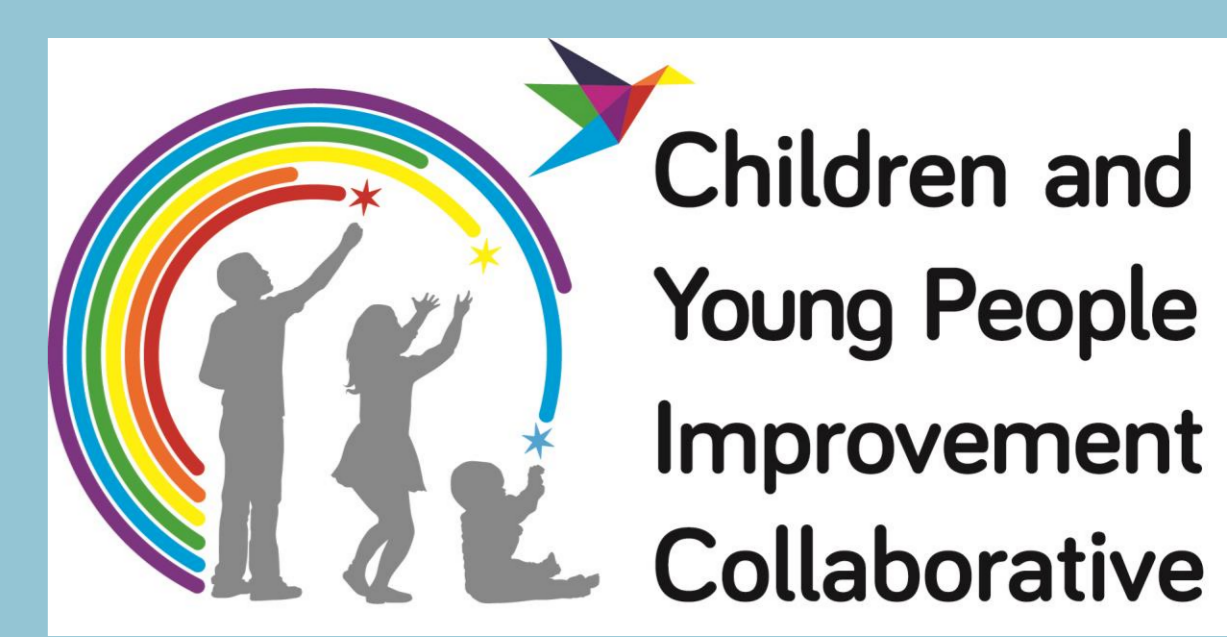


Empowering parents to understand brain development for better relationships



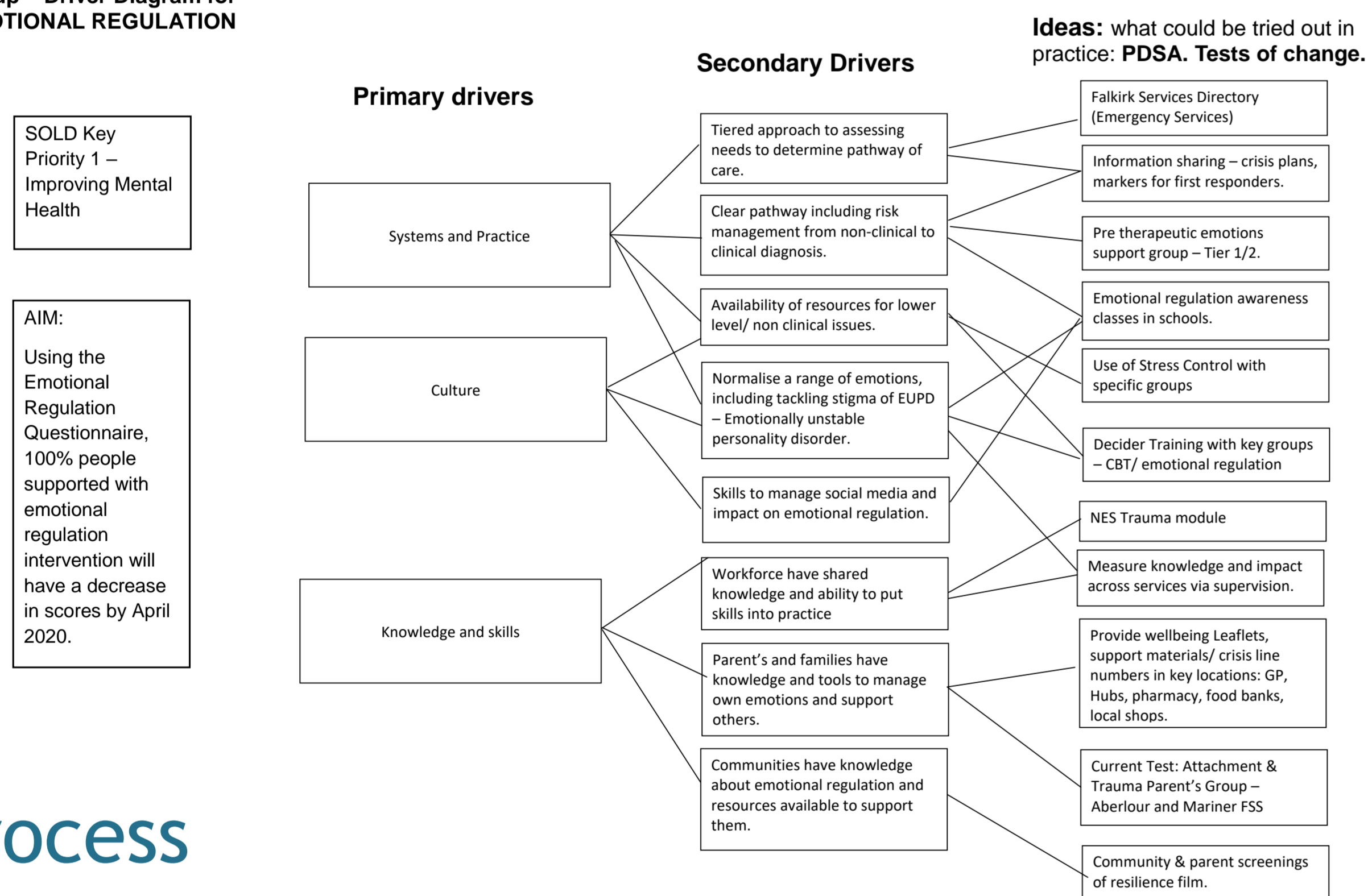
Project Lead Name; Angela Boyce, Joyce Bisio, Gail Millar, Kim Carey FALKIRK CPP

IT'S NOT ROCKET SCIENCE! Parents often had several contacts with family support/ social work/ adult services and felt things had not improved. The course aimed to improve understanding of brain development, attachment, stress control, trauma, self and co-regulation and the impact on each parents' behaviour and parenting. We wanted to give parents the skills they need to help them and their children to manage emotions and deal with behaviour issues at home. **AIM:** 100% families report reduced parental stress scores and child's behaviour score by end of 10 week programme.

Method

- Analysed data from Realigning Children's Services, CAMHS, Adult Psychology – Emotional regulation an issue.
- PDSA test of change proposed as part of LOIP MH Group.
- Course materials written over 3m using Bruce Perry 3 R's, brain development, regulation, de-escalation, stress control.
- Course material developed over several PDSA cycles before testing with small group.
- Parents were asked to complete parenting daily hassles and emotional WB availability scale start and finish and weekly stress and perceived behaviour scores were captured.

Falkirk Mental Health Planning Group – Driver Diagram for EMOTIONAL REGULATION



Process Change

SIMPLES!

We wrote a programme that shared knowledge with parents. The aim, to help develop their own emotional regulation skills and support YP to do the same.

It's not rocket science!

Understanding brain development for better relationships – Group Slides

Falkirk Children's Commission



Key Learning Points

PARENTS TOLD US THEY WANTED MORE! Even when stress went up in the beginning.

Having an administrator role within the group helped.

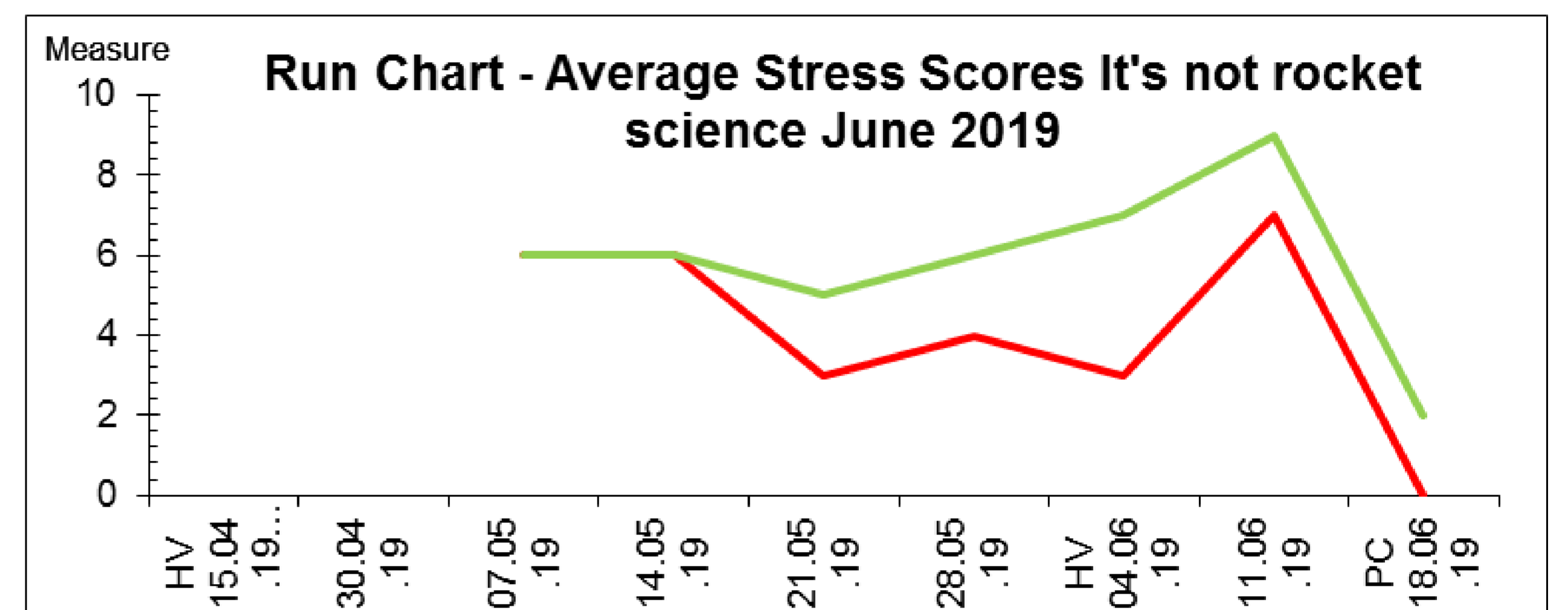
Budget for food, taxis, crèche – moved monies not used for PoPP.

Need to be clear about what data needs captured every week.

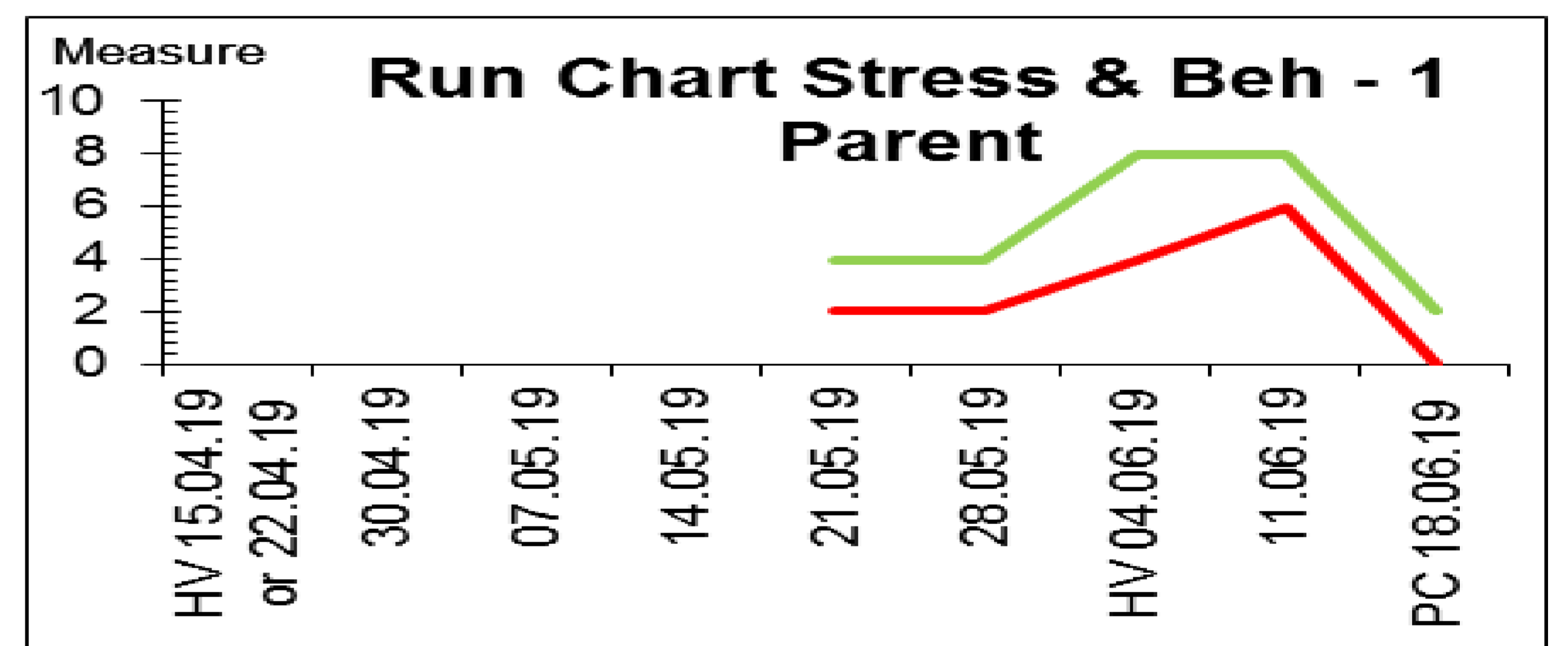
Parents want more, the next step: more MH but also CLD and family learning.

Achievements & Results

Parents feedback was so positive, they really felt it helped 😊 Week 5 was a breakthrough week. People felt comfortable by then.



All parents reported that they felt the course helped them with their own regulation and said this helped them as a parent. Data wasn't captured over the full 10 weeks. Verbal feedback was so positive from parents that we didn't get too hung up on the data – that's what tests are for, learning for the next time. Stress is green and behaviour is red – for both, down is good.



Conclusions, Scale & Spread

Our aim was met, stress and behaviour came down. Now we want to rerun the test with different groups and capture full data. People are asking to run the course across Falkirk and we have shared resources and learning online. Scale and spread plan is next for the whole Children's Commission.

PARENT'S COMMENTS

WISHED IT WAS LONGER I HAD LIGHT BULB MOMENTS; communication impact, verbal/ non. LEARNING TO SELF REGULATE & ABOUT WINDOWS OF TOLERANCE for me and my kids, I HAD NEVER THOUGHT ABOUT IT LIKE THAT. IT'S ABOUT (being) SELF AWARE, ABOUT THE PARENT NOT THE CHILD WHICH IS A GOOD THING. LEARNED A LOT FROM OTHER PARENTS IN SAME SITUATION, learning and understanding control and steps how to deal with it etc.