Increase inclusion of fathers and promote importance of fatherhood.
- Support learning about healthy baby growth and development and how to understand and interact with baby.
- Increase awareness of responsive, sensitive parenting styles and impact on baby brain development.
- Increase understanding and awareness of maternal and paternal health and wellbeing.
- Increase parenting confidence and enjoyment.
- Support and encourage parental engagement in local community groups and/or activities.

Guidance Notes

The Baby and Me Resource Pack is a guide for delivery of group sessions providing consistent evidence based content. It consolidates best practice and feedback from parents in local areas. It is not designed to be a prescriptive layout of sessions with set timings but provides a skeleton plan with a suggested timeline. This aims to stimulate and share ideas across teams and encourage peer support. It aims to support facilitation skills amongst practitioners and promote innovation in groups. The following general points for local consideration are outlined below:

Resource pack	Local delivery model
The order in which the session plans are set out is based on a six-week model with relevant age and stage information	The structure and delivery of local groups may be adapted to suit local need. Teams may adapt frequency and duration of weekly session based on local agreement. Teams will decide how many groups will be delivered each year.
Session plans provide a guide to the core content of weekly sessions.	Session plans are like 'lesson plans'. They give an outline guide to content with suggested timing. This is not meant to be rigid, but supports the practitioner in planning.
Health visitors will lead on the delivery of core topics and information on a sessional basis.	It is essential that the health visitor leads on delivery of core content/themes to ensure quality assured information.
The role of accredited support organisations, relevant to the theme of the session can be considered	Additional speakers should only be used when deemed to enhance and engage parents on HV-led key topics. This should be agreed and based on service user evaluation. This can be supported by the skill mix team.
Individual sessions were designed based on an approximate 2-hour timeframe including comfort break.	The length and timing of sessions is approximate and may vary from week to week, or from team to team, depending on topic, facilitation style, and on feedback from participants.
To ensure flexibility to respond to local need or specific topic requests from parents which still maintain quality and integrity of the session plan	Sessions are child and family focused. Flexibility to adapt sessions with local agreement.
Local health visiting teams will support the delivery of Baby and Me groups through appropriate prioritisation and resourcing	Each team should have resources and tools to support delivery e.g. DVD players, CDs, Social Baby resources etc. Any additional resources for refreshments etc. is agreed in local teams.
Staff rota for group delivery	Development of a staff rota for delivery will be agreed at local level. Co-facilitation i.e. 2 members of staff/ skill mix may be considered for some sessions as required.
Identification of a central contact/person for Baby and Me group coordination	Teams should identify a central contact for coordination/support within team. Clinical Leads will ensure quality & consistency.



BABY AND ME

Supporting Your Baby's Health and Development

DATE	SESSION	WHAT'S ON?
WEEK 1	HELLO BABY	Becoming a parent Getting to know your baby Nurturing relationships Feeding your baby Understanding growth and development
WEEK 2	WHAT BABIES LOVE	Baby brain development Your social and emotional baby Everyday ways to support your baby's learning Communication, play and interaction
WEEK 3	DAY-TO-DAY PARENTING	Introducing your baby to solid foods Looking after your baby's teeth Healthy sleep, crying and comforting
WEEK 4	STAYING SAFE, KEEPING WELL	Childhood illnesses Immunisations Home safety, car safety First aid for babies
WEEK 5	HEALTHY MINDS, HEALTHY BODIES	Looking after yourself Screening and self-examination Healthy lifestyles Managing stress
WEEK 6	WHAT MATTERS TO YOU?	Understanding feelings Emotional health and wellbeing for mothers Emotional health and wellbeing for fathers Positive parenting Returning to work

Health Visitor-led Session Plan 1

WEEK 1: HELLO BABY			
<ul style="list-style-type: none"> • Theme: Early development and early relationships. • Content: Session should set out importance of nurturing relationship with baby from birth, helping baby feel safe and secure in the world and encouraging developmentally appropriate growth. • Tip: Encourage parents to observe or try out activities between sessions and you can use as a reflective icebreaker to next session. 			
STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	10	Early development and wellbeing. Healthy relationships as the basis for healthy development	Introduce yourself and explain aims/purpose of group. Talk a little about the role of health visitor. Create friendly, relaxed and inclusive atmosphere. Set out importance of respect and confidentiality. Provide hand-out-overview of weekly session plan
Welcome activity	15	Ice breaker activity Listen and value individual parent responses	Inclusive HV-led activity encouraging parent to reflect on journey to parenthood and relationship with baby. Think about how you might do this. Carrick e.g. ask parent (s) to share their name(s), their baby's name/age and their reason for choosing their baby's name
Core topic (HV-led discussion/presentation)	30	Transition to parenthood Bonding and attachment Ages and stages Responsive feeding SUDI prevention Vitamins	<ul style="list-style-type: none"> ✓ HV leads with open discussion on parenting: transition to motherhood, fatherhood and changing family roles ✓ Emphasis on first three years of life as a period of rapid growth in all areas of a baby's development. ✓ Link to ages and stages: parent nurturing and supporting developmental milestones from birth ✓ Responding to babies needs builds a secure bond between mother and baby. Cuddling an upset baby or holding him close to your heart makes baby feel safe and secure. Keeping baby close at all times promotes instinctive responsive parenting. Gain confidence in interpreting and responding to their baby's needs for comfort, food or company. Keeping baby close means babies can be fed before they become distressed as mum picks up on early feeding cues. You will not spoil baby with cuddles or overfeed a breastfed baby by offering the breast for comfort. ✓ Research shows that holding a baby for more hours each day causes them to cry less. Hands-on activities e.g. cuddling; changing etc. change fathers' bodies too. Levels of hormones increase oxytocin helps build tolerance and trust prolactin helps fathers (and mothers) respond more positively to babies' upsets. ✓ Children whose fathers are very involved from the beginning reach development milestones earlier, make better friendships, do better at school, are less likely to get into trouble as teenagers, and develop higher IQs (iHV).
BREAK	15	Meet and greet	Refreshments
Open session		Free Time Slot	See useful links & resources e.g. social baby DVD

Health Visitor-led Session Plan 2

SESSION 2: WHAT BABIES LOVE

Theme: Baby brain development, communication and play

Content: Consolidate previous session on parenting and foundation of healthy relationships by linking to parent child interaction and everyday activities that support baby brain development

Tip: Stimulate awareness and interest in 'back and forth' interactions. Encourage and model interaction and help parents observe. Make this fun and practical.

STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	5	Welcome new participants and quick recap of previous week	Outline Week 2 session.
Welcome activity	15	Ice breaker activity Listen and value individual parent responses	Inclusive HV-led activity supports parent to reflect on communication and play. Carrick e.g. Tell group one thing this week that your baby did that made you smile
Core topic (HV-led)	30	Baby brain development and early experience Communication Language development Everyday ways to support learning	<ul style="list-style-type: none"> ✓ Earliest relationships with caregivers can promote healthy brain development, how young children build social and emotional skills, and ways to support language and literacy development starting from birth ✓ Gestures as communication; reading baby cues; observing, listening, responding e.g. cries, yawns, smiles and body movements. ✓ Language and literacy: 'Talk, read, laugh, play, listen, look' - little conversations ✓ 'Plugged-in parents' Focus without distractions such as TV, social media, and phones. Be fully engaged in what your child is communicating ✓ Rhyme challenge activities
BREAK	15	Meet and greet	Refreshments
Core topic Play	30	Play and stimulation	<ul style="list-style-type: none"> ✓ Earliest experiences foster neural connections ✓ Babies are born learning. Very young children are learning through play, exploration of environment, interactions with the significant adults in their lives ✓ Link to ages/stages. Use Star Babies child development summary/toy guide if required ✓ Mobility and physically active play: e.g. talk about physical activity recommendations for non-walkers. Use and model examples from 'Early Movers' packs ✓ Tummy time ✓ Messy play; bath play ✓ Treasure baskets ✓ Getting out and about community links-baby swim; baby yoga; buggy walks etc.
Open session		Free time slot as required	See useful links & resources e.g. http://www.talkingpoint.org.uk/directory/free-resources-parents



Health Visitor-led Session Plan 3

SESSION 3: DAY-TO-DAY PARENTING

Theme: Patterns and routines

Content: Feeding, sleeping and dental health

Tips: Aim to increase parental knowledge and understanding in this session, improve confidence in self-management and understand when to seek advice/support

STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	5	Welcome new participants and quick recap of previous week	Outline Week 3 session.
Welcome activity	15	Ice breaker activity Listen and value individual parent responses	Inclusive HV-led activity supports parent to reflect on communication and play. Tell group about a chat that you had with your baby this week or a new play activity you tried. How did your baby respond? Was baby excited when having fun or get cross when you stopped playing? Link this to building your bond leading on to day-to-day parenting
Core topic (HV-led)	45	Supporting early feeding The feeding relationship- parenting behaviours supporting attachment from birth Weaning Baby teeth and dental health Vitamins	<ul style="list-style-type: none"> ✓ Supporting early feeding practices and the link to growth and healthy habits ✓ Feeding behaviours that support attachment from birth e.g. follow baby's signals before the baby becomes aroused from heavy crying; hold baby so you can look at each other during feeding etc. Put down phone etc. ✓ How to help if your baby has reflux ✓ Introduce your baby to solid foods ✓ Carrick e.g. Blindfold taster game ✓ How to prevent your child becoming overweight ✓ Looking after your children's teeth ✓ Ages/stages e.g. 12 months of age, most infants have the coordination and ability to hold a cup and drink from it.
BREAK	15	Meet and greet	Refreshments
Core topic	30	Healthy sleep patterns and routines Safer sleep Crying and comforting Bathing and hygiene	<ul style="list-style-type: none"> ✓ Discuss how new-borns sleep and how sleep patterns evolve in the early months of life. Share knowledge to support realistic expectations of infant's sleep patterns ✓ Encouraging helpful independent sleep associations, so that many sleep issues can be prevented. ✓ Safer sleep ✓ Crying and comforting; Colic ✓ Caring for your baby's skin, bathing, hygiene and cradle cap. Bath, Bed, Book ✓ Tiredness and parental self-awareness
Open session		Free slot as required	Weaning food preparation demonstration –use of blender etc.



Health Visitor-led Session Plan 4

SESSION 4: STAYING SAFE, KEEPING WELL

Theme: Childhood Injury Prevention; home safety and general safety; managing minor illness and serious illness

Content: Recognise common illnesses, management and prevention; common household dangers and prevention of accidents; Children's health

Tips: Ensure parents know where and when to seek further advice. Increase knowledge and confidence of safety and minor childhood illnesses

STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	5	Welcome participants and quick recap of previous week	Outline Week 4 session.
Welcome activity	10	Ice breaker activity Listen and value individual parent responses	Inclusive HV-led activity supports parent to reflect on communication and play. Carrick e.g. Tell group about one thing that you did this week for yourself. Link to awareness of parental self-care following previous day-to day parenting session.
Core topic (HV-led)	30	Safety at home Safe travel and car seats Sun safety, farm safety, Bath safety Cord blind safety First aid kit for babies CPR for infants	<ul style="list-style-type: none"> ✓ General household safety in and around the home ✓ Preventing choking, suffocation, strangulation, accidental poisoning, burns and scalds, drowning ✓ Bath safety ✓ Keeping baby safe around dogs in the home ✓ Hot weather and sun safety ✓ Farm safety ✓ Suggested iHV activity: 'It's a good idea to take the time to 'crawl' around your home and get an idea of where the dangers to your child might lie' ✓ Car safety ✓ Baby accidents: what to do
BREAK	15	Meet and greet	Refreshments
Core topic	30	Childhood illnesses Immunisations Smoking/alcohol	<ul style="list-style-type: none"> ✓ Baby illnesses and common conditions e.g. Coughs and colds; scarlet fever, chicken pox, oral thrush, atopic eczema, sticky eye etc. ✓ Symptoms, management, serious childhood illness seeking advice or emergency help ✓ Baby rashes ✓ Childhood immunisations ✓ Effects of smoking on your child's health (including e-cigarettes)
Open session		Free slot as required	Emergency first aid –chapter 8 Birth to Five or outside speaker to deliver CPR/first aid demo

Health Visitor-led Session Plan 5

WEEK 5: HEALTHY MINDS, HEALTHY BODIES

- Theme: Emotional and physical health and wellbeing for mothers and fathers
- Content: Session should focus on promotion of emotional and physical health and well-being for fathers and mothers with practical strategies and activities to reduce/manage stress

STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	5	Welcome participants	Outline week 5 activities
Warm up	15	Ice breaker activity	Get parents to create a 'feel-good' list. Create a wish list of activities you enjoy or find relaxing but have found it hard to do with new baby/family priorities. E.g. bubble bath, reading, exercise, coffee with friends, join a group. Suggest parents complete at least one feel-good goal this week.
Core topic HV-led	30	Looking after yourself Screening and self-examination Healthy lifestyles Steps to wellbeing Alcohol MOT	<ul style="list-style-type: none"> ✓ Pelvic floor exercises; Breast examination; Cervical screening, 'Get a Grip' testicular cancer awareness and examination ✓ Physical activity- guidelines for adults. Find an activity that you enjoy and make it a part of your life. What's on the local area? ✓ Healthy eating and nutrition NHS-Change4Life healthy eating, recipes and apps-Food smart/sugar smart apps ✓ Alcohol quiz/self-check NHS suggested activity ✓ 5 Steps to Wellbeing campaign/leaflets: Connect; Be active; Keep learning; Give; Learning; Take notice
BREAK	15	Refreshment break	Refreshments
Core topic	15	Managing stress Mindfulness has been shown to foster infant attachment bonds and stronger relationships Practical strategies Self-awareness	<p>Investing time in you helps positivity, patience and parenting role. Stress is catching-if your children see you getting upset and angry when things don't go right they will probably react in a similar way in their own lives.</p> <ul style="list-style-type: none"> ❖ Talk and listen-communication is the key to all good relationships. ❖ Get organised-make a list of things to remember. ❖ Plan ahead and work out stress points in your day-think about what you can do about it. ❖ Take time off-try to have some time to yourself-each day if possible. ❖ Try to relax-find ways to help yourself relax. Exercise, music, and a quiet cup of tea alone, gardening, visualising a peaceful scene, whatever works to help calm you down. ❖ Plan a treat for yourself –choose something that makes you feel good-a hot bath, a visit to the shops, a night out with partner or friends ❖ Congratulate yourself. If you coped with something difficult you have a right to feel proud of yourself. ❖ Concentrate on what you like about being a parent and the good times in your life.
Open session		Free slot as required	Birth to Five Chapter 9 –Your own life

Health Visitor-led Session Plan 6

WEEK 6: WHAT MATTERS TO YOU?			
<ul style="list-style-type: none"> Understanding mothers and fathers emotional health and wellbeing after baby Link to positive parenting approaches and revisit understanding baby behaviours. Include discussion on smacking myths, managing anger and shaking baby. 			
STAGE	TIME	TALKING POINTS	ACTIVITIES
Introduction	5	Welcome and recap	Outline week 6 activities
Warm up	15	Ice breaker activity	Revisit previous week's 'feel-good' list. Ask parents to share something they did that helped them relax, or a positive thought/experience.
Core topic (HV-led)	45	Understanding feelings. Low mood and depression signs and symptoms- Maternal mental health Paternal mental health/PPND Parent/child relationship	<ul style="list-style-type: none"> ✓ Mood changes, irritability and episodes of tearfulness; appetite, sleeplessness, poor concentration; anxiety ✓ Coping strategies, help and support ✓ Maternal mental health ✓ Postnatal period a vulnerable time in a man's life-an unsettling and challenging experience. Men go through complex changes. 1 in 3 new fathers are concerned about their mental health. 1 in 10 fathers experience PPND. ✓ Triggered by emotional and stressful events. Increased pressures of fatherhood, financial responsibility, changes in relationships and lifestyle, lack of sleep, increased workload at home. Concern about their partner is another worry for new fathers. ✓ Men can feel uncomfortable opening up about their feelings. Lower levels of health seeking behaviour. ✓ Avoid negative coping strategies, such as drinking too much; working too hard; staying away from home.
BREAK	15	Refreshment break	Refreshments
Core topic HV-led	15	Baby behaviour Positive parenting	<ul style="list-style-type: none"> ✓ Older babies communicate likes and dislikes in the only way they can. Babies behave as they do in order to get their needs met. Their crying or not sleeping is not naughty or done to upset you. Positive parenting tips: <ul style="list-style-type: none"> ❖ Be loving and comforting with baby from the start and gradually introduce routines ❖ Use distraction with older babies on the move e.g. point out something happening out the window or swap a toy for your keys ❖ Baby-proof your home so your baby can enjoy challenges without battles ✓ Never smack, shake or shout at a baby. Managing your anger and 10 ways to be a great parent without smacking. (NSPCC Encouraging better behaviour)
		Child Care Returning to work	NICMA; Grandparents; Child Care Vouchers; External presenter, organisation or local links
Evaluation and close		Evaluation form	Parents complete evaluation form

Baby and Me Parent Evaluation

<p>I feel confident helping my baby feel safe and secure in the world</p>	
<p>I have a good understanding of becoming a new parent and I explored ways to cope with challenges and demands</p>	
<p>I feel confident interacting with my baby in everyday activities and understand what types of play help my baby grow and develop</p>	
<p>I feel more confident understanding and responding to my baby's day-to day needs like hunger and tiredness</p>	
<p>I feel confident to introduce solid foods to my baby</p>	
<p>I feel confident in caring for my baby's minor illness and I know who to call if I need professional advice</p>	
<p>I have a good understanding of how to maintain my emotional wellbeing</p>	



What have you enjoyed most about the Baby and Me Group?

Is there anything we could improve?

Facilitator's Reflection

Adapted from First Steps Post Natal Course, Hollinhead and Christie, 2017 for the Institute of Health Visiting

<p>Facilitators Reflection Personal Reflection</p>	<p>Comments, reflections including identification of learning needs and suggestions for improvements in the delivery of the programme</p>
<p>Uptake of the group Identify the number of clients invited and numbers attended. Relevant characteristics e.g. age, sex, ethnicity,</p>	
<p>Consider if you reached target groups in your population e.g. teenage parents, fathers or vulnerable families</p>	
<p>Consider the aims and objectives for each session. Have these been achieved? What evidence can be used to demonstrate this e.g. evaluations, comments, increased uptake of services</p>	
<p>Consider your teaching methods in each session. How effective they were in contributing to participants learning and your ability to adapt the teaching style to suit the audience</p>	
<p>Consider your confidence in delivering the group and your ability to create a comfortable and open environment for parental participation</p>	
<p>Identify what you have learnt from facilitating and the implications for professional development.</p>	
<p>Consider improvements which could be made in the delivery of the group programme</p>	

Useful Resources for Health Visitors

Name	Type	All Team	SB Teams
Solihull	Training Folder	√	
The Social Baby Book	Book	√	
The Social Baby DVD	DVD	√	
Portable DVD Player	DVD Player		√
Baby and Me Resource Pack	Spiral Bound A5 Picture Book		√
Baby and Me Photo Pack	A4 Laminate Photo Pack	√	
All About Baby Cues Resource Pack	Spiral Bound A5 Picture Book		√
All About Baby Cues Photo Pack	A4 Laminate Photo Pack	√	
Star Babies Age and Stages Child Development Summary	Appendix Print Out	√	
Star Babies Ages and Stages Toy Guide	Appendix Print Out	√	
Book Trust Rhyme Challenge Pack	Gatefold nursery rhyme pack with print outs and CDs	√	
Ame Tomake Relaxation for Infant Massage	Music CD	√	
Weaning Demonstration Resources	Blenders etc.	√	
Book Trust Bath, Book, Bed Booklets	Information booklets	√	
Toy Demonstration Resources	Toy selection	√	

Useful Links for Health Visitors

Setting up Your Group	www.fatherhoodinstitute.org/2014/bringing-fathers-in-resources-for-advocates-practitioners-and-researchers/ http://www.fatherhoodinstitute.org/wp-content/uploads/2014/11/Ten-top-tips-for-attracting-fathers-to-programmes.pdf http://readysteadymums.org/advice-for-hvsmwsgps/ http://ihv.org.uk/wp-content/uploads/2017/03/iHV_A4-First-Steps-Pack-V3.pdf http://ihv.org.uk/for-health-visitors/resources/films/knowning-knowing-video/
Parenting and Early development	http://ihv.org.uk/ http://developingchild.harvard.edu/ http://www.nhs.uk/video/Pages/how-can-i-support-my-babys-early-development.aspx https://www.zerotothree.org/
Play and Communication	http://www.talkingpoint.org.uk/directory/free-resources-parents http://www.familylives.org.uk/advice/toddler-preschool/learning-play/how-children-learn-through-play/ https://www.nhs.uk/start4life/baby-moves
Day-today parenting	http://www.firststepsnutrition.org/ http://www.unicef.org.uk/BabyFriendly/ http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/healthy-weight-healthy-nutrition/introduce-your-baby-to-solid-foods/ http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/spotting-signs-serious-illness.aspx ; https://www.nhs.uk/smokefree/why-quit/secondhand-smoke
Health and wellbeing	http://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/mental-health/happy-children-happy-parents/