

## Appendix 2: Pregnancy, Childbirth, and Early Years Covid Impact Assessment Action Plan

	Recommendation	Key Partners	Ambitions it relates to in the <a href="#">Best Start Strategy</a>	Initial actions & progress
	<b>Parent &amp; carers wellbeing</b>			
1	Continue to support those who may have experienced trauma through the birth process and/or perinatal period and who may be continuing to experience the long-term implications of this.	LMNS x 2 NCC NHFT	1, 2, 3, 5	<p>The Trauma and Bereavement service (which is co-located in the Community Perinatal Mental Health Team) are working to extend the duration of the Specialist Midwife role which sits within the team. This piece of work is being carried out as part of the commissioning maternal mental health portfolio and will increase the support available within the team.</p> <p>To further support increased access into the service, the Community Perinatal Mental Health Team have widened who can refer into the service, so they now accept referrals from for e.g., Social Care and third sector organisations.</p>
2	Strengthen perinatal mental health pathways and care: <ul style="list-style-type: none"> <li>• Strengthen data capture and reporting to determine need, address gaps, and measure progress more accurately</li> <li>• Increase engagement in perinatal mental health services</li> <li>• Identity and support 'low level' and emerging mental health need within families</li> </ul>	LMNS x 2 NCC NHFT	3, 5	<p>To explore options for enhancing data capture across various services.</p> <p>Nottingham and Nottinghamshire LMNS are planning on collaborating across the system to identify all the different community, voluntary or professional services offering emotional and well-being support to families during their pregnancy journey. This mapping exercise will enable a directory of services to be developed for professionals to refer or signpost families onto. Understanding how to make referrals will be part of this action and therefore some training alongside the directory will need to be established. To develop a directory of community, voluntary or professional services offering emotional and wellbeing</p>

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				<p>support to families during their pregnancy journey. This will also support the identification of any gaps.</p> <p>The Community Perinatal Mental Health Team are working closely with partners including Children's Centre Services and local faith groups to increase access into the service. In order to achieve this, they are facilitating the delivery of awareness raising sessions to increase understanding of perinatal mental health and the support available. The team will also be rolling out "lunch and learn" sessions with GP practices as well as training to midwives to support increased access via better understanding of perinatal mental health and how to access support.</p> <p>The Community Perinatal Mental Health team have committed to the facilitation of continual comms about perinatal mental health, the support available and how to refer, and this includes the sharing of information with local community groups and primary care.</p>
3	<p>Review and enhance our local antenatal and parenting programme offers to ensure they support key areas such as:</p> <ul style="list-style-type: none"> <li>• Early identification of maternal mental health problems and sources of support</li> <li>• Greater engagement with fathers/partners</li> <li>• Preparing &amp; empowering parents for parenthood, increasing their resilience to face and overcome adversity</li> <li>• The importance of social support</li> </ul>	LMNS x 2 NCC NHFT	1, 3, 5, 6	<p>The Nottingham and Nottinghamshire LMNS are working with both hospital trusts providing maternity care locally to enhance the face to face antenatal classes that are offered. Planned enhancements include neonatal and best start priorities and options for filming/digital versions in different languages to be shared digitally for those unable to access the classes face to face or when there are challenges with different interpreters in the room. They are working in collaboration with service users, system partners and neighbouring LMNSs, including Bassetlaw and Lincolnshire, to share resources and learning. Mapping work has started.</p>

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				<p>Nottingham and Nottinghamshire LMNS are soon to begin a social prescribing link worker project within maternity &amp; neonatal services to support equity and to improve outcomes for women and birthing people in our local area. Engagement with relevant professionals is starting.</p> <p>New Parents Groups were established by the Children's Centre Service in 2022 in response to feedback during the covid period from parents who felt isolated. These groups focus on building positive relationships between parents/carers and their new baby.</p>
4	Ensure that for any future pandemic/emergency planning the implications of the maternity restrictions and service delivery are taken into consideration, as outlined within this impact assessment and in greater detail within the Experiences of Maternity Services in Nottingham and Nottinghamshire during the COVID-19 Pandemic report (Nottingham & Nottinghamshire Maternity Voices & Healthwatch, 2021).	LMNS	1, 2, 3	No specific actions required at this stage.
<b>Child Development</b>				
5	<p>Address the increasing speech, language and communication need (SLCN) that has emerged in the cohort of children most affected by the restrictions of the Covid-19 pandemic i.e., children who are now aged 2 and over, by:</p> <ul style="list-style-type: none"> <li>• Implementing additional training in the early identification of SLCN to early years practitioners</li> <li>• Carrying out a skills analysis regarding SLCN across the early years sector and regularly reviewing training opportunities</li> <li>• Piloting the use of a new tool in settings that supports early identification of SLCN's, and guides</li> </ul>	NCC NHFT ICB	7, 8	<p>The WellComm Toolkit is being piloted across Nottinghamshire in 20 Early Years Settings in the Summer of 2023. This is a toolkit to both identify and support children with early signs of Language and Communication delay.</p> <p>Public Health and Early Childhood Services (Notts CC), the ICB and Nottinghamshire Healthcare NHS Foundation Trust have secured Contain Outbreak Management Fund (COMF) funding for children aged 2 years four months and upwards on the waiting list for Home Talk and awaiting assessments and treatment from the specialist autism team, to receive a</p>

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	<p>professionals in the appropriate implementation of strategies to support emerging need</p> <ul style="list-style-type: none"> <li>Increasing capacity for targeted SLCN interventions for those aged 2 to 3.5 years</li> <li>Undertaking an audit or similar to better understand the reasons for the continued increase in referrals to specialist SLT.</li> </ul>			<p>face-to-face assessment from a speech and language therapist to determine the best way of meeting their needs. A parents' group will also be established, supporting parents of children identified through the assessment process with strategies to help develop their child's speech and language skills and encouraging peer support.</p> <p>Needs assessment work is currently underway across the Integrated Care System, led by the ICB, with a view to reviewing and redesigning the local SLCN pathway.</p>
6	<p>Deliver training to the early years workforce to help early years practitioners effectively support healthy social and emotional development:</p> <ul style="list-style-type: none"> <li>Roll out Emotion Coaching to settings</li> <li>Deliver workshop-style training to settings</li> </ul>	NCC	3, 8	<p>All the Early Years Specialist Teachers and Advisors are now trained to deliver the Emotion Coaching Programme. Workshops to all Early Years settings will be facilitated over the next year.</p> <p>Funding has been secured via public health reserves to develop healthy social and emotional development / infant mental health training for the early year's workforce. A procurement exercise is planned to commission this work-shop style training which will ensure practitioners across Nottinghamshire have the knowledge and tools they need to identify and support children, and their families, with emerging social and emotional needs and to build confidence and resilience in young children.</p>
7	<p>Roll out and promote "PEEP" interventions via Children's Centre Services for parents/carers from pregnancy and across the early years. These interventions focus on the role of parents as early educators and champion parents and their babies/children learning together – building positive, sensitive relationships, enhancing home learning environments, and helping babies and children to become confident communicators and learners.</p>	NCC	3, 7, 8	<p>A suite of 5 minute videos promoting parents as first educators (bitesize PEEP) have been finalised and will be embedded into existing schemes of work across Children's Centres.</p> <p>Marketing and promotional materials have been finalised and will be included in the social media promotion for parents.</p>

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				<p>The Peep programme is being promoted to partners such as Healthy Family Teams, in order to identify need and refer into service.</p> <p>Each Children Centre cluster is establishing the roll out of the PEEP programme via their local timetabling and prioritisation of services.</p> <p>Antenatal PEEP will begin by September 2023 across Nottinghamshire.</p> <p>A baby and toddler one off workshop will be developed to support foster carers in their role as first educators.</p>
8	Ensure children continue to have access to high quality early years provision, in order to mitigate the adverse impact that the pandemic may have had on children's early experiences and development.	NCC	9	The Childcare Sufficiency Assessment for 2022 has been completed and highlights that there is currently sufficient high-quality early years provision across Nottinghamshire, in some areas there are surplus places. Work will aim to ensure this remains.
9	Continue to review the emerging trends in early child development, where a decrease in the proportion of children meeting the expected level of development in relation to both communication and social-emotional skills at age 2-2.5 was observed, to understand if this continues. <i>(Please note links to recommendations 5 to 8 re: communication and social-emotional development)</i>	NCC NHFT	7, 8	To review as and when data becomes available. The latest data, to March 2023 shows a continued increase in the proportion of children meeting the expected level of development at age 2'.
<b>Health Outcomes</b>				
10	Increase our understanding of patterns in A&E attendance to ensure children and families are accessing the most appropriate service for their needs.	ICB	6	<p>Improving accessibility to information for parents regarding common conditions that increase emergency department attendance. This will be made available via the Nottingham and Nottinghamshire ICB website.</p> <p>The Nottingham and Nottinghamshire ICB Engagement Team are planning a social marketing</p>

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				strategy and campaign to enhance understanding around patterns of attendance.
11	Deliver and monitor targeted breastfeeding support in areas with persistently low rates, particularly in areas with significant decreases in breastfeeding across the course of the pandemic.	NCC LMNS x 2 NHFT	3, 6	<p>The Joint City/County Best Start in Breastfeeding partnership group is planning to enhance the breakdown of District data and associated targets. This will enable greater understanding of the variation and allow for an enhanced focus on areas with particularly low rates.</p> <p>Public Health and the Infant Feeding Leads will continue to work closely with Early Years colleagues/Children centres to ensure BABES groups are offered where required.</p>
12	Explore data and trends in vaccination uptake in pregnancy and early years in more detail e.g. at smaller geographical areas and amongst demographic groups, to more effectively target areas of greatest need.	NCC LMNS x 2	2, 6	<p>A multi-agency children, adolescent and maternity immunisation and vaccination group has been established across Nottingham and Nottinghamshire. One of their aims is to gain insight into reasons for low vaccination uptake in pregnancy and early years amongst certain groups and produce a targeted campaign, supported by LMNS funding.</p> <p>Nottingham University Hospital have recruited, and Sherwood Forest Hospital are in the process of recruiting dedicated vaccinators to deliver antenatal vaccinations in clinic e.g. flu, pertussis and potentially covid.</p>
13	Understand and apply the strategies that were successfully used in the promotion of flu vaccination in 2–3-year-olds in 20-21, as well as successful campaigns undertaken by comparator areas, to increase uptake in future years.	NCC NHFT	6	Innovative approaches to increase flu vaccination in 2 and 3 year olds are being considered, for example offering 'outreach' flu vaccinations in early years settings.
14	Given the national challenges in access to dentistry, it is important to explore any opportunity to improve oral health in the early years, including preventative interventions such as health promotion and fluoridation.	NCC	6	Free oral health training has been offered to Early Years Settings and providers in Nottinghamshire in May 2023.

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	Best Start for Life Offer			
15	Drive forward the development of Family Hubs across Nottinghamshire, publish and integrate our Best Start for Life Offer, informed by engagement with parents and carers. This will support both parents and professionals to have greater clarity around where to signpost and seek support.	NCC LMNS x 2	All	Rolling out the Family Hub offer over the next few years with the intention of creating at least one Family Hub Network in each District. Work has already begun in developing the first hub in Retford, Bassetlaw and developing a Virtual Family Hub.  Defining and publishing our Nottinghamshire Best Start for Life offer, in collaboration with City colleagues where possible.
16	Promote our Best Start for Life offer, local services and resources to parents-to-be as early as possible in their journey of parenthood. This will require continued close working and collaboration with key services who would play a significant role in this, such as maternity.	All	All	Developing our Best Start for Life promotional resources and webpages for professionals and parents/carers. Work has begun in the Public Health Team to map services and resources. Parental engagement through the Family Hubs workstream has already led to some enhancements to the Family Information Service pages on Notts Help Yourself.
	Inequalities			
17	Research suggests the pandemic has disproportionately and adversely impacted vulnerable families and children the greatest and is likely to have exacerbated existing inequalities (e.g., in low-income families, BAME groups, socially isolated, those with mental health issues.) All recovery work needs to prioritise understanding the specific inequalities within that area and working to address these.	All	All	This is to be prioritised in all the above recommendations
	Service Delivery			
18	Services continue to understand the benefits and downsides of blended service delivery models within their service (e.g., online, face to face) and build on the strengths this can provide to meet individual family's needs more effectively, without compromising on quality and safety.	All	All	This is to be prioritised across services.