

## Healthy Child Programme (0-19 years) in Solihull

Giving every child the best start in life in a priority for Solihull Council. To achieve this, we need high quality services that work for and with families. Our vision is for a service that is child and family focused and aims to deliver the national priorities for families to have a healthy pregnancy, for children to be ready to learn at 2, ready for school at 5 and be a healthy weight.



# What works to improve school readiness?



- Good maternal mental health
- Learning activities, including speaking to your baby and reading to your child
- Enhancing physical activity
- Parenting support programmes
- · High-quality early education



# The Solihull Healthy Child Programme vision is:

- A service that is child and family focused
- Early identification of families experiencing lower level problems before they escalate
- Integrated with other parts of Solihull's early help system, e.g.
   Engage
- Integrated pathways to enable fast access to specialist services

The Solihull Healthy Child Programme proposed model is below.....

# Healthy Child Programme in Solihull (0-19 years)



COMMUNITY

**UNIVERSAL PLUS** 

UNIVERSAL/

Solihull Approach
Ante-natal
parenting course
(5 weeks)

Family Hubs – Community Sessions e.g. Stay and Play sessions

Infant feeding Support Service - Breastfeeding Cafes, Breast Pump Loan, Peer Support

Solihull Approach
Post-natal
Parenting Course
(6 weeks)

Next Steps
Community Groups

Solihull Approach Understanding Your Child's Behaviour Parenting Course



#### 28 weeks pregnancy Antenatal Home Visit

Health Visitor
Health needs
assessment inc.
mental health
(Whooley
questions), domestic
abuse)
Promotional
interviewing



#### 10-14 days -Birth Visit Health Visitor

Health Visitor
Health needs
assessment on
SIDS risk ass,
smoking,
breastfeeding,
safety etc



# 6-8 week home visit

Health Visitor
Health needs
assessment
Information giving
Maternal mental
health review



#### 9-12 months development check (ASQ3) -

Health Visitor or Nursery Nurse Development check (e.g. fine motor skills, gross motor skills, speech and language etc)

**Health Review** 

Information giving



### 2-2.5 year check

(ASQ3)
Health Visitor or
Nursery Nurse
Development check

(e.g. fine motor skills, gross motor skills, speech and language etc)
Health Review
Information giving



#### **School Entry**

Health Visitor transition discussion with setting/ School Nurse

ASQ-3 Review at 4 years

Health Review inc. vision screening Height and weight measurement



# School Nurse Support in Schools

Drop-in sessions
Care Pathways
Advice and Support
Advice to schools on
medical policies
Advice on medical
conditions
Targeted support for
Pupil Referral Units
(PRUs)



# Year 6/7 Transition to Secondary School

Health review
Height and
weight
measurement
Information,
advice and
signposting



#### Mid-teen Review Year 9

**Health Review** 

Information, advice and signposting

Health Visiting Service (0-5 years)

**Drop-in Clinics** (weighing and information) Health Visitor/ Nursery Nurse

Healthy Start vitamins for pregnant and breastfeeding mums

HS vits for low income 0-4 yr olds

INIVERSAL RTNERSHIP

#### **Targeted support for families**

Referral to Specialist Services e.g. SALT/ SOLAR Mental Health/ UMBRELLA Sexual Health

Intensive Home Visiting e.g. FNP (teenage parents) – Pregnancy to 2 years

Safeguarding

SERVICE MODEL

Community
Universal – for everyone
Universal Plus – specific expert
help when needed
Universal Partnership Plus –
specialist longer term support

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**CHECKS** 

Pre-birth
New Baby
6-8 weeks
1 Year
2-21/2 Year
Starting Primary School
Year 6/7 transition
Mid-teen review/Year 9

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HIGH IMPACT AREAS

Transition to parenthood

School Nursing Service (5-19 years)

- Maternal Mental Health
- Breastfeeding
- Healthy Weight
- Managing minor illness and accident prevention
- Health 2 year olds and school readiness
- Transition to school
- Building resilience, selfesteem and confidence
- Addressing risky behaviours in adolescents
- Whole-school/community approaches to health improvement

**LEVELS**