

Resources to support the delivery of SVQ Social Services and Healthcare, SVQ Social Services (Children and Young People), HNC Social Services and HNC Childhood Practice.

Update December 2016

NHS Health Scotland

# Briefing paper for SQA

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## Update of NHS Health Scotland for SQA to support delivery of

SVQ Social Services and Healthcare, SVQ Social Services (Children and Young People), HNC Social Services and HNC Childhood Practice.

December 2016

### Purpose

This briefing paper provides an overview of NHS Health Scotland resources. It has identified particular resources which would support the delivery of SVQ Social Services and Healthcare, SVQ Social Services (Children and Young People), HNC Social Services and HNC Childhood Practice.

From the 1<sup>st</sup> March 2012 all NHS Health Scotland resources are provided free of charge to local NHS Health Boards. Please note *RSB! RST!* and *Off To A Good Start* have been available to health boards free of charge since 2011. Providing all our resources free improves ordering and distribution processes and increases our ability to reach our audiences. For full details about all NHS Health Scotland publications (tobacco, oral health, physical activity and more) see <http://www.healthscotland.com/documents/5075.aspx>

## 2. Early Years and Families Resource Provision

The 'Early Years Information Pathway' is a key resource for Early Years Professionals providing information from a national perspective provided to parents in line with *HALL 4 Guidance* <sup>(1)</sup>. The Information Pathway covers pre-conception, pregnancy, infancy, toddler, and the pre-school period up to the age of five. NHS Health Scotland have produced an accompanying [briefing paper](#) which provides information on the 2016 update to the Pathway. It is intended for Family Nurses, Midwives, Health Visitors, Education staff and the wider early years workforce. <http://www.healthscotland.com/documents/3708.aspx>



For further details of early years information for professionals see the Maternal and Early Years website [www.maternal-and-early-years.org.uk/](http://www.maternal-and-early-years.org.uk/)

### 3. Effective Communication

NHS Health Scotland is committed to supporting the implementation of the *Quality Strategy* and *Getting it Right For Every Child (GIRFEC)* <sup>(3-4)</sup>. In line with these policies, putting the child at the centre and delivering person-centered care is a priority for all professionals working with parents and their children. Therefore, it is important to recognize that the provision of information is only one aspect of providing person-centered care. Information needs to be viewed within a wider context of ongoing, flexible support that meets the needs of families and evidence suggests it is most effective when provided as part of on-going engagement with parents and carers.

#### 3.1 Translations and alternative Formats

NHS Health Scotland is committed to providing accessible and inclusive resources and your role is crucial in supporting effective communication. This includes access to translations and alternative formats for parents and carers <sup>(5-8)</sup>. NHS Health Scotland is happy to consider requests for translations and alternative languages and formats.

**Early years professionals have a key role to play in supporting access to these resources for families and it is important that staff utilise and request these services.**

**What you need to do:**

**Request translations and alternative formats directly by calling 0131 314 5300 or email [nhs.healthscotland-alternativeformats@nhs.net](mailto:nhs.healthscotland-alternativeformats@nhs.net)**

**NHS Health Scotland will be happy to consider:**

- requests for translations in alternative languages (including British Sign Language) and formats
- requests for alternative formats including Audio, Braille, Large Print

**NHS Health Scotland will continue to:**

- make explicit which materials are available in which formats/languages and will use graphical icons to help us do this
- make translations/ alternative formats available electronically through [www.healthscotland.com](http://www.healthscotland.com).
- print out individual copies of translations on request.

#### 3.2 How to order publications

To order the **CHANGE** or any other **Early Years resources**, please contact your local NHS Health Board Resource & Information Centre.

Contact details can be found on the [Maternal and Early Years Website](http://www.maternal-and-early-years.org.uk/search?q=health+board) (<http://www.maternal-and-early-years.org.uk/search?q=health+board>)

**If you have any problems with ordering publications, please contact our publications team by calling 0131 314 5300 or email [nhs.HealthScotland-Publications@nhs.net](mailto:nhs.HealthScotland-Publications@nhs.net)**

## 4.0 Resources for Professionals

Title	Current status
<p><b>Play@home leaflet (2014)</b></p> 	<p>This refreshed leaflet provides information on the 3 books that are available as part of the Play@Home programme.</p> <ul style="list-style-type: none"> <li>• Baby book</li> <li>• Toddler book</li> <li>• Pre-school book</li> </ul> <p>These books offer a choice of simple and adaptable activities, using recycled or home-made materials.</p> <p><a href="http://www.healthscotland.com/documents/23142.aspx">http://www.healthscotland.com/documents/23142.aspx</a></p>
<p><b>Play@home fun for free preschool book flyer (2014)</b></p> 	<p>This flyer provides some key messages for practitioners when gifting the play@home preschool book to parents. There are also some very useful tips for parents on free fun for families.</p> <p><a href="http://www.healthscotland.com/documents/24261.aspx">http://www.healthscotland.com/documents/24261.aspx</a></p>
<p><b>Play@home fun for free baby book flyer (2015)</b></p> 	<p>This flyer provides some key messages for practitioners when gifting the play@home baby books to parents. There are also some very useful tips for parents on free fun for families.</p> <p><a href="http://www.healthscotland.com/documents/24261.aspx">http://www.healthscotland.com/documents/24261.aspx</a></p>
<p><b>Play@home fun for free toddler book flyer (2015)</b></p> 	<p>This flyer provides some key messages for practitioners when gifting the play@home toddler books to parents. There are also some very useful tips for parents on free fun for families.</p> <p><a href="http://www.healthscotland.com/documents/24261.aspx">http://www.healthscotland.com/documents/24261.aspx</a></p>

## Kinship Carers Factsheet (2014)



This factsheet was produced in partnership between NHS Health Scotland and Children 1st to provide kinship carers in Scotland with information and support on nurturing secure attachment relationships. The new factsheet highlights the importance of their role in establishing secure attachment and gives practical guidance and tips on how to support the development of these relationships.

<http://www.healthscotland.com/documents/23166.aspx>

## Setting the Table - Nutritional guidance and Food Standards for Early Years Childcare Providers in Scotland - NHS Health Scotland/Scottish Government 2015



'Setting the Table' supports early year's childcare providers to meet the Scottish Government 'National Care Standards: Early Education and Childcare up to the age of 16' and a range of other policies aimed at improving health and wellbeing in young children.

It highlights the importance of nutrition in the early years and the role that childcare providers have in shaping both current and future eating patterns in young children in Scotland. The new resource includes practical activities to encourage healthier choices in young children and has been expanded to include the needs of infants from birth to 1 year.

This will replace 'Nutritional Guidance for the Early Years: Food Choices for Children Aged 1 - 5 Years in Early Education and Childcare Settings' (2006) and 'Adventures in Foodland' (NHS Health Scotland 2004).

<http://www.healthscotland.com/documents/21130.aspx>

## Early Years Information Pathway revised (2016)

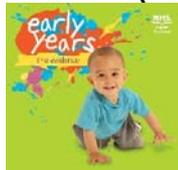


The 'Early Years Information Pathway' is a key resource for Early Years Professionals providing information from a national perspective provided to parents in line with *HALL 4 Guidance*. The Information Pathway covers pre-conception, pregnancy, infancy, toddler, and the pre-school period up to the age of five.

NHS Health Scotland have produced an accompanying [briefing paper](#) which provides information on the 2016 update to the Pathway. It is intended for Family Nurses, Midwives, Health Visitors, Education staff and the wider early years workforce.

<http://www.healthscotland.com/documents/3708.aspx>

## Early Years – The evidence (2014)

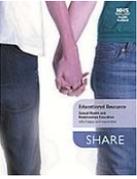


This DVD has been produced by NHS Health Scotland and provides an overview of the evidence of what works to improve outcomes for children. It is intended for Health and Care organisations and Community Planning Partnerships to use as a stand-alone learning tool to help with the planning and delivery of Early Years services and practice.

For further information on the Early Years evidence, please visit:

<http://www.healthscotland.com/earlyyearsinterventions>  
<http://www.scotland.gov.uk/Resource/0041/00413580.pdf>

**Sexual Health and Relationships Education resource (revised 2014)**



SHARE is an evidence-informed educational resource for use by teachers and others to support learning about Relationships, Sexual Health and Parenthood outcomes and experiences of Curriculum for Excellence (CfE) and influencing a more positive sexual health culture in Scotland.

There is a 22-lesson pack which focuses on the knowledge, attitudes and skills to develop positive and healthy relationships, together with DVD clips to highlight difference aspects of the programme. The focus is on interactive learning based on the age and stage of participating young people aged 13–16. A separate resource contains information on legislation, further reading, interactive exercises and background to the resource development.

<http://www.healthscotland.com/topics/health/wish/rshp-education-and-share.aspx>

**Talking with your child/teenager about relationships and sexual wellbeing (revised 2014)**



The 'talking with' booklets sit within the Sexual Health and Relationships Education (SHARE) family and aims to inform parents and carers of commonly asked questions to help them discuss issues around relationships and in particular answer those awkward questions that it is sometimes easier to avoid.

As part of Curriculum for Excellence, children learn about Relationships, Sexual health and Parenthood (RSHPE) education through the health and wellbeing curriculum area and the booklets aim to help link discussions between school and home.

[Talking with your Child](#)  
[Talking with your Teenager](#)

**Healthy Happy Kids – A resource for professionals (2013)**



This booklet provides advice and signposts to further support for professionals working with children aged 2–15 years.

<http://www.healthscotland.com/uploads/documents/4143-CHWProfessionalBooklet.pdf>

**Scottish Antenatal Parent Education Pack (2011)**



The Scottish Antenatal Parent Education Pack comprises three main components

- Core Syllabus
- Resource manual/teaching aids
- Training

Training is provided by NHS Education for Scotland – please contact Helene Marshall ([Helen.Marshall@nes.scot.nhs.uk](mailto:Helene.Marshall@nes.scot.nhs.uk)) for further details

<http://www.maternal-and-early-years.org.uk/the-scottish-antenatal-education-pack>

<p><b>Scottish Antenatal Parent Education Syllabus – Briefing Paper for Professionals (2011)</b></p>	<p>A briefing paper for professionals and links to the parent education core syllabus</p>
	<p><a href="http://www.maternal-and-early-years.org.uk/the-scottish-antenatal-education-pack">http://www.maternal-and-early-years.org.uk/the-scottish-antenatal-education-pack</a></p>
<p><b>Maternal and Early Years Website (2010)</b></p>	<p>Launched in 2010/11. Recently updated to include additional information on Health Inequalities.</p>
	<p>Includes a monthly e-newsletter.</p>
<p><b>Vitamin D Professional Leaflet (2010)</b></p>	<p>Launched in 2010 along with a public facing leaflet (see above) Reprinted Jan 2013</p>
	<p><a href="http://www.healthscotland.com/documents/5273.aspx">http://www.healthscotland.com/documents/5273.aspx</a></p>
<p><b>Play@home Training for Trainers</b></p>	<p>A free, one day course has been developed to give you the skills to facilitate (or co-facilitate) a play@home session for colleagues.</p> <p>The course is a practical way to support early years workers to develop a common understanding of the research and evidence that underpins health improvement, education and promotion of play and physical activity in the early years.</p> <p>The training will help you to:</p> <ul style="list-style-type: none"> <li>• link theory to practice</li> <li>• understand where it fits with current policy</li> <li>• think about how you can develop partnership approaches with colleagues</li> <li>• consider health inequalities and how play@home can be adapted to meet the needs of individual families.</li> </ul>
<p><b>NHS Health Scotland website</b></p>	<p>NHS Health Scotland has launched their new website. Find out about <a href="#">NHS Health Scotland</a> and access information on a range of health topics such as</p>
	<p><a href="#">Diet and obesity</a> <a href="#">Dementia</a></p>

[Smoking](#)  
[Suicide](#)  
[Drugs](#)  
[Mental health and wellbeing](#)  
[Alcohol](#)  
[Physical activity](#)  
[Sexual health](#)  
[Gender based violence](#)

**Financial inclusion referral pathway toolkit (2016)**



This toolkit provides practical support to those developing or improving partnership working between early years services and financial inclusion organisations. It explains the core principles that should underpin these partnerships and uses case studies to illustrate referral pathways and examples of best practice.

<http://www.healthscotland.com/documents/27925.aspx>

**Child Poverty, Health and Wellbeing eLearning module (2016)**



The learning resource aims to raise awareness of the plight of young peoples' poverty issues in Scotland, and the impact poverty has on their health and wellbeing.

Initially developed for health visitors and midwives, the new module is relevant for all working across health, social care, education and the public sector who are in contact with children at work.

<https://elearning.healthscotland.com/course/view.php?id=523>

**Health Inequalities Modules**



The Learning and Improvement team have developed two new eLearning modules in collaboration with experts and learner representatives from across Scotland.

They aim to increase awareness and encourage action to reduce health inequalities, as well as focusing on specific areas relevant to the needs to the target audience.

The modules are:

[Health inequalities awareness](#) – for staff working in public services out-with health and social care. The module explores what is meant by health inequalities, what causes them and what can be done to prevent them.

[Tackling health inequalities in health and social care sector](#) – for staff working in health and social care settings. This module examines the actions that can be taken to reduce health inequalities. It highlights and explores the findings from the Working for Health Equity: the role of health professionals report and information produced by NHS Health Scotland.

<https://elearning.healthscotland.com/mod/page/view.php?id=11748>

**Raising the Issue of Maternal and Infant Nutrition e-learning training**



For anyone who thinks they have a role to play in identifying or raising the issues of maternal and infant nutrition. This module is part of a suite of educational resources called Building Compassionate Connections: family focused learning resources to support your role in maternal, newborn or infant health. 3hr duration

<http://elearning.healthscotland.com/course/view.php?id=368>

**Childhood Immunisations**

**Routine immunisations:**

1) A guide to childhood immunisations up to 5 years of age - <http://www.immunisationscotland.org.uk/documents/6016.aspx> (please note that this guide contains information about all the childhood routine immunisations that are offered in Scotland).

2) Childhood flu immunisation children aged 2-5 leaflets (Scotland) - <http://www.immunisationscotland.org.uk/documents/23683.aspx> (please note that flu immunisation is offered routinely, since 2014/15, to all children 2-11 years of age. This leaflet contains information for parents of children 2-5 years of age).

3) Childhood flu immunisation primary school leaflets (Scotland) - <http://www.immunisationscotland.org.uk/documents/23735.aspx> (please note that this leaflet contains information regarding flu immunisation, for parents of primary-school-aged children).

**Non routine immunisations, however maybe still relevant resources:**

1) BCG and your baby - <http://www.immunisationscotland.org.uk/documents/22166.aspx> (please note that this leaflet contains information about the BCG vaccine which protects against Tuberculosis. The BCG vaccine is offered to babies who are more likely to come into contact with someone with Tuberculosis).

2) Hepatitis B: How to protect your baby - <http://www.immunisationscotland.org.uk/documents/20537.aspx> (please note that this leaflet contains information about Hepatitis B immunisation. Hepatitis B immunisation is offered to babies whose mothers or close family have been infected with Hepatitis B).

**Health Behaviour change eLearning suite**

For instructions on how to register and enrol on our suite of Health Behaviour change eLearning modules please visit: [www.healthscotland.com/documents/21538.aspx](http://www.healthscotland.com/documents/21538.aspx)

To access the eLearning modules, please visit: [http://elearning.healthscotland.com/category\\_selector/index.php?view=cat&expand=108](http://elearning.healthscotland.com/category_selector/index.php?view=cat&expand=108)

The suite includes the following modules

- Health Behaviour Change Level 1
- Health Behaviour Change Level 2
- Raising the issue of Alcohol
- Raising the issue of Child Healthy Weight
- Raising the issue of Physical Activity
- Raising the issue of Maternal and Infant Nutrition
- Raising the issue of Smoking
- Equalities and Human Rights
- Awareness raising on health inequalities
- Tackling health inequalities
- Health inequalities awareness
- Tacking health inequalities within health and social care

### HEAT antenatal access target e-toolkit



This e-toolkit has been created to support professionals within local Health Boards in the delivery of the national marketing strategy for the HEAT antenatal access target, introduced by the Scottish Government in April 2012.

<http://www.healthscotland.com/documents/22566.aspx>

### Social marketing support

Social marketing is a method of helping change the behaviour of individuals. It can allow us to tailor health promotion by actively engaging local communities.

The Scottish Social Marketing Hub contains examples showcasing some of our recent social marketing activity and how we support health boards to develop local social marketing projects.

<http://www.scottishsocialmarketinghub.org.uk/casestudies>

### Health promotion in a changing society

HWL web pages provide a range of advice on health improvement topics, primarily focused on workplace implementation and practice

<http://www.healthyworkinglives.com/advice/workplace-health-promotion>

### Health and safety maintaining a safe environment, recording and reporting, risk enablement



Managing violence and aggression – tools and strategies. We have hard copies of this document and its available electronically

<http://www.healthscotland.com/uploads/documents/12251-OccupationalViolenceAndAggressionInTheWorkplace.pdf>

HWL quick start guide provide the basics in terms of legal compliance and actions to meet these in a workplace

<http://www.healthyworkinglives.com/advice/Health-and-Safety-Quick-Start-Guide>

HWL mental health pages may support individuals in their working lives and help them understand issues that others are experiencing

<http://www.healthyworkinglives.com/advice/workplace-health-promotion/mental-health>

	<p>NHS Health Scotland Healthy Working Lives have a range of online training courses, including violence and aggression and mental health training. These course are free once the user registers</p> <p><a href="http://elearning.healthscotland.com/course/index.php?categoryid=116">http://elearning.healthscotland.com/course/index.php?categoryid=116</a></p>
Dementia Resources	<p>To support people with dementia, their carers and people working in the field of dementia, Health Scotland, in partnership with Alzheimer Scotland, have produced a range of free dementia resources.</p> <p><a href="http://www.healthscotland.com/topics/stages/healthy-ageing/dementia-resources.aspx">http://www.healthscotland.com/topics/stages/healthy-ageing/dementia-resources.aspx</a></p>
Understanding and supporting behaviour, promoting positive behaviour	<p>This Child Healthy Weight module is for anyone who has or thinks they could have a role to play in identifying or raising the issue of child healthy weight.</p> <p><a href="http://elearning.healthscotland.com/enrol/index.php?id=314">http://elearning.healthscotland.com/enrol/index.php?id=314</a></p>

## 5.0 Research

	Current status
<p>Evaluation of the reach of play@home: Final Report (2014)</p> 	<p>The report makes recommendations to enhance delivery of the play@home programme to better engage with vulnerable families and to explore further the needs of parents of disabled children to meet their specific play needs.</p> <p><a href="http://www.healthscotland.com/documents/23738.aspx">http://www.healthscotland.com/documents/23738.aspx</a></p>
<p>Significant others, situations and their influences on infant feeding (2013)</p> 	<p>This report describes the secondary analysis of qualitative interview data collected from 36 families to investigate perspectives on what would make a difference to the experience of infant feeding, from late pregnancy until six months after birth.</p> <p><a href="http://www.healthscotland.com/documents/21865.aspx">http://www.healthscotland.com/documents/21865.aspx</a></p>
<p>Exploration of the Information Support Needs of Parents (fathers, parents with literacy and numeracy issues and young parents) (2012)</p>	<p>The aim of this qualitative research project was to explore the information support experiences, needs and preferences of selected groups of parents with young children, especially very young children, living in Scotland. The scope of the work included how parents obtain information and support in relation to both parenting, in general, and child health issues, in particular.</p> <p><a href="http://www.healthscotland.com/documents/5948.aspx">http://www.healthscotland.com/documents/5948.aspx</a></p>

	<b>Qualitative Evaluation of play@home (2012)</b>	This evaluation report explores in what ways play@home has been embedded in local strategy to enhance the delivery of the programme to vulnerable families and the mechanisms used to develop this.
	<b>Health and Parenting Information: Meeting the Needs of All Parents (2011)</b>	The research presents the views of professional staff in organisations working with and supporting parents-to-be and parents of children in the early years (from pregnancy to age eight). It focuses primarily on the information to support child health and parenting
	<b>Evaluation of the Effectiveness of play@home (2011)</b>	Full evaluation report of the research findings measuring the effectiveness of play@home in meeting its programme outcomes for babies, toddler and pre-school age children.
	<b>Ready Steady Baby! Evaluation (2011)</b>	This report provides a summary of the findings of research into the current edition of Ready Steady Baby! exploring the extent to which it is viewed as a high quality accessible resource for those with additional health and or social needs.
	<b>Evaluation of CHANGE resources to support the information needs of parents with learning disabilities with professionals (2011)</b>	Evaluation exploring how professionals use the CHANGE resources and what they think about them. The report is available in both the standard format and an easy read format, which includes simplified copy.
	<b>Evaluation with expectant and new parents of CHANGE resources to support the needs of parents</b>	This research explores how CHANGE resources are used by expectant and new parents with a learning disability and what parents and expectant parents thought about them. The report is available in both the standard format and an easy read format, which includes pictures and simplified copy.

<p>with learning disabilities (2011)</p> 	<p><a href="http://www.healthscotland.com/documents/5218.aspx">http://www.healthscotland.com/documents/5218.aspx</a></p>
<p>A prospective study exploring the early infant feeding experiences of parents and their significant others during the first 6 months of life (2010)</p> 	<p>The aim of this longitudinal qualitative study was to explore the early infant feeding experiences of mothers, including the support offered by others along a time-line, from the antenatal period until their infant was 6 months old and to gather data to inform the development of interventions aimed at improving any breastfeeding; exclusive breastfeeding; the introduction of appropriate solids at 6 months and parental experiences of feeding their baby.</p> <p><a href="http://www.healthscotland.com/documents/4720.aspx">http://www.healthscotland.com/documents/4720.aspx</a></p>
<p>Health Inequalities – Poorest in society die earlier and have higher rates of disease, identifying the health gap</p>	<p>Health Scotland’s Right to Health leaflet gives a brief introduction to health inequalities: <a href="http://www.healthscotland.com/documents/24729.aspx">http://www.healthscotland.com/documents/24729.aspx</a></p> <p>The Health Inequalities Policy Review was written to provide evidence to the 2013 Scottish Ministerial Task Force on Health Inequalities. It reviews current policy and evidence about what works to address health inequalities: <a href="http://www.healthscotland.com/documents/23047.aspx">http://www.healthscotland.com/documents/23047.aspx</a></p>
<p>Advancing Equality in Health Care</p>	<p>The Equalities section of the NHS Health Scotland website provides an overview of policy and key issues relating to equalities, health inequalities and human rights and highlights issues related to particular characteristics protected under the Equality Act (2010): <a href="http://www.healthscotland.com/equalities/index.aspx">http://www.healthscotland.com/equalities/index.aspx</a></p>

## 6.0 Evidence and Briefing papers

Current status	
<p>Rapid Evidence Review on Infant and Child Sleep (2014)</p> 	<p>This rapid review produced by Health Scotland looks at the current evidence about infant and child sleep and covers the following:</p> <ul style="list-style-type: none"> <li>• What is known about normal infant sleep?</li> <li>• What is known about the impact of sleep deprivation on the ability of parents to provide responsive care?</li> <li>• What are the most effective ways to establish and/or improve infant/child sleep patterns?</li> </ul> <p><a href="http://www.healthscotland.com/documents/23540.aspx">http://www.healthscotland.com/documents/23540.aspx</a></p>

<p><b>Outcomes Framework for Scotland's National Parenting Strategy (2014)</b></p> 	<p>An outcomes framework for Scotland's National Parenting Strategy to support an approach that is focussed on the key results we want to achieve, and aligning the intended outcomes for the strategy with the Scottish Government's National Performance Framework. It provides a useful way to identify how partners might work together to achieve shared outcomes. This includes the logic models and accompanying evidence as well as some other 'tools' to help with outcomes planning.</p> <p><a href="http://www.healthscotland.com/documents/23093.aspx">http://www.healthscotland.com/documents/23093.aspx</a></p>
<p><b>Bonding and attachment in the perinatal period: Supporting rich and enjoyable relationships for life (2014)</b></p> 	<p>This professional briefing paper for maternity care practitioners aims to promote understanding and awareness of positive early parent-infant relationships in the perinatal period. The paper demonstrates the influence of experienced care on the bonding and attachment relationship between parent and child.</p> <p>It outlines key areas where midwives and other maternity care practitioners can provide a supportive role to ensure the best possible start for maternal-infant and parent-infant relationships. This paper has been produced by the Bonding and Attachment Sub-Group of the Maternity Care Public Health Special Interest Group.</p> <p>Available from the <a href="#">Maternal &amp; Early Years Website</a></p>
<p><b>Peer Support for Breastfeeding: Guidance for Scotland (2013)</b></p> 	<p>This guidance is intended to inform professionals in Health Boards, and voluntary sector agencies who have responsibility for local breastfeeding activities, about the most up-to-date policies and evidence about breastfeeding peer support. Acknowledging that professionals will need to use their judgment and take account of community populations and their specific needs, the guidance is not intended to be prescriptive, but rather to guide local activities, as Health Boards and voluntary sector agencies continue to support mothers to give their infants the best start in life.</p> <p><a href="http://www.healthscotland.com/documents/22529.aspx">http://www.healthscotland.com/documents/22529.aspx</a></p>
<p><b>Supporting Community Partnerships in maximising income for pregnant women and families with children under five (2013)</b></p> 	<p>This toolkit aims to increase CPPs' understanding of the impact of welfare reform in relation to pregnant women and families with children under 5 and support CPPs to develop income maximisation approaches for pregnant women and families with children under 5.</p> <p><a href="http://www.healthscotland.com/documents/22309.aspx">http://www.healthscotland.com/documents/22309.aspx</a></p>
<p><b>Guidance about Effective Interventions to Support Parents, Their Infants and Children in the Early Years. (2013)</b></p>	<p>This paper provides an overview of the evidence about effective support to improve health and wellbeing outcomes for parents, their infants and children in the early years. It covers the risk and protective factors and effective interventions from pregnancy to 5 years.</p> <p><a href="http://www.scotland.gov.uk/Resource/0041/00413580.pdf">http://www.scotland.gov.uk/Resource/0041/00413580.pdf</a></p>

	
	<p><b>Briefing on Child Poverty (2013)</b></p> <p>This briefing is one of an occasional series which explore topics of current interest and provides an introduction to concepts and current thinking. It explores child poverty and its relationship to health and wellbeing</p> <p><a href="http://www.healthscotland.com/documents/20578.aspx">http://www.healthscotland.com/documents/20578.aspx</a></p>
	<p><b>Briefing papers on parenting programmes (2013)</b></p> <p>This suite a briefing papers reviews the evidence of effectiveness of “branded” parenting programmes:</p> <ul style="list-style-type: none"> <li>• PPP</li> <li>• Incredible Years</li> <li>• Family Nurse Partnership</li> </ul> <p><a href="http://www.healthscotland.com/documents/21625.aspx">http://www.healthscotland.com/documents/21625.aspx</a></p>
	<p><b>Health Inequalities Briefing Paper – Early Years (2013)</b></p> <p>NHS Health Scotland has produced a suite of briefings designed to support Community Planning Partnerships take action to reduce or mitigate the impact of inequalities on health through their Single Outcome Agreement (SOA) policy priorities.</p> <p>This briefing relates to the “Early Years” SOA policy priority.</p> <p><a href="http://www.healthscotland.com/documents/20687.aspx">http://www.healthscotland.com/documents/20687.aspx</a></p>
	<p><b>Briefing paper- Physical activity (2013)</b></p> <p>Physical activity interventions delivered in the school setting can be effective in increasing children’s physical activity levels. However, the evidence is mixed on what the best approaches are to increase children’s physical activity levels.</p> <p><a href="http://www.healthscotland.com/documents/20616.aspx">http://www.healthscotland.com/documents/20616.aspx</a></p>
	<p><b>Briefing Paper – Play (2013)</b></p> <p>This is another paper an occasional series which explores topics of current interest. It is developed for professionals and front line staff who are responsible for delivering play opportunities to children. It aims to increase understanding and provides evidence about the benefits of play in children’s development. It covers the following:</p> <ul style="list-style-type: none"> <li>• What is play</li> <li>• Why play is important</li> <li>• Barriers to play</li> <li>• The play environment</li> <li>• Promoting play</li> </ul> <p><a href="http://www.healthscotland.com/documents/22389.aspx">http://www.healthscotland.com/documents/22389.aspx</a></p>

**Attachment Briefing for Professionals (2012)**



Launched in 2012. The information is relevant to staff working at all levels working with children and families to inform and increase understanding of the theory and practice of promoting secure attachment.

<http://www.healthscotland.com/documents/5755.aspx>

**Briefing paper: Revision of NHS Health Scotland maternal and infant nutrition resources (2012)**



Guide for professionals who may, during the course of their work, provide advice to parents and carers in relation to maternal and infant nutrition. It highlights the key updates made to six universal resources produced by NHS Health Scotland during routine reviews in 2012.

<http://www.healthscotland.com/documents/6193.aspx>

**Asset based approaches to health improvement (2011)**



Another in the series of occasional briefing papers, this paper explains what is meant by asset-based approaches and summarises what is already known about their potential for improving health.

<http://www.healthscotland.com/documents/5535.aspx>

**Mentally healthy infants, children & young people: Principles for effective interventions - briefing paper for service managers and planners (2011)**



This briefing paper is for service managers and planners whose work involves children and young people.

<http://www.healthscotland.com/documents/5522.aspx>

**Antenatal Inequalities rapid review (2011)**



The aim of the rapid review was to provide an overview of the current highly processed evidence in relation to antenatal health inequalities. Additionally, the review aimed to highlight issues associated with health inequalities during pregnancy that needed to be addressed in the course of planning effective interventions or actions.

<http://www.healthscotland.com/documents/4919.aspx>

<p><b>Improving Maternal and Infant Nutrition – Rationales for the Action Plan Activities in the Draft Framework (2010)</b></p>	<p>This document is intended to supplement and support the Maternal and Infant Nutrition Strategy Group's Action Plan.</p>
	<p><a href="http://www.healthscotland.com/documents/4687.aspx">http://www.healthscotland.com/documents/4687.aspx</a></p>
<p><b>Fun, First Foods Briefing Paper (2010)</b></p>	<p>A guide for all professionals who may, during the course of their work, deliver advice to parents on complementary feeding</p>
	<p><a href="http://www.healthscotland.com/documents/4276.aspx">http://www.healthscotland.com/documents/4276.aspx</a></p>
<p><b>Evidence briefing on the impact of out of school care (2015)</b></p>	<p>This evidence briefing aims to provide an overview of the best available evidence of the impact of out of school care on both children's and their parents' outcomes. This is based on a rapid review of the evidence undertaken in 2015.</p>
	<p><a href="http://www.healthscotland.com/documents/26583.aspx">http://www.healthscotland.com/documents/26583.aspx</a></p>
<p><b>CHANGE Resources for parents with learning disabilities (2015)</b></p>	<p>A guide for all professionals developed in partnership with People First providing information on the evaluation of the CHANGE resources for parents with learning disabilities and details of how professionals access these resources.</p>
	<p><a href="http://www.healthscotland.com/documents/5517.aspx">http://www.healthscotland.com/documents/5517.aspx</a></p>
<p><b>Health Inequality briefing: Place and Community briefing (2016)</b></p>	<p>This is the 4th in the series of health inequality briefings. This briefing focuses on the role that good quality places can play in improving health and wellbeing and reducing health inequalities. It assumes that action in relation to place and communities is complemented by access to good quality, affordable housing for all.</p>
	<p><a href="http://www.healthscotland.com/documents/27414.aspx">http://www.healthscotland.com/documents/27414.aspx</a></p>
<p><b>Health Inequality briefing: Economics of Prevention (2016)</b></p>	<p>The third in a series of inequality briefings, this paper highlights cost-effective preventative measures to improve health and reduce health inequalities. It is aimed at organisations responsible for developing</p>

	<p>policies and providing services that can help to reduce health inequalities.</p> <p><a href="http://www.healthscotland.com/documents/27001.aspx">http://www.healthscotland.com/documents/27001.aspx</a></p>
	<p>The focus of the second briefing is on the role that good work for all can play in reducing health inequalities. It assumes that action in relation to paid employment is complemented by a social security system that is also designed to protect health and reduce health inequalities.</p> <p><a href="http://www.healthscotland.com/documents/26039.aspx">http://www.healthscotland.com/documents/26039.aspx</a></p>
	<p>This is the first in a series of inequality briefings by NHS Health Scotland. The focus of the first briefing focuses on what health inequalities are and how to reduce them. The briefing offers evidence-based recommendations for action across a range of public policy areas to tackle economic and social inequalities. Actions with a specific focus on disadvantaged groups and deprived areas to mitigate health and social problems are also set out.</p> <p><a href="http://www.healthscotland.com/documents/25780.aspx">http://www.healthscotland.com/documents/25780.aspx</a></p>
	<p>This briefing is one of an occasional series which explore topics of current interest and provides an introduction to concepts and current thinking. It specifically looks at the scale of the problem of intimate partner violence and abuse against women, at how we can explain and understand the underlying causes, and at the impact that it has. It also draws upon scientific evidence for ways to effectively prevent, identify and reduce intimate partner violence and abuse. The interventions discussed may, where highlighted, also be applicable for violence perpetrated on men and those in same-sex relationships. This briefing also covers interventions to support children exposed to intimate partner violence and abuse.</p> <p><a href="http://www.healthscotland.com/documents/25774.aspx">http://www.healthscotland.com/documents/25774.aspx</a></p>

## 7. Evidence Summaries

<p><b>CHANGE Resources for parents with learning disabilities (2015)</b></p>	<p>A guide for all professionals developed in partnership with People First providing information on the evaluation of the CHANGE resources for parents with learning disabilities and details of how professionals access these resources.</p>
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**Evidence Summary:  
Public health  
interventions in  
response to substance  
misuse (drugs) to  
support parents, their  
children  
and young  
people up  
to 25 years  
(2014)**



**NHS Health Scotland have published their latest evidence summary on public health interventions to support parents, their children and young people up to 25 years. This report has a focus on interventions relating to substance misuse (drugs). It was developed to support the Scottish Government’s review of health visiting and school nursing, and is relevant for planners, service managers and practitioners working in maternity care and wider early years services as well as in health visiting and school nursing services.**

**<http://www.healthscotland.com/documents/24075.aspx>**

**Evidence Summary:  
Interventions to  
support parents of  
older children and  
adolescents (2014)**



**This rapid review presents an overview of highly processed evidence about interventions to support parents of older children and adolescents that improve health and wellbeing outcomes. The included evidence mainly covers parents of children and adolescents from the age of 7–19.**

**<http://www.healthscotland.com/documents/23153.aspx>**

**Outcomes Framework  
for Scotland's National  
Parenting Strategy  
(2014)**



**An outcomes framework for Scotland’s National Parenting Strategy to support an approach that is focussed on the key results we want to achieve, and aligning the intended outcomes for the strategy with the Scottish Government’s National Performance Framework. It provides a useful way to identify how partners might work together to achieve shared outcomes. This includes the logic models and accompanying evidence as well as some other ‘tools’ to help with outcomes planning.**

**<http://www.healthscotland.com/documents/23093.aspx>**

**Evidence Summary:  
Public health  
interventions to  
support mental health  
improvement (2012)**



**This report presents a summary of highly processed evidence related to public health interventions to support mental health improvement from pre-birth through to 18 years.**

**<http://www.healthscotland.com/documents/23256.aspx>**

<p><b>Evidence Summary: Pregnancy and complex social factors (2012)</b></p> 	<p>This report presents a summary of highly processed evidence related to the provision of additional support during pregnancy to improve the use of antenatal care services among women who experience complex social factors.</p> <p><a href="http://www.healthscotland.com/documents/23254.aspx">http://www.healthscotland.com/documents/23254.aspx</a></p>
<p><b>Evidence Summary: Public health interventions to promote maternal and child nutrition (2012)</b></p> 	<p>The evidence presented here is a summary of the evidence reviewed in support of Public Health Guidance 11 “Improving the nutrition of pregnant and breastfeeding mothers and children in low-income households” that was published in March 2008.</p> <p><a href="http://www.healthscotland.com/documents/23252.aspx">http://www.healthscotland.com/documents/23252.aspx</a></p>
<p><b>Evidence Summary: Public health interventions to support smoking cessation and prevention of uptake (2012)</b></p> 	<p>This report presents a summary of highly processed evidence related to public health interventions to support smoking cessation and smoking prevention. Interventions are targeted at pregnant women and their partners, brief intervention support targeted at all age groups, and children of school age 5-18 years</p> <p><a href="http://www.healthscotland.com/documents/23255.aspx">http://www.healthscotland.com/documents/23255.aspx</a></p>
<p><b>Evidence Summary: Public health interventions to prevent unintentional injuries among the under 15s (2012)</b></p> 	<p>This evidence summary presents a summary of highly processed evidence related to public health interventions to prevent unintentional among children and young people aged less than 15 years.</p> <p><a href="http://www.healthscotland.com/documents/23253.aspx">http://www.healthscotland.com/documents/23253.aspx</a></p>
<p><b>Evidence Summary: Public health interventions to improve weight management during</b></p>	<p>This report presents a summary of highly processed evidence related to public health interventions to improve weight management during and after pregnancy</p> <p><a href="http://www.healthscotland.com/documents/6031.aspx">http://www.healthscotland.com/documents/6031.aspx</a></p>

<p>and after pregnancy (2012)</p>		<p>This review gathers together the views of looked after children and young people, their families and carers about the care system, derived from quantitative and qualitative reviews. <a href="http://www.healthscotland.com/documents/5972.aspx">http://www.healthscotland.com/documents/5972.aspx</a></p>
<p><b>Evidence Summary: Looked After Children (2012)</b></p>		<p>This review focuses on the effectiveness of interventions to support parents, their infants and children in the early years (pregnancy to 5 years). The evidence overview was produced in conjunction with the development of the outcomes framework to inform the activities of the National Parenting Strategy. <a href="http://www.healthscotland.com/documents/6089.aspx">http://www.healthscotland.com/documents/6089.aspx</a></p>
<p><b>Evidence summary: Interventions to support parents, their infants and children in the early years (pregnancy to 5 years) (2012)</b></p>		<p>Evidence paper for the Early Years Task Force distributed to advise the Early Years Collaborative:  <a href="http://www.scotland.gov.uk/Resource/0041/00413580.pdf">http://www.scotland.gov.uk/Resource/0041/00413580.pdf</a></p>
<p><b>Early Years Effective Interventions</b></p>		<p>This briefing paper provides a summary of the final output of the children and young people mental health indicators work, including the recommendations, the indicators, the measures and the associated data sources  <a href="http://www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx">http://www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx</a></p>
<p><b>ScotPHO – Children &amp; Young People Mental Health Indicators for Scotland – Final Briefing (2011)</b></p>		<p>This is one of a set of 38 Health and Wellbeing Profiles for Scottish Community Health Partnerships (CHPs)*, published by the Scottish</p>

**Scotland Overview  
(also available as LA  
profiles) and Children  
and Young People  
Profiles**



**Public Health Observatory (ScotPHO) collaboration and updating profiles previously published in 2008. Additional profiles focusing on the health and wellbeing of children and young people in Scotland are also available.**

**All profiles are available on the ScotPHO website at  
[www.scotpho.org.uk/profiles](http://www.scotpho.org.uk/profiles)**

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<http://www.scotland.gov.uk/Publications/2005/04/15161325/13269>
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<http://www.gov.scot/Topics/Health/Policy/Quality-Strategy>
- (4) Scottish Government (2010) Practice Briefings. Getting it Right for Every Child
- (5) Scottish Government (2011) Principles of Inclusive Communication. An information and self-assessment tool for public authorities  
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- (6) NHS Health Scotland Inclusive Communication Strategy  
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- (8) Scottish Consortium for Learning Disability (2015) – Supported Parenting Refreshed Scottish Good Practice Guidelines for Supporting Parents with Learning Disabilities  
[http://www.sclld.org.uk/wp-content/uploads/2015/06/Supported\\_Parenting\\_web.pdf](http://www.sclld.org.uk/wp-content/uploads/2015/06/Supported_Parenting_web.pdf)

**For further information on any of these resources please contact: Ashleigh Oates Senior Health Improvement Programme Officer 0141 414 2786 or 0141 414 2888**

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