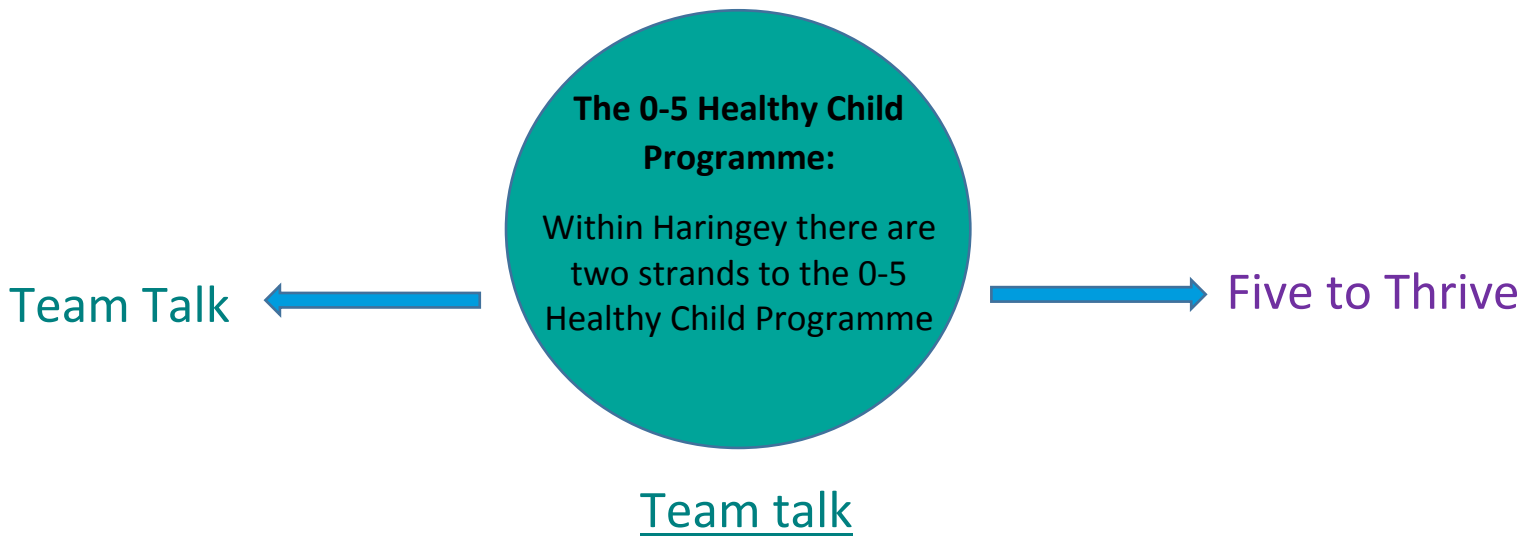


# The Healthy Child Programme in Haringey

The Healthy Child Programme is a national programme for 0-5 year olds and 5-19 year olds.

0-5 programme delivered by: midwives, health visitors, children's centre staff.

5-19 programme delivered by: schools, school nurses, children's services.



Team Talk provides a vehicle to coordinate information passed on to parents across the wider workforce. The aim of Team Talk is to provide consistent, accessible verbal messages to parents during pregnancy and until the child is the age of two years. It focuses on the areas of attachment, speech, language, communication and physical development.

The aim of Team Talk is to support parents to give their child the stimulatory environment required to reach their neurodevelopmental potential using a cross sector and multidisciplinary approach.

## Objectives →

1. To increase the information given to new parents about the development of their child's: motor, speech, language and social skills and healthy attachment and emotional wellbeing
2. Give specific advice that is practical and meaningful
3. Provide consistent advice which is reinforced across sectors and disciplines

## Outcomes →

- a. Healthy attachment between child and care-givers.
- b. Reduce developmental delay secondary to low stimulation environments and inconsistent parenting.
- c. Improved school readiness.

## Five to Thrive

Health visitors will discuss with parents the Five to Thrive principles of:

**Respond • Cuddle • Relax • Play • Talk**

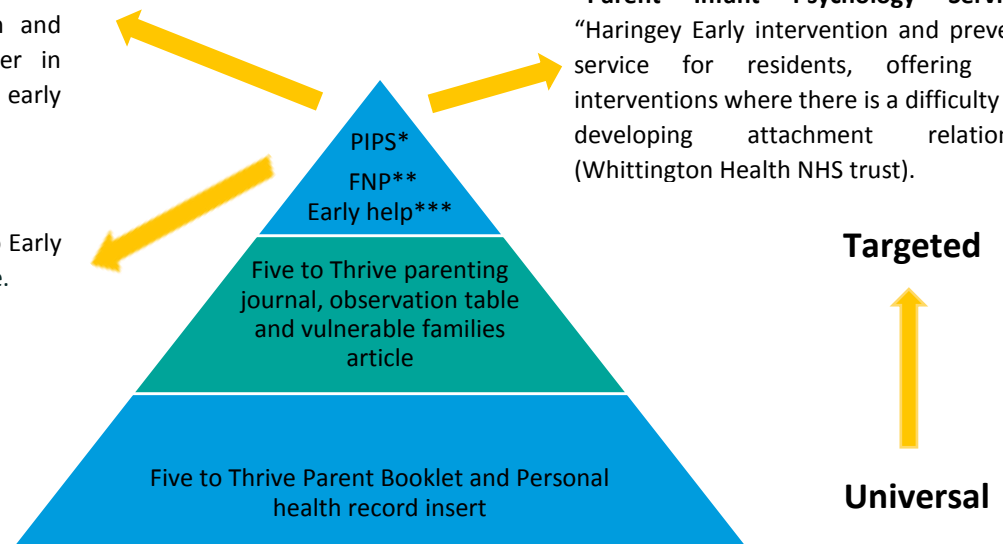
This will take place ante-natally, or alternatively, at the new birth contact. Five to Thrive will support parents to make positive relationships with their child and will promote healthy child development.

Five to Thrive is an **attachment-based approach to positive parenting**, created by the Kate Cairns Associates.

**\*\*Family Nurse Partnership** - Preventative programme for first time young parents. Focussing on improving the health and wellbeing of the child and mother in pregnancy. Referrals made during early pregnancy.

**\*\*\*Early Help** - Referrals are made to Early Help by health visitors, as appropriate.

**\*Parent Infant Psychology Service** - "Haringey Early intervention and prevention service for residents, offering direct interventions where there is a difficulty in the developing attachment relationship" (Whittington Health NHS trust).



In Haringey Five to Thrive is used both at Universal level (bottom of the triangle) and early targeted work (middle of the triangle), to promote positive parenting.

**Universal:-** Families will be provided with a Five to Thrive parent booklet and personal health record insert to have as a continual reminder/prompt within their child's red book

**Targeted:-** Further resources, including an observation table, parenting journal and vulnerable families article will enable practitioners to promote positive parenting