

# Contributing to Developing Happy, Healthy Children and Young People

## The Northern Area Sure Starts



**SureStart**



Department of  
**Health**

An Roinn Sláinte

Mánnystrie O Poustie

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

# Sure Start NI

## Number of Sure Start Projects



- Sure Start works in the **top 25%** most deprived wards
- Employs over 1,200 staff across multi-disciplinary teams



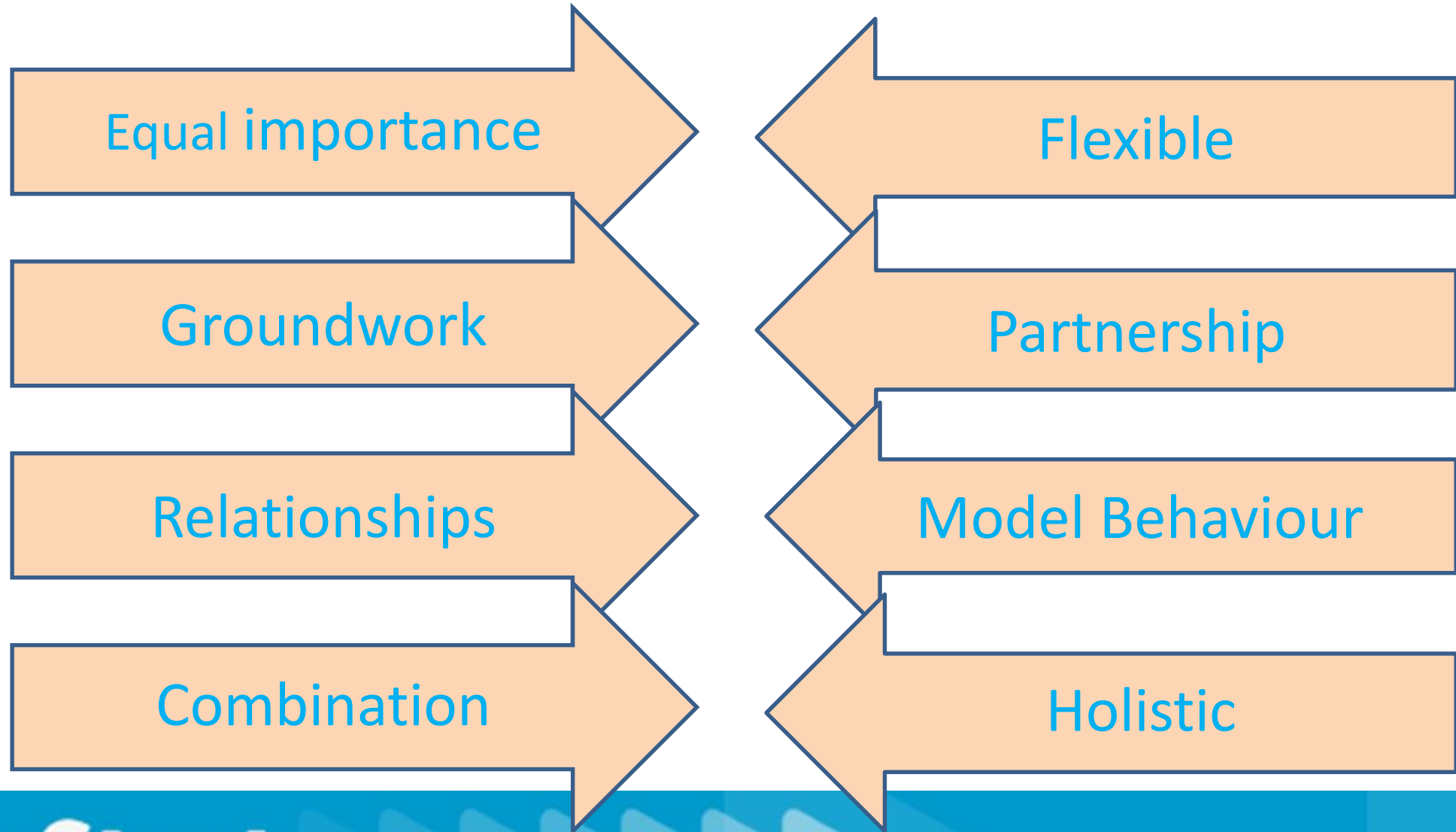
# Sure Start Families . . .

Mental Health  
Physical Health  
Isolation  
Education  
Same Sex Parents  
Access to Services  
Lone Parents  
Divided Communities  
Housing Issues

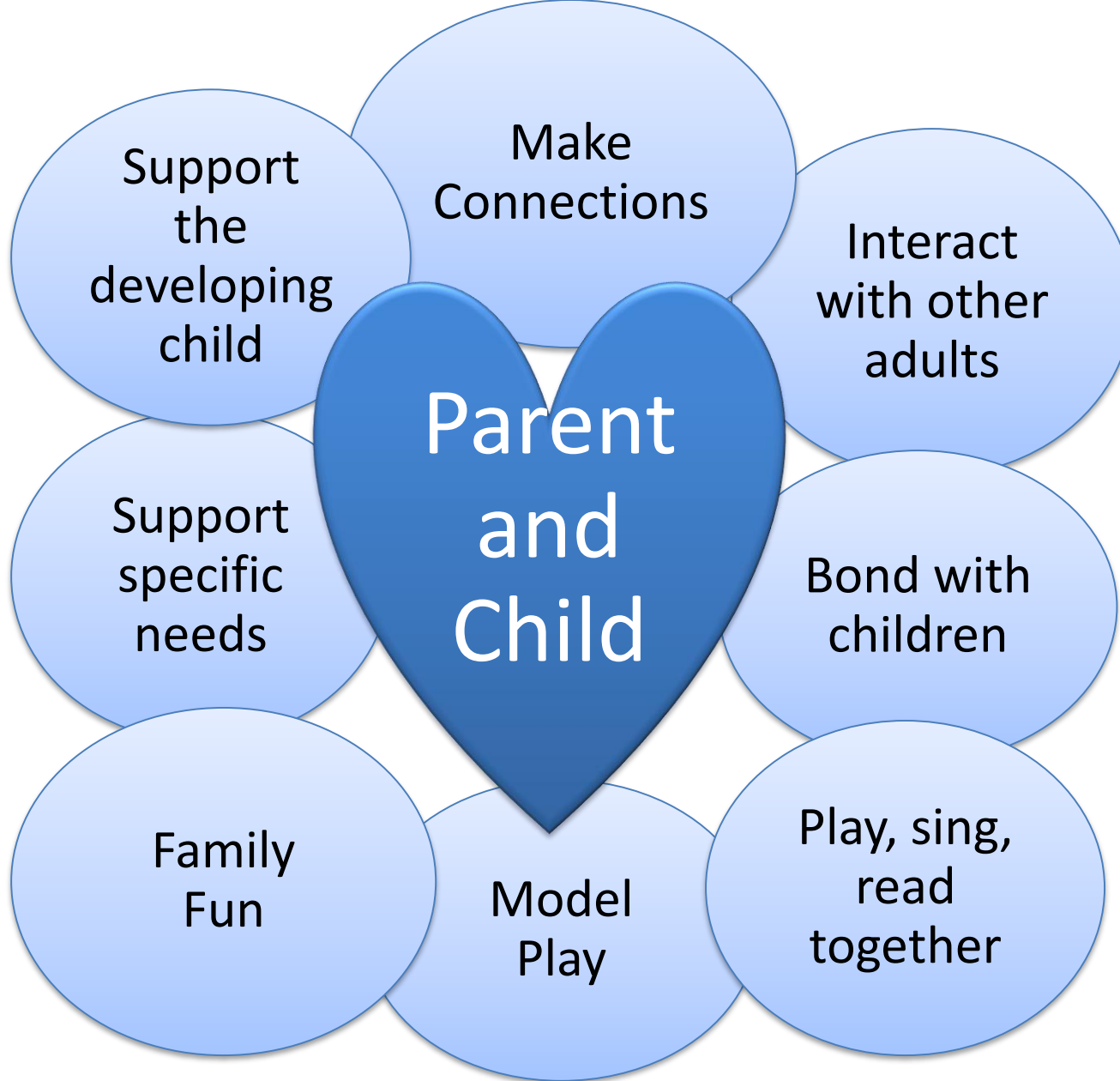


Family Breakups  
Rurality  
BME Families  
Poverty  
Special Needs  
Blended Families  
Domestic Violence  
Extended Families  
Limited Family Support

# Our Approach







# Parental Journey Through SureStart



ANTENATAL



EARLY  
DAYS



UNDER  
ONE



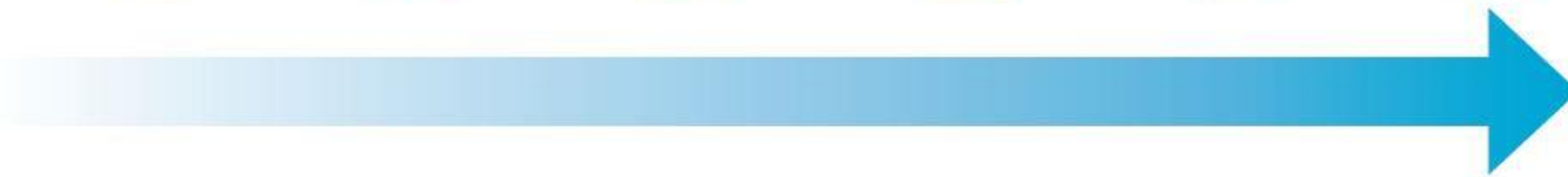
ONE TO  
TWO



TWO TO  
THREE

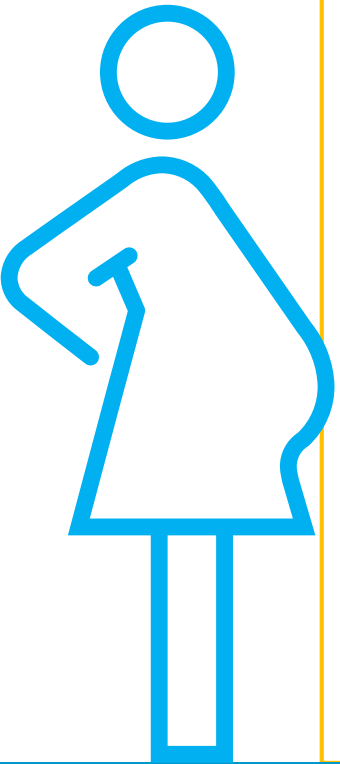


THREE TO  
FOUR



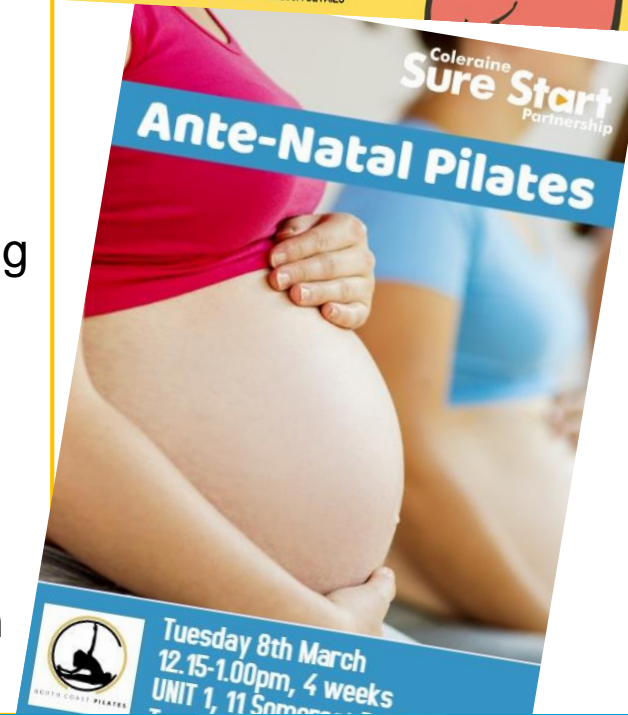


# Antenatal Stage



## Is anyone better off as a result?

- 84% of parents-to-be said they felt more confident about making an informed choice about feeding their baby, after attending Sure Start antenatal services.
- 92% reported effectiveness of the antenatal service in supporting their physical and mental health.
- 92% of parents-to-be said they were interested in attending Sure Start services after the birth of their baby.
- Support and information provided to parents-to-be to reduce anxiety experienced perinatally due to the prospect of giving birth and parenting an infant whilst isolated during a pandemic.
- Increased awareness of strong parent and child relationships and the beginnings of this when baby is in the womb.
- Increased parental knowledge of connection to bump and building relationship with unborn baby through all stages of pregnancy through singing, talking & reading to bump, touch, building connection between bump and baby being in the world with his/her parents.



# Early Days and Under One

After a Babbling Babies 4 week Programme that:

- 100% of those who responded reported they had learnt lots of activities they could do with their child
- 100% reported that prior to the Programme they knew little or nothing about baby brain development, attachment and the importance of talking, singing and playing with their baby – afterwards all reported they knew lots!
- 100% of those who responded enjoy using the songs and rhymes in their own home

**I have gained a lot of confidence and learned a lot about rhymes and activities my baby, me and daddy can play!**



**MESSAGE OF THE MONTH**



**'TALK and SING**  
wherever we go...that  
will help my brain to  
grow!'

Anytime is  
chatting time

**S**mile **T**alk **L**augh **S**ing



# Toddler Time





# Developmental Programme for 2-3 Year Olds



PROJECT	Horizon	Dalriada	Coleraine	Abbey	Antrim & Ballymena	Gold
Programmes	2	3	5	5	5	8
Number of children	24	36	60	60	60	96

“While pre school experience at ages 3 and 4 enhances the all round development of children, an earlier start (under 3) is related to better intellectual development. Research also indicates that children from vulnerable backgrounds benefit from more than one year’s high quality pre school education and care”.

# Supporting Parents – Supporting Children



**SureStart**  
BALLYMENA & LITTLE STEPS

## FAMILY MEN BRUNCH

**SATURDAY 12TH MARCH**  
**10AM-12NOON**  
**BALLYKEEL SITE**

**Dads and Family Men...**  
come and make memories with your little one as  
we eat breakfast, sing and play together!

If you would like to join us, give Darren or  
Zara a call on 02825 643555 today or  
send a PM on our Facebook page!

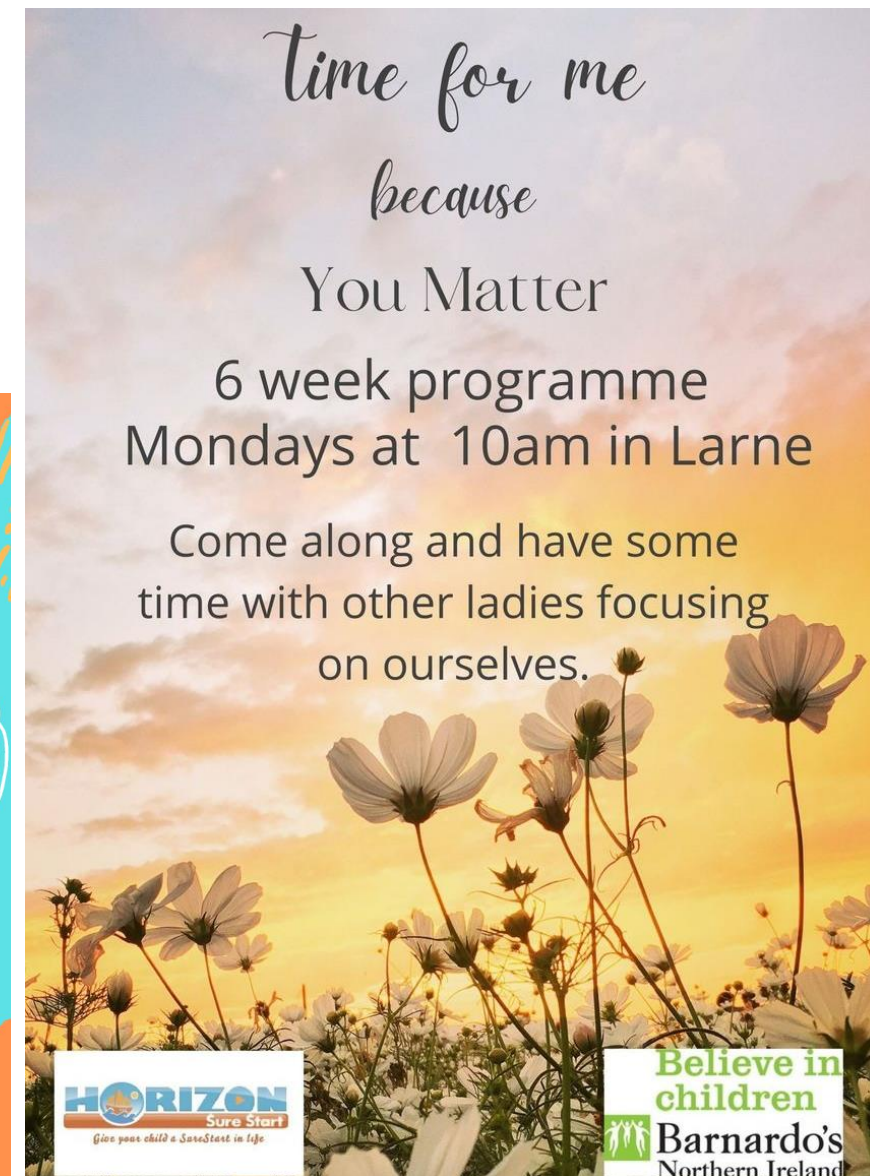


**SURESTART**  
BALLYMENA & LITTLE STEPS

## Ballymoney Parent Well-Being Group

starts  
**Tuesday 2nd November for  
3 weeks**  
with Maggie/Cathy and Emma

A chance to see and talk to other parents, have a laugh &  
share experiences of parenting & life through chat and  
craft



*Time for me*  
*because*  
**You Matter**

**6 week programme**  
**Mondays at 10am in Larne**

Come along and have some  
time with other ladies focusing  
on ourselves.

**HORIZON**  
Sure Start  
Give your child a SureStart in life

**Believe in  
children**  
**Barnardo's**  
Northern Ireland

**SureStart**



changing time  
is chatting time



when you change my nappy  
**S**mile **T**alk **L**augh **S**ing  
your smiles help me learn to be happy  
your words help me learn to talk

Speech Language and Communication support in SureStart

**S**mile **T**alk **L**augh **S**ing

Your words work wonders

Antenatal to 12m

- Supports connection: serve and return interactions; co-regulation
- Concrete and simple
- Easy to do throughout the day
- Messages can be given by the trusted person

# Chat with Me books



<https://www.youtube.com/watch?v=Zdlcr3xEY3E&t=132s>

**HSC** Belfast Health and  
Social Care Trust  
caring supporting improving together



[https://www.youtube.com/watch?v=kW\\_23x9GMZo](https://www.youtube.com/watch?v=kW_23x9GMZo)



<https://www.youtube.com/watch?v=Jd5c9cu8IDk>



Working together



Excellence



Openness & Honesty



Compassion

# SureStart

Everything has changed in this house, we are a family that have fun now. I want my children to remember all the fun times when we made memories together rather than remembering a shouty, moaning mum. I love being in my family and in my home now.

*The Family Men is a great Sure Start service, especially during a time of uncertainty. It has also provided moments of joy, playfulness, and bonding. Looking forward to more.*

I really enjoyed the course and it is sad it is the end of it. However, I have learnt a lot and I feel more positive and stronger about myself and my abilities as a mother.

During the lockdown Sure Start did not forget about us – the whole family loved the packs that were posted or dropped off at the door.