

*Outcome 1, 3 & 5*

## Background

Cookstown and Magherafelt Locality Planning Group hosted a Changing Childhood Conference on Wednesday 22<sup>nd</sup> March 2017.

Both locality groups had noted over a period of months the on-going 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.

## The Outcomes of the day were to:

1. Provide guidance and practical tools to professionals including mindfulness training and the use of Cognitive Behavioural Therapy techniques for managing stress, to help improve the lives of those they work with.
2. Highlight the impact on a child when parents are addicted to technology and increase professionals knowledge on how to support families with this issue.
3. Introduce Mindfulness into the Northern Outcomes Area.
4. Highlight the link between diet, mental health, additions and emotional regulation to professionals and the impact food choices can have on our mood.

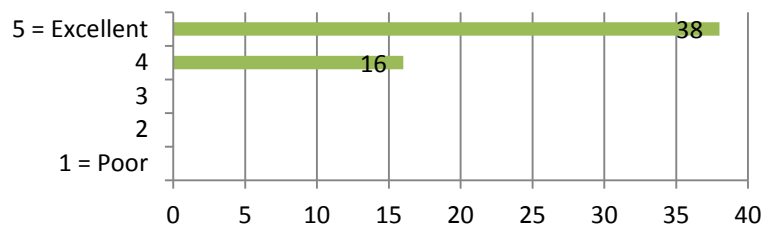
- Children and Young People and their parents will have the support they need with regard to their emotional wellbeing, mental and physical health.
- Family support is available for parents, children and young people across all areas at an early stage.
- All children and young people will enjoy good relationships/equality and diversity.



## How much did we do?

54 participants completed evaluations.

### Participants Rating of Conference



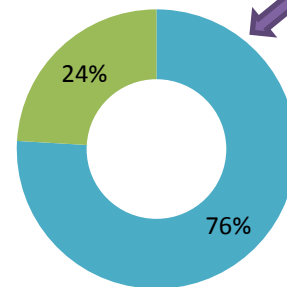
	1 = Poor	2	3	4	5 = Excellent
How would you rate the event as a whole				16	38

Number of People

## How well did we do it?

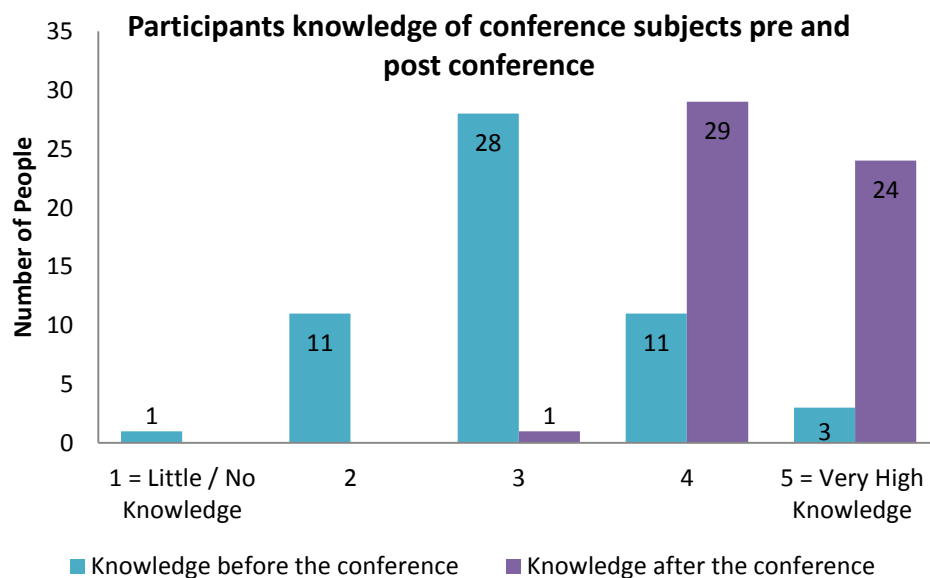
### Were Conference Objectives Met?

- Completely
- Mostly



76% of participants felt objectives of the conference were completely met, 24% answered mostly met with 0 participants feeling objectives were not met.

## Is anyone better off?



### Professionals will now make changes in their practice as a result of the conference

Some of the comments made in relation to changes:

- Feel more informed to address concerns relating to children's behaviour
- The need to focus on emotional health
- Incorporate mindfulness into my daily routine
- Will carry out training to staff and on today's topics
- Will bring information to families working with and link in with Fresh Little Minds for group work
- Will promote presence in families and the benefits of good nutrition
- Will include more play into sessions / introduce topics such as mood and food and mindfulness
- Will develop my current guidance given to parents and families