

REPORT TO: POLICY AND RESOURCES COMMITTEE - 25 APRIL 2011
REPORT ON: DUNDEE PARENTING STRATEGY (Being a Parent in Dundee)
REPORT BY: ASSISTANT CHIEF EXECUTIVE
REPORT NO: 172-2011

1. PURPOSE OF REPORT

1.1 This report seeks approval for the adoption and implementation of Dundee's Parenting Strategy (Being a Parent in Dundee) hereinafter referred to as the 'strategy'. The strategy represents the commitment of all agencies working in Dundee to value and support parents in their parenting task.

2. RECOMMENDATIONS

2.1 The Policy and Resources Committee is recommended to:

- i) note the content of this report and the attached Parenting Strategy
- ii) agree the implementation the strategy in order to promote the healthy development of children and young people by recognising current parental expertise and helping to build parenting capacity within the city.
- iii) approve the delivery framework within the strategy

3. FINANCIAL IMPLICATIONS

3.1 There are no direct financial implications

4. BACKGROUND

The Strategy represents the commitment of all agencies working in Dundee to value and support parents.

The Strategy has been guided by the Scottish Government and COSLA joint Policy on 'early years' and the development of the national 'Early Years Framework' published in December 2008. The strategy also sits alongside related strategies such as the Corporate Parenting Strategy adopted in August 2010 which is aimed at supporting Dundee children and young people looked after and looked after and accommodated.

The Strategy is an integral part of Dundee's Early Years Framework and is one of three strands currently being developed by the Early Years Steering Group, the others being 'Workforce development' and 'Children pre-birth to 3 years'.

The Strategy makes use of:

- the latest research evidence and available data
- findings from a literature review of parenting programmes
- a city wide parent and carer survey

All of the above has helped us to identify the priorities and actions for the next three years to enhance the experience of *Being a Parent in Dundee*.

The Strategy promotes the healthy development of children and young people. It helps build the capacity and skills of parents and recognises the expertise parents have regarding their children. It links to other plans such as the Integrated Children's Services Plan and the Single Outcome Agreement.

The aim of the Strategy is to help parents feel satisfied and confident about doing the best they can for their children and this is broken down to 4 key strands:

1. Promote parental responsibilities
2. Prevention and engagement
3. Community supports and
4. Focus on organisational success

5. POLICY IMPLICATIONS

This report has been screened for any policy implications in respect of Sustainability, Strategic Environmental Assessment, Anti-Poverty, Risk Management. There are no issues in this regard to report on.

An Equality Impact Assessment has been carried out and will be made available on the Council website <http://www.dundee.gov.uk/equanddiv/equimpact/>.

6. CONSULTATIONS

The Chief Executive, Depute Chief Executive (Support Services) Director of Social Work, Director of Education, Director of Leisure and Communities, Director of Housing and members of the Early Years Framework Steering Group

7. BACKGROUND PAPERS

None.

Chris Ward
Assistant Chief Executive

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19/04/2011



A Strategy for Being a Parent in Dundee

Background

This document represents the commitment of all agencies working in Dundee to value and support parents. A full list of contributors to the development of this strategy can be found in Appendix 1. In this document "parents" refers to mothers, fathers, carers (including grandparents) and other carers where Dundee City Council is undertaking the role of corporate parent.

The strategy sits within Dundee's Early Years Framework and is one of three strands currently being developed by the Early Years Steering Group, the others being 'Workforce development' and 'Children pre-birth to 3 years'.

The strategy recognises the successful past and current work to support *Being a Parent in Dundee*.

The strategy makes use of the latest research evidence and available data, findings from a literature review of parenting programmes (to be published later in 2011) and information from a city wide parent and carer survey (Appendix 2) to identify the priorities and actions for the next three years to enhance the experience of *Being a Parent in Dundee*.

Children's development is rooted in their relationship with their parents and this strategy has also been developed following conversations and discussion with parents and young people.

The strategy is based on some important principles:

- the healthy development of children and young people is in everyone's interest and parents have the main responsibility for this task
- acknowledge the capacity and skills of parents and recognise the expertise parents have regarding their children
- link to other plans involving children, young people and their families, i.e. Integrated Children's Services Plan and the Single Outcome Agreement.
- use clear, understandable language (no jargon)
- build partnership with parents

National legislation and policy initiatives connected with parenting can be found in Appendix 3. This strategy and its actions have a high priority within the city and require everyone working with families to be aware of relevant policy and activity and contribute to improving the life chances and circumstances of Dundee's children and families.

What do we want the strategy to achieve?

In Dundee we want to make the very best of the commitment, skills and confidence of families, local communities and professionals. The aim of the strategy is to help parents feel satisfied and confident about doing the best they can for their children.

The strategy provides practical ideas and a plan with which to direct resources to support parents and encourage positive experiences for children and young people. The strategy has four focus areas:

1. **Promote parental responsibilities** through the development of a communication strategy and the development of a core menu of supports
2. **Prevention and engagement** by promoting universal services to address needs through preventative work and actions and supporting the engagement of parents
3. **Community supports** by planning local provision which addresses local needs
4. **Focus on organisational success** and provide the leadership and accountability structures to implement this strategy

Connected to these four focus areas is an intention to make use of available research and data so that actions and activities can be evaluated and where necessary adjustments made to re-direct effort and resources.

Background to Living and Growing up In Dundee

Dundee is Scotland's fourth largest city. The most recent estimate of Dundee's population is 142,170 (General Register for Scotland, 2006). Dundee City Council is also geographically the smallest local authority in Scotland. Dundee has been named as one of 7 cities across the world short-listed for the title of intelligent community of the year 2010. The Being a Parent in Dundee Survey Report 2010 (Appendix 2) found a consensus across the city on what were the key aspects of positive parenting and family life.

Household Composition

Almost 38% of households in Dundee are one person households and this compares with a Scottish figure of 32%. The second highest category is married/co-habiting couples with no children, accounting for 29% of households. Dundee has a higher than average percentage of lone parent households (with children) at 10%, the overall Scottish figure being 7%.

Table 1, Projected House-hold make-up in Dundee

Household make-up	2002	2006	2011	2016
Households with 2 or more adults - no children	36.5%	36.3%	36.2%	36.0%
Households with 2 or more adults with child(ren)	17.0%	15.5%	13.7%	12.2%
Households with 1 adult with child(ren)	8.3%	8.4%	8.4%	8.4%
Households with 1 adult - no children	38.2%	39.8%	41.7%	43.4%

As noted in Table 1, in 2011 it is expected that 22% of Dundee's households will be involved in bringing up a child.

The Challenge

The Scottish Index of Multiple Deprivation 2009 shows that Dundee has the joint 4th highest national share of deprived areas in Scotland and the City faces a number of challenges in promoting healthy child development. These include various health and welfare indicators that are worse than the national average, e.g. a high prevalence of parental alcohol and drug misuse, high levels of domestic violence, low numbers of children being breastfed and a greater number of children on the Child Protection Register than the national average.

There are also some specific challenges highlighted by the parental survey where returns suggested that there may be significant differences in responses to need, found for parents of ethnic origin and parents with a disability. The implication for the strategy is to seek further information in order to identify what changes in service, if any, are required for this group of respondents. The survey also suggested that parents with a single child and parents with five or

more children are more vulnerable than other parents. Safety in general was also raised as a potential issue for many parents across the city and further investigation needs to be undertaken to determine whether this refers to the physical environment in its broadest sense and/or parents' perception. This will be achieved through revisiting the survey on an annual basis and liaising with involved agencies across Dundee's communities.

In addition, the literature review emphasises the need for a well co-ordinated and articulated multi-agency programme of support which employs evidence based approaches, alongside robust quality control and evaluation of impact for maximum effectiveness.

These challenges have led to a focus in developing effective services for children, young people and their families. These include the following priorities:

- developing an integrated approach to children's services
- raising the attainment and achievement of all children
- improving health for children, young people and their families
- all children in Dundee should have the best start in life
- children and young people in Dundee should have more active lifestyles
- children and young people affected by substance misuse to receive more support

This strategy to support being a parent in Dundee aims to complement these priorities.

Parents range in age and level of education; have different levels of wealth and income; face bringing up children with disabilities and come from different ethnic minorities. Parents may also have learning difficulties and/or face other life issues such as family breakdown, bereavement and loss, mental illness, addiction, domestic violence, or other domestic difficulties. Being a parent can be challenging for all parents and particularly for new parents. Help is often sought from a network of support that includes family and friends, but can also include specific support from various agencies and organisations to help address a particular issue or need. Where there are children who are in situations that place them at risk, it is everyone's business and Dundee city's duty to act in the best interest of the child.

This strategy makes a commitment to ensuring that services maintain accurate and accessible information which is available to families and professionals across the City.

www.scottishchildcare.gov.uk/LocalChis.aspx?chisid=21

Organisation of the Strategy

The strategy is organised so that it can be referenced by services involved in supporting parents in Dundee. The four focus areas for this strategy have associated outcomes, goals and action plans.

Those goals, outcomes and actions are reflected in the development of a suite of national outcome indicators (<https://www.dundee.gov.uk/chserv/index.php?pid=6&elib=Y>) and Dundee is specifically highlighting the following 10 from that suite of indicators as a means of testing that we are making positive progress:

1. %age of babies with a low birth weight (both full term and premature).
2. %age of babies exclusively breastfed 6 - 8 weeks
3. %age of mothers experiencing post natal depression within the first 3 months after giving birth.
4. Achievement in literacy and numeracy by P3/P4.
5. %age of parents who rate a range of play activities as "very important".
6. %age of children eligible, who are registered for the ante-pre-school or pre-school year of pre-school education.

7. %age of children living in households that are dependent on out of work benefits OR child tax credit (proxy indicator for poverty).
8. Prevalence rate of Children Affected by Parental Substance Misuse (CAPSM).
9. %age of obese children in Primary 1.
10. Number of children being looked after by Local Authorities.

The above indicators are reflected throughout this document and also within Dundee's Single Outcome Agreement and Integrated Children's Services plan.

How will things change?

The goals and actions contained in this strategy outline what will change over the next three years. *Being a Parent in Dundee* sets out several goals for each focus area, with specific actions to achieve these goals and targets and measures for monitoring progress. It is anticipated that the actions will be refined or added to as the evidence base continues to develop.

It is hoped that the actions are achievable in the timescale. In order, to do so Focus Area 4: Organisational Success asks Service Managers to provide strong leadership within their agency in order to lift performance in this area. The strategy provides evidence of what makes the greatest difference, the next steps are to support staff in focusing on and taking forward what works for parents in Dundee and monitoring and evaluating outcomes. The specific outcomes and progress of the actions will be reported upon and monitored by the Early Years Framework Steering Group.

FOCUS AREA ONE: PROMOTING PARENTAL RESPONSIBILITY

Background and rationale

The main focus of this strategy is to promote successful parent/child relationships over the course of a child's development and support parents to be confident in their role as responsible parents. The strategy is based on the understanding that the main responsibility lies with the family and the parent.

In Scotland parental responsibilities are dealt with under the Children (Scotland) Act 1995. Under section 1 of the 1995 Act, parental responsibilities are about:

- safeguarding and promoting the child's health, development and welfare;
- providing the child with appropriate direction and guidance;
- maintaining personal relations and direct contact with the child;
- acting as the child's legal representative.

These responsibilities last until the child is aged 16, with the exception of the responsibility to provide the child with appropriate guidance, which lasts until the child is aged 18. Under section 2 of the 1995 Act those with parental responsibilities are given rights to allow them to fulfil those responsibilities. These rights are:

- to have the child living with him or her or otherwise to regulate the child's residence;
- to appropriately control, direct or guide the child's upbringing;
- if the child is not living with him or her, to maintain personal relations and contact with the child on a regular basis;
- to act as the child's legal representative.

The Standards in Scotland's Schools etc Act 2000, also provides a right to children of school age to be provided with school education.

Having parental responsibilities entitles a parent to make key decisions relating to the child, such as where they will live and go to school, and what medical treatment they should receive. In addition, parents have an obligation to provide financial support for their children, to provide basic care and ensure safety, provide emotional warmth, provide appropriate stimulation, provide guidance and boundaries and provide stability.

Being a Parent in Dundee is grounded on the principle of promoting families to be successful and promoting parental responsibilities. This requires the bringing together of two important issues:

Families Count - knowing, respecting and valuing families and building on what families bring with them.

Support for Change - some families will seek support to develop their skills and others may require intervention to address a need or concern.

ADDRESSING PARENTAL RESPONSIBILITIES

All parents require support at some time, the level and duration of support varies according to the situation that they are experiencing. The level of support can range from preventative, such as seeking information to specialised support when a child is at risk.

Some children in Dundee are at risk because their families do not meet their parental responsibilities. For these children, it is essential that their needs are identified and intervention is directed to address these needs.

The following outcome section details local outcomes and activity which will be measured against the national outcomes framework published in December 2010 (link: <https://www.dundee.gov.uk/chserv/index.php?pid=6&elib=Y>)

Outcome	Actions	Indicator	Timeline	Update	Responsible
1.1 Parents see positive public messages that they carry the primary responsibility for their children.	Provides information on parental responsibilities and parenting needs across the spectrum of need from 'Universal' to 'at High Risk' - including pre-birth and adolescents.	Resources directory developed and maintained	Review September 2011	Work complete to join together the ICS resources directory and the Scottish Childcare directory.	Wendy Cameron Marie Traynor
		Reporting mechanisms in place	Review by September 2011 May 2011	Work ongoing to identify any changes and for the addition of new groups Work ongoing to enable the production of statistics on services held in the directory by area, age range and whether universal or targeted/high risk services	
	Public message of parental responsibilities are delivered by a citywide information and communication network with agreed interagency delivery and feedback processes.	Evidence from 'Being a Parent' survey (see appendix 2)	Survey complete, to be reviewed bi-annually	Information from survey aiding discussion on the shape of future provision and disseminating public messages of building on what parents bring with them/normalising parental support as a universal human right and need (see Newsletter 2:2)	Penny Forsyth

Outcomes	Actions	Indicator	Timeline	Update	Lead Officer
	The Being a Parent in Dundee Implementation Group has an agreed calendar of tasks with identified milestones.	Calendar developed and produced	March 2011	Timeline established linked to the launch of resource directory	Bert Sandeman
1.2 Fathers recognise their role as responsible parents.	Establish a baseline by tracking current activity opportunities for fathers and their children to interact with a particular focus on 'Communities at Risk'.	Number of programmes/ participants involved (including fathers)	Review February 2012	There are a number of groups working with fathers at the moment but these fluctuate depending on resources and identified need.	Wendy Cameron Marie Traynor
1.3 Parents feel supported by services in their role as responsible parents.	Agencies offer services that promote parental responsibility.	Being a Parent in Dundee delivery plan formulated and implemented.	April 2011	Plan formulated and is currently being implemented.	Bert Sandeman
	Specific question regarding this to be incorporated into bi-annual survey.		April 2012 Survey questionnaire		Penny Forsyth

FOCUS AREA TWO: PREVENTION AND ENGAGEMENT

Background and rationale:

Positive early childhood experiences have been shown to have a significant impact on children's development. Parents play a significant role in giving their child the best possible start in life, by making good health choices and supporting positive behaviours such as healthy food choices, encouraging appropriate social interactions, enhancing maternal well-being during pregnancy. Warm, responsive relationships built during the early years of a child's life provide a valuable protective effect for children who may develop problems in later life. Similarly a number of studies have noted that problems with development can be noted at an early stage (infant). By providing early intervention matched to these early warning signs we can reduce later difficulties with behaviour, achievement, health and wellbeing.

Outcomes	Actions	Indicator	Timeline	Update	Lead Officer
2.1 Parents feel their needs and those of their children are quickly and objectively assessed.	Provide "non-stigmatising" first contact for parents and assessment of need.	Strengths based protocols for first contact developed and disseminated (See Joint training, 4.3)	August 2011		Penny Forsyth
		A 'core programme' of contact for new/up to 1 year parents is developed e.g. Community Nursing Service	Review September 2011	A range of universal services are available for all new parents to access, for example, play away sessions and hot wheels pram pushing groups. Information is available in resource directory.	Dawn Banks
				A Health Visitor Service specification is in place	Elaine Hatton
				New Beginnings has been developed.	Heather Gunn

Outcomes	Actions	Indicator	Timeline	Update	Lead Officer
	Develop single and inter-agency early behaviour indicators with the aim of intervening earlier.	Integrated assessment tools agreed	To be reviewed in July 2011	This ties in with GIRFEC integrated assessment currently being piloted	Lynne Cameron.
		Indicators, interventions and referral pathways developed	May 2011	To link with the implementation of the Integrated Assessment framework	Penny Forsyth
2.2 Parents feel supported and able to access services where and when necessary.	Develop a core menu of supports for parents that cover the spectrum of need from 'Universal' to 'at High Risk'.	Core menu of parenting supports developed	September 2011	Core menu of supports for parents being developed based on resources directory and literature review of best practice	Penny Forsyth Bert Sandeman
		Number of support groups in place identified.			
		Feedback from service users on the difference services accessed make in their lives	Review September 2011	Feedback to be published on the web page and in the Newsletter, and linked into the Evaluation programme (4:2) and the city wide Communication Strategy	Pam Blacklaws Wendy Cameron

**FOCUS AREA THREE:
COMMUNITY SUPPORTS
Background and rationale:**

Families and communities need to feel confident and be involved in creating local opportunities for community support. The wider family and local community have a powerful role to play in avoiding the dual risk of de-skilled parents, and creating a dependence on "expert" agency interventions.

Being a Parent in Dundee will develop and implement strategies that increase the effectiveness of community involvement and will lead to a raised profile in supporting parents in the local community. A variety of solutions and community interventions will need to grow across the City following on from close partnership with parents and families living in the local community.

Outcome	Action	Indicator	Timeline	Update	Lead Officer
3.1 Local engagement activities identify local wishes and potential solutions.	Ensure local community partnerships gather information from families and young people and take account of the needs of the local community.	Being a Parent in Dundee survey & reporting framework established	September 2010	Survey complete.	Bert Sandeman John Lannon
				Questionnaire to be revised for 2012 survey	Penny Forsyth
	Ensure information gathered informs the development of future resources.	Establish links with local community and city wide partnerships e.g. Community Involvement Strategy	March 2011	Survey results presented to the Dundee Partnership Coordinating Group. Ongoing partnership links to be maintained	Bert Sandeman
	Develop and implement a communication strategy	Multi-agency Communication and engagement group established	January 2011	Multi-agency engagement guidelines completed Original communication group established as part of the child protection improvement plan. This has now been consolidated into the overarching GIRFEC implementation programme and is part of the wider Community Engagement strategy.	Derek Gray Kenny Lindsay
			Implementation	March 2011	

Outcomes	Actions	Indicator	Timeline	Update	Lead Officer
3.2 Parents have access to good quality settings where they can regularly meet with other parents and receive support, advice and guidance.	Continue to invest in relationships with community groups and opportunities for parental groups and drop-ins.	Number of parent support groups e.g. post natal support	Review September 2011	Parent Support Groups and Drop In Facilities Baseline 181 Groups	Dawn Banks
		Number of family learning opportunities	Review September 2011	Family Learning Opportunities Baseline 67 Groups	Dawn Banks
		Number of physical activity programmes	Review September 2011	Physical Activity Programmes (where parents are involved and the group impacts on parenting capacity) Baseline 26 Groups	Dawn Banks
		'GrowWell' café (promotes breast feeding friendly environment)	Review March 2011	Established	Elaine Hatton

FOCUS AREA FOUR: BUILDING ORGANISATIONAL SUCCESS

Background and rationale

It is important to recognise that a good strategy relies upon staff incorporating actions into their daily work. The Dundee Partnership will encourage greater understanding of *Being a Parent in Dundee* and align relevant plans with this strategy.

The focus in this area is on:

- strong leadership across agencies
- develop confidence in front line staff in addressing the goals and actions in this strategy
- increase the visibility and accountability for outcomes
- use and act on evidence of what makes the greatest difference

Sharing the responsibility for lifting performance in this area requires having confidence in the approach and strong leadership. In Dundee there is a commitment to help staff develop their confidence and ability to connect with families so that they know why, where and how to get the best outcomes for families.

Realising the goals of *Being a Parent in Dundee* will also in part depend on better using and acting upon evidence of what works. This means making available research evidence on what works available to staff

Outcome	Action	Indicator	Timeline	Update	Lead Officer
4.1 There is a strong commitment and leadership within Dundee's Integrated Children's Services for Being a Parent in Dundee.	Ensure Being a Parent in Dundee priorities are incorporated into the Dundee Partnership priorities and agreements with other agencies. The Early Years Framework Steering Group will have oversight and champion the strategy.	Strategy Priorities are incorporated into Dundee Partnership priorities and agreements and have been taken forward and implemented.	Review June 2011	This has now been adopted. Work underway to fully imbed early year's early intervention approach across Integrated Children's Services.	Bert Sandeman

Outcomes	Actions	Indicator	Timeline	Update	Lead Officer
4.2 Being a Parent In Dundee is based on 'what works'.	Literature review should be undertaken and shared across service providers and with parents, and evidence informs development of core menu of supports for parents.	Core menu of supports for parents reflect evidence based practice	September 2011	Literature Review completed.	Penny Forsyth
	Strengthen the methods for monitoring and reporting progress on the outcomes	Evaluation programme agreed and implemented	September 2011		Penny Forsyth
		Quality Assurance processes agreed and implemented	September 2011		
4.3 Staff feel competent and confident in working within the Being a Parent strategy.	Deliver multi--agency training that promotes understanding and behaviours consistent with the four focus areas.	3 year training programme agreed and delivered - <i>integrated assessment framework</i> - <i>Core menu programme delivery and evaluation</i> - <i>QA process and follow up</i> - <i>non-stigmating first contact for parents and assessment of need</i> - <i>workforce development programme</i>	March 2010 - January 2013	This is to be linked to the staff development element within the GIRFEC implementation plan	Bert Sandeman Penny Forsyth

**APPENDIX 1:
LIST OF STEERING GROUP REPRESENTATIVES**

Organisation	Name	Contact
Corporate Planning Integrated Children's Services	Bert Sandeman	bert.sandeman@dundeecity.gov.uk
Educational Psychology	Penny Forsyth	penny.forsyth@dundeecity.gov.uk
School Community Support Service	John Lannon	john.lannon@dundeecity.gov.uk
Social Work	Heather Gunn	heather.gunn@dundeecity.gov.uk
Parental Involvement Officer	Taletta Jamieson	taletta.jamieson@dundeecity.gov.uk
NHS Tayside Speech & Language Therapy	Maggie McNab	maggiemcnab@nhs.net
(Community Learning & Development) Leisure & Communities	Marie Dailly	marie.dailly@dundeecity.gov.uk
Dundee Families Project	John Wallace	John.Wallace@actionforchildren.org.uk
NHS Tayside Community Nursing Service	Ann Murray	ann.murray3@nhs.net
(Community Learning & Development) Leisure & Communities	Kenny Lindsay	kenny.lindsay@dundeecity.gov.uk
Early Years (Education)	Linda Dempster	linda.dempster@dundeecity.gov.uk
Early Years (Education)	Dawn Banks	dawn.banks@dundeecity.gov.uk
Housing	Fiona Reekie	fiona.reekie@dundeecity.gov.uk
Dundee Community Health Partnership	Heather McGregor	heather.mcgregor2@nhs.net
Dundee Families Project	John Wallace	john.wallace@actionforchildren.org.uk
NHS Tayside Speech & Language Therapy	Morag Dorward	morag.dorward@nhs.net
(Sports Development) Leisure & Communities	Jamie Kelly	jamie.kelly@dundeecity.gov.uk
Childcare Information Coordinator (Education)	Wendy Cameron	wendy.cameron@dundeecity.gov.uk

APPENDIX 2

BEING A PARENT IN DUNDEE SURVEY REPORT 2010

EXECUTIVE SUMMARY

This survey forms part of the Being a Parent in Dundee strategy and will contribute to the following focus areas:

- addressing *community supports* by identifying local wishes and potential solutions
- addressing *parental responsibilities* by providing material for positive public messages to Dundee parents about their primary responsibility (Being a Parent in Dundee Action Plan)
- contributing to the accountability structure of the strategy and the *focus on organizational success*.

Surveys are useful for gathering factual information and data on attitudes and preferences. They are also able to make universal statements within certain parameters when supported by large databanks e.g. a survey cannot say why a particular person or group returned a particular set of results.

This report is based on a reasonable databank of parental opinion with which to inform policy and practice. It will however, be important to triangulate its findings with other data before final policy decisions are made.

Below are the main findings from the survey:

- 1 Gender differences between the respondents were largely absent. There were however some significant differences suggesting that it will be important for the authority to continue to normalise the 'good father' role (breadwinner, nurturer, active and involved parent) in a variety of ways e.g. through publicity, checking that fathers are not inadvertently marginalised by services, actively encouraging their involvement in events and continuing to provide specific support to fathers.
- 2 Significant differences in responses were found for parents of ethnic origin and parents with a disability. The implication for Being a Parent in Dundee is to seek further information in order to identify what changes in service, if any, are required for this group of respondents e.g. do either of these parent groups have greater mental health issues, are their children doing less well in school?
- 3 The data suggests that parents of 1 child and of 5 or more children are more vulnerable than other parents. It is proposed that through the communication strategy parents in the city and front line services become aware of this vulnerability and of the options available to them.
- 4 There is rich material for Being a Parent in Dundee to draw on in order to celebrate the family and family support structures in Dundee and to promote parental responsibility.
- 5 There are pointers to potential support needs across the city which can contribute to the consideration of prioritising available support.

- 6** Requests for support focus on play areas, youth clubs/activities and safety and provide useful pointers to perceived local need. The issue of safety is a pervasive theme and it is proposed that the commitment of Dundee parents to their children and community be harnessed as part of a comprehensive and cohesive approach.
- 7** Further implications for the Being a Parent in Dundee Plan have been fourfold:

 - a review of the current survey questionnaire and its role in the evaluation programme.
 - the need for Dundee City census data to be available in cluster areas
 - the need to harness and enable a community response to the issue of safety is as an addition to the current plan.
 - The consideration of specific aspects of the plan i.e. the support currently provided to fathers and to grandparents; the current support capacity linked to schools for all age groups and the promotion of the Integrated Children's webpage.

APPENDIX 3: NATIONAL INITIATIVES CONNECTED WITH BEING A PARENT IN DUNDEE

Legislation / Policy	Internet link
Early Years Framework	http://www.scotland.gov.uk/Topics/People/Young-People/Early-years-framework
Children Scotland Act 1995	http://www.opsi.gov.uk/ACTS/acts1995/ukpga_19950036_en_1
Antisocial Behaviour etc. (Scotland) Act 2004 - Parenting Orders	http://www.scotland.gov.uk/Publications/2005/04/22133503/35042
Education (additional Support for Learning) (Scotland) Act 2004	http://www.opsi.gov.uk/legislation/scotland/acts2004/asp_20040004_en_1
HALL 4	http://www.scotland.gov.uk/Publications/2005/04/15161325/13423
Scottish Schools (Parental Involvement Act) 2006	http://www.opsi.gov.uk/legislation/scotland/acts2006/asp_20060008_en_1
Getting it Right for Every Child	http://www.scotland.gov.uk/Topics/People/Young-People/childrenservices/girfec
Better Health, Better Care: Action Plan 2007	http://www.scotland.gov.uk/Publications/2007/12/11103453/0
Scottish Guidelines to Support Parents with Learning Disabilities	http://www.sclد.org.uk/sclد-projects/working-with-parents/parenting-guidelines
Pre-Birth to Three Positive Outcomes for Scotland's Children and Families, Learning and Teaching Scotland, 2010	www.LTScoland.org.uk/earlyyears

LOCAL GROUPS LINKED TO THE STRATEGY

Dundee Child & Family Health Forum: Joan Wilson joanwilson2@nhs.net
 Dundee GrowWell Steering Group: Heather McGregor heather.mcgregor2@nhs.net
 Dundee Action for Sexual Health (DASH): Tracey Stewart
tracey.stewart@dundee.gov.uk

APPENDIX 4 PARENTING PROGRAMMES IN DUNDEE

Background and Purpose

There is evidence to suggest that public concern regarding deteriorating children's behaviour, disruptive behaviour in schools and other social problems in the community are associated with difficulties in parenting. Sometimes this concern has fuelled demands for parenting intervention as a quick solution to what are clearly complex social problems (Einzig, 1999).

Nationally and locally there is no consistent strategy or approach to the development and promotion of parenting programs.

This summary is provided for the employment and working group to inform planning and clarify outcomes associated with the delivery of parenting programmes across Dundee. The summary will not include a review of other parenting supports available within Dundee.

Definition

In the literature and working context of Dundee City a variety of terms are used when describing approaches to supporting parenting, for example, parent education, parent training, parenting orders, parenting groups and parenting skills programmes.

Parent education refers to general strategies approaches that meet the needs of a wide group of parents. Parent training and parenting orders are associated with approaches for targeted groups of parents. For the purpose of clarity the term parenting programmes will be used in this summary and can be defined as follows:

"A supportive and specific programme of work which helps parents and prospective parents to understand their own needs and those of their children and enhances the relationship between parents and children"

Parenting programs within the city originate from bottom-up, community led initiatives and top-down initiatives funded by agencies like health, social work, education and the voluntary sector. Some of these programs target specific populations and receive long term funding. Other parenting programs within the city are patchy, dependent on postcode and receive fixed-term funding.

Due to the complexity and costs associated with the delivery of parenting programmes it is proposed that a generic strategy and framework be applied to inform the development of parenting programmes in Dundee. Clearly this strategy needs to complement the delivery of other supports to parents.

A Framework for Parenting Programs in Dundee

If we assume that parenting is the most important and demanding of life tasks then we have a responsibility to work with and for parents and avoid any culture of blaming parents.

We also need to clarify a model for parenting programmes that is available to all parents and only targets specific groups or individuals who are requiring intensive supports when necessary. We should be aware that vulnerable families can

understandably resist being 'targeted'. Putting in place universal programmes provides a good initial platform for drawing all parents into a support system. The "pyramid" model of intervention (see attached) offers a guide to the development of a coherent delivery of parenting programmes in Dundee.

Factors that have been associated with positive outcomes and parenting programmes are as follows:

- active parental involvement and control in any programme, where parents are involved in generating their own solutions and what works for them
- programmes that directly focus on the quality of interaction, communication and relationships in the family
- programmes should offer a balance of approaches that address information giving, skills learning, reflection and sharing of experiences
- programmes at all ages are important, but if you have to choose, early years programmes are most important. Putting in place provision in pre-school / early years is more cost effective, roughly at a rate of 13-1. That is, for every £1 invested during early years, you reduce later spend on prisons, violence, mental health, etc by a factor of 13
- the professional background of someone facilitating the program is less important than their personal qualities. Having a facilitator who is liked, trusted and respected by parents is essential
- evaluation can reflect different agendas and is often complex. Parenting programmes may require support to tailor effective approaches to short-term and long-term evaluation

Reference

Einzig, H. (1999) Review of the field: current trends, concepts and issues. In S. Wolfendale & H. Einzig. (Eds). *Parenting education and support: new opportunities*. London: David Fulton.

Developing Parenting Programmes in Dundee

Adapted from Aberlour Trust model.

