

Healthy Families Programme Launch 26/11/21

Healthy families developed with support of ...



An Gníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



An Roinn Leanaí
agus Gnóthaí Óige
Department of Children
and Youth Affairs



Sláintecare.
**Healthy
Communities**



**Irish Heart
Foundation**



SPECS

Supporting Parents and
Early Childhood Services

Thanks to everyone...

Facilitators and supporters of the first pilots:

Maryrose Costello, Dr Vincent McDarby, Liz Gaire, Bróna Murphy, Claire Murphy, Marian Monaghan and Garry Glennon.

Pilot research team:

Dr Fionna McDarby and Dr Kathy Looney, School of Psychology, UCD.

RCT research team:

Dr Brid Davis, Claire O'Dwyer and Prof Alan Carr, School of Psychology, UCD.
Dr Alan Doran and Dr Eddie Murphy, HSE Primary Care

HSE Slainte Care

Sarah O'Brien and Eimear Cotter, HSE Healthy Communities

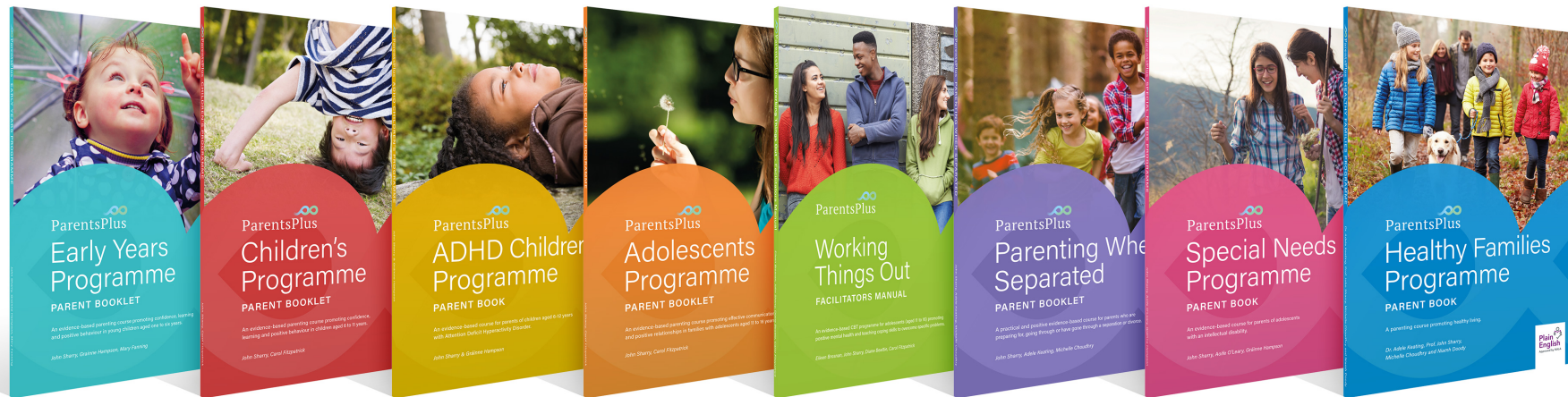
Special thanks to the 150 parents who attended our initial focus groups and the 42 parents who completed the pilot groups.

Parents Plus Mission

Empowering Professionals to Improve Outcomes
for Children and Families



Our Programmes



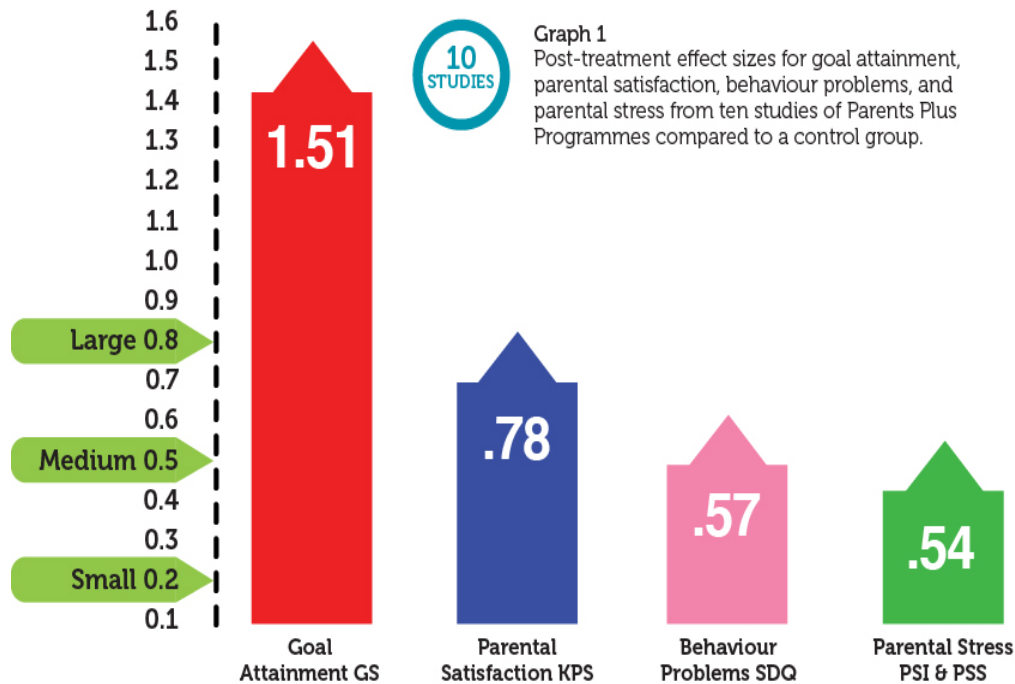
Our Research

24+ studies consistently show that the PPP are effective in:

- Reducing emotional/ behaviour problems in children and teenagers
- Reducing parental stress
- Improving family communication and well-being
- Achieving high parent satisfaction in a variety of contexts and with a large range of presenting problems and issues.



Meta Study of Parents Plus Programmes

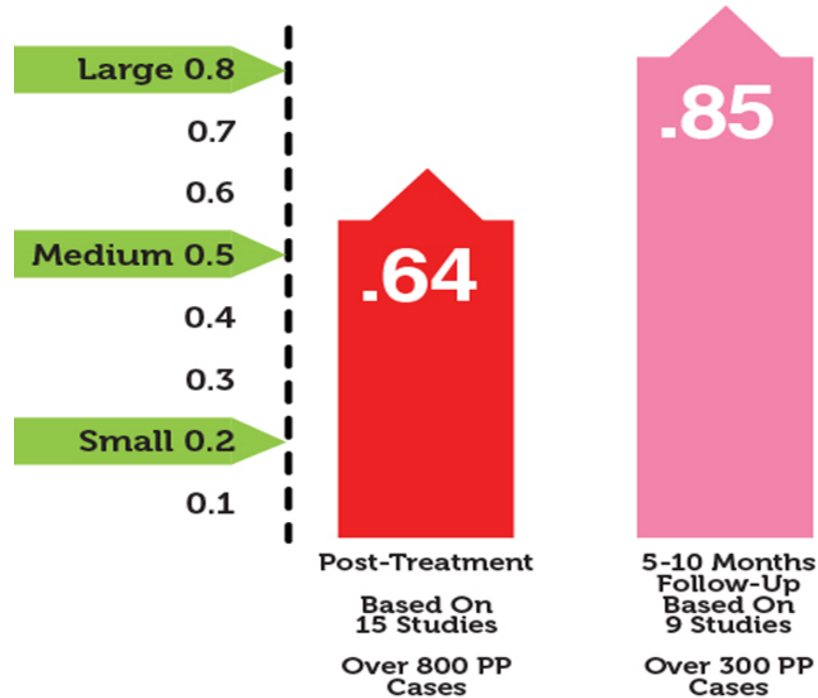


KEY
Effect sizes of .62 - .85 mean that about 65-70% showed marked improvement compared with control groups (who showed 31-36% improvement).

SOURCE
Carr, A., Hartnett, D., Brosnan, E., & Sharry, J. (2016) Parents Plus Systemic, Solution-Focused Parent Training Programs: Description, Review of the Evidence Base, and Meta-Analysis. Family Process. doi: 10.1111/famp.12225

Meta Study of Parents Plus Programmes

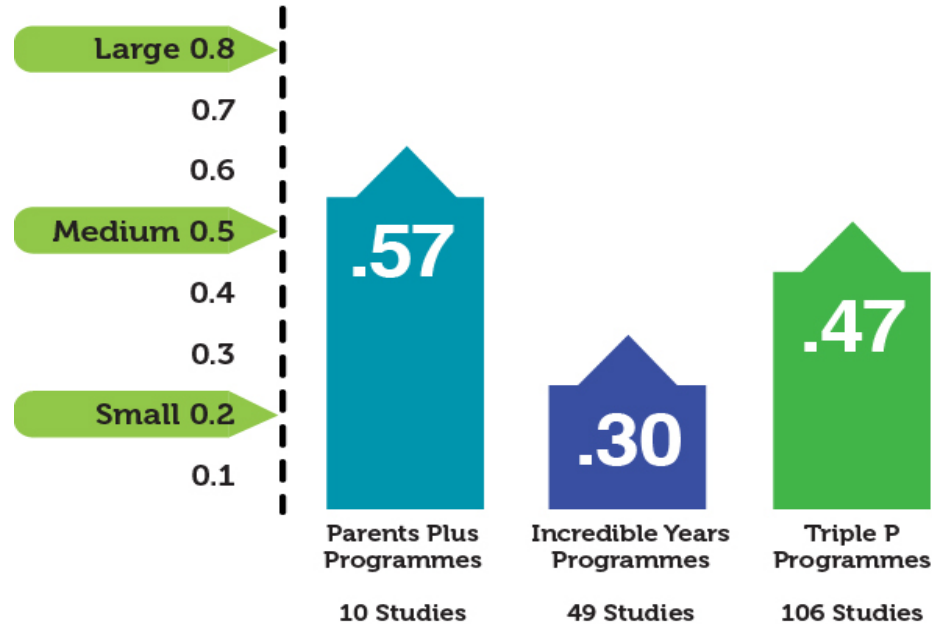
The SDQ-P total difficulties scale from studies of Parents Plus programmes.



Meta Study of Parents Plus Programmes

Graph 3

Post-treatment effect sizes for the Parents Plus, Incredible Years and Triple P Programmes compared to control groups.



Phases of Development

Theory

Literature search-impact of obesity on children and factors that influence positive physical and mental health in childhood.

Modelling

Workshops run with 150 parents to identify their needs. Programme was developed through integration of theory and workshops.

Exploratory trial

Pilot groups ran with 42 parents. Qualitative and quantitative feedback. Small changes were made to the programme based on parent feedback.

Definitive RCT

RCT planned with UCD, treatment to be compared to wait list controls pre and post treatment.

Framework for design and evaluation of complex interventions as outlined by Campbell et al. (2000).



Healthy Families Content

Goals of the PPHF Programme

Main goals of the Healthy Families Programme are to support parents to:

- Create warm connected family relationships
- Promote positive self-esteem and well being for parents and children
- Encourage healthy eating habits
- Increase activity and physical exercise
- Enjoy healthy family mealtimes in the home
- Establish stress-free, relaxed, bedtime and sleep routines
- Set rules and good habits around screen time

Pilot Study –Quantitative Study

- Participants: 42 parents took part
- Groups were delivered face to face (10 parents) and online (32 parents).
- Statistically significant improvements found:
 - Healthy Habits Questionnaire as a whole and on 7/8 subtests (except technology, hypothesised no change due to Covid 19 lockdown and increased use of technology)
 - Lifestyle Behaviour Checklist- increase in health promoting behaviours and in parents' confidence to deal with behaviour
 - Kansas Parenting Satisfaction- increase in parenting satisfaction
 - Strengths and Difficulties Questionnaire- increase in prosocial behaviour

Pilot Study –Qualitative Study

- Participants: 9 parents took part
- Themes:
 - Content of course – Parents liked the broad nature of the course and overall focus on family wellbeing. They felt the content was relevant and topical, especially screentime.
 - Feeling empowered – Parents reported feeling more confident and equipped to manage challenging behaviors when they arise.
 - More connected as family – Making time to eat meals as family and using it as opportunity to talk about their day was a big part of families feeling more connected and content.
 - Prioritizing self-care – Taking time to engage in things parents enjoyed (e.g. yoga, walks with friends) meant they felt less short-tempered and communicated better with their children.

Parent Feedback

- “I loved every week to learn how to deal with different things that was going on at home and how to deal with them in a positive way.”
- “I found it all helpful. Some bits I was doing already and some just found another way to do things, but my favourite part was the breathing exercises!”
- “the sharing of stories with all the parents and getting easy, practical tips that you can put into operation straight away”

Parent Feedback

What changes did you make in your home?

- “Spending more 1:1 time with the kids, speaking with them at their level, being more active as a family and completing tasks together, Dinner at the table, less screen time.”
- “Meal Planner, Technology / device / media management plan, taking self care, encouraging children, 4 praises, remove my own devices to let them see that its a good thing. Encouraging them to plan meals.”
- “It helped me to be more patient and to let my daughter lead play and to understand her behaviours.”

Structure of the Sessions



Healthy Habits



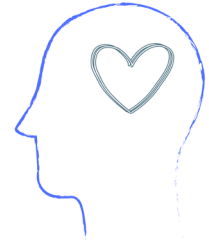
Checklist



Challenges



Establishing
Routines



Take a Break

Eight Modules

1. Empowering Parents
2. Family Connection
3. Healthy Food Routines
4. Healthy Mealtimes
5. Active Play
6. Managing Technology
7. Restful Sleep
8. Happy, Healthy Mind



Healthy Families Programme– Next Steps

1) Facilitator Training in the Healthy Families Programme

- 10th, 11th, 17th and 18th **Feb** – 9am-1:30pm
- 3rd, 4th, 10th and 11th **March** - 9am-1:30pm

2) Sponsored training available for services who participate in the UCD study

- Closing date for application **6th December**
- Briefing for successful services on 13th Dec and training starts in January

3) Healthy Communities (Slainte Care HSE supporting six services to deliver Parents Plus programmes)

All information on parentsplus.ie

Sponsorship Opportunity with Study

Benefits of sponsorship

- Full Healthy programme materials (manual, video, parent book)
- Training in the Healthy Families Programme over four modules
- Parent books for your first group
- Post training supervision.
- Support towards becoming an accredited facilitator.

Conditions

- Application by 6th December
- Attend planning seminar with your line manager on Monday 13th December 2pm-3pm
- Recruit 12-15 parents from your service by January 22 to participate in your first eight week group
- Attend facilitator training on online by zoom 9:30am-1pm January 2022 12th 13th 14th , 20th and 21st
- Meet all parents w/b 30th January for individual meeting to collect research data and to set goals
- Co-facilitate an eight week group starting either w/b 14th Feb OR w/b 25th April. The group can be delivered online or face to face

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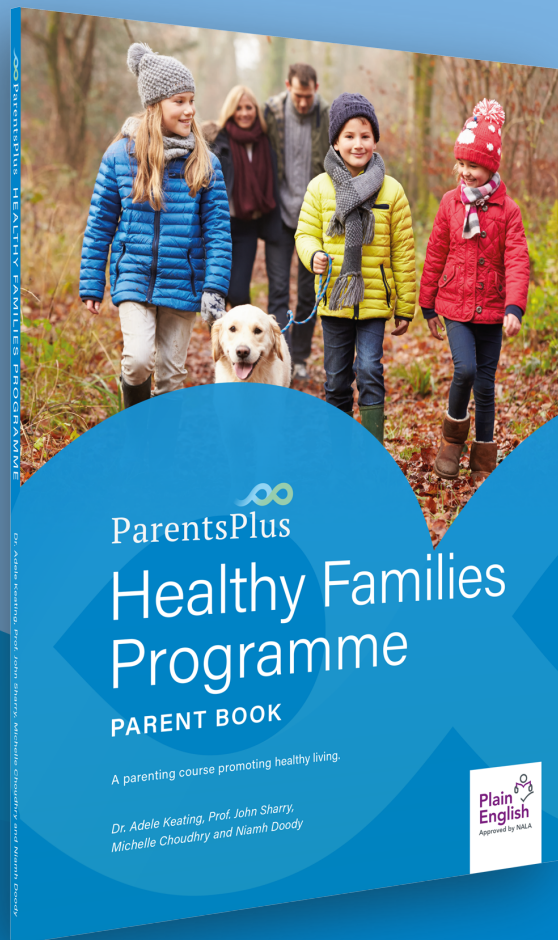
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