



Home
START
Support and friendship
for families

Parenting in adversity

How relationship-based family support fuels lifelong health and wellbeing

Shelagh Young
Director of Scotland, Home-Start UK
syoung@home-start.org.uk



What is family support?

It's love actually

Every parent is a good person

Every parent is doing the best they can

Every parent loves, or wants to love, their children

Every parent wants the best for all their children

The need for help at an earlier stage: Lots of parents said they would have liked help at an earlier stage and that this could have prevented things getting worse.

Stigma of asking for help: Many parents confided that they were embarrassed and ashamed to ask for help, worried that they will be judged as not being able to cope.

Fear of losing parental control: Some groups of parents fear that by asking for help, they could risk feeling that their responsibility as parents is being taken away from them or, worse, that their children might be taken away from them.

“Home-Start freed me from isolation [...] being at the family group gave me a sense of purpose. I realised I had something to offer, that I was more than a mother, that I could be a support to others.”

Home START

Support and friendship
for families



It's the power of play

It's a friendly face on a
rainy day

It's about encouraging
vital connections for
lifelong good health.

Stage 1: Exploration

- | | |
|---------------|-------------------------------|
| 1
Referral | 2
Commitment
& matching |
|---------------|-------------------------------|

Stage 2: Engagement

- | | |
|------------------------|-------------------------|
| 3
Trust
building | 4
Managing
better |
|------------------------|-------------------------|

Home-Start Family Support
*Improving public health by
reducing risk from adverse
childhood experiences*

Stage 3: Experience

- | | |
|--------------------------------|------------------------------------|
| 5
Feeling the
difference | 6
Becoming
better
buffers |
|--------------------------------|------------------------------------|

Stage 4: Empowerment

- | | |
|-----------------------------|-----------------------------|
| 7
Taking wise
actions | 8
Resilience
Rebooted |
|-----------------------------|-----------------------------|

Stage 1: Exploration

1 Referral

Professionals refer and self-referrals also accepted. First step:

Family meets HS staff to explore whether HS support is right for them. HS range varies from addressing temporary setbacks to children on “edge of care”.

2 Committing & matching

Family agrees to work with HS. HS continues staff engagement or matches family with a volunteer for person-centred work, usually at home, and/or offers access to group sessions.

Stage 2: Engagement

3 Trust building

Family & HS work to develop mutual trust. Focusing on what caregivers are doing well, listening and responding positively are crucial at this stage.

4 Imagining better

What would "better" look or feel like? Areas for change emerge e.g. reducing social isolation, building emotional resilience, improving play and reassuring routines, seeking specialist help with challenges such as debt or poor mental health.



“If a child has to look further than the kitchen table for a positive role model, they are already disadvantaged.”

Stage 3: Experience

5 Feeling the difference

Caregivers start to see the rewards of making changes. Acknowledging impact of own adverse experiences helps to strengthen connections with their children.

6 Becoming better buffers

Caregivers more aware of and more able to protect children from stress. Child wellbeing improves as they feel safer, more closely connected and better supported by the adults they love.

Stage 4: Empowerment

7

Taking wise actions

Caregivers increasingly identify and act on their own wise actions for reducing avoidable stress enabling family to flourish.

8

Resilience rebooted

Caregivers have renewed confidence to maintain or grow support networks, to ask for and to give help to others. Child wellbeing improves still further.

- 95% of families felt their children's emotional and physical health and well-being had improved
- 95% of parents felt more involved in their children's development
- 94% of parents felt less isolated
- 94% of parents said their emotional health had improved
- 95% of parents felt more able to cope with the day-to-day running of the home

Hardiker levels of need

Level 4: Families who have broken down temporarily or permanently. A child may be looked after by social services.

Level 3: More severe, longer standing difficulties. Aiming to restore links between parent and children – to facilitate ‘good enough’ parenting.

Level 2: Families in temporary crisis or early difficulties. The aim is to help families in early stages of serious problems recover.

Level 1: Enabling and empowering vulnerable families in difficulties to use community and universal services & create own support networks.



The Getting it right for every child (GIRFEC) approach supports children and young people so that they can grow up feeling loved, safe and respected and can realise their full potential. At home, in school or the wider community, every child and young person should be:

- Safe
- Healthy
- Achieving
- Nurtured
- Active
- Respected
- Responsible
- Included

These eight factors are often referred to by their initial letters – **SHANARRI**.

Home START

Support and friendship
for families

More frequent visits

Paid workers or volunteers?





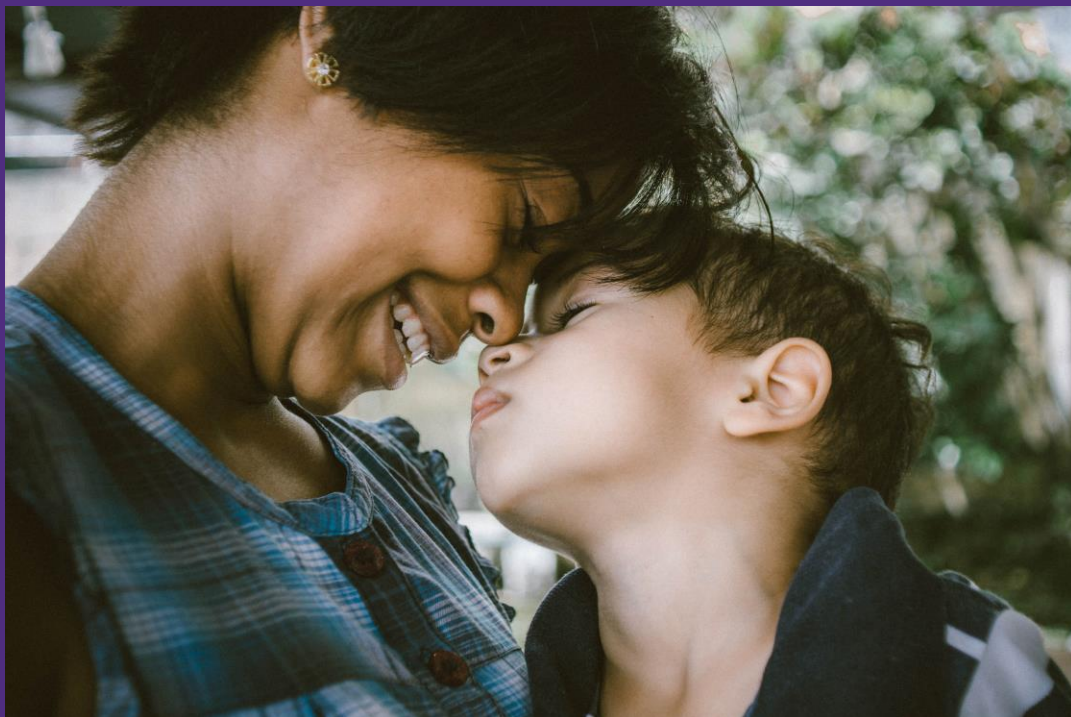
Home START

Support and friendship for families

Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including:

- domestic violence
- parental abandonment through separation or divorce
- a parent with a mental health condition
- being the victim of abuse (physical, sexual and/or emotional)
- being the victim of neglect (physical and emotional)
- a member of the household being in prison
- growing up in a household in which there are adults experiencing alcohol and drug use problems.

“Home-Start gives families confidence, support, understanding, friendship and, most importantly, a sense of self-worth, a priceless gift.”



Home-Start UK links a network of independent Home-Start charities across the UK supporting nearly 60,000 children in 29,000 families.

In Scotland HSUK is directly supported by the Scottish Government via the Children, Young People and Families Early Intervention Fund, The RS Macdonald Charitable Trust and the STV Children's Appeal.

Shelagh Young
Director of Scotland, Home-Start UK
syoung@home-start.org.uk