A Better Start

Annamarie Hassall MBE
Director

National Children's Bureau



The story of £2 and A Better Start

NATIONAL LOTTERY FUNDED



A Better Start: a summary

NATIONAL LOTTERY FUNDED

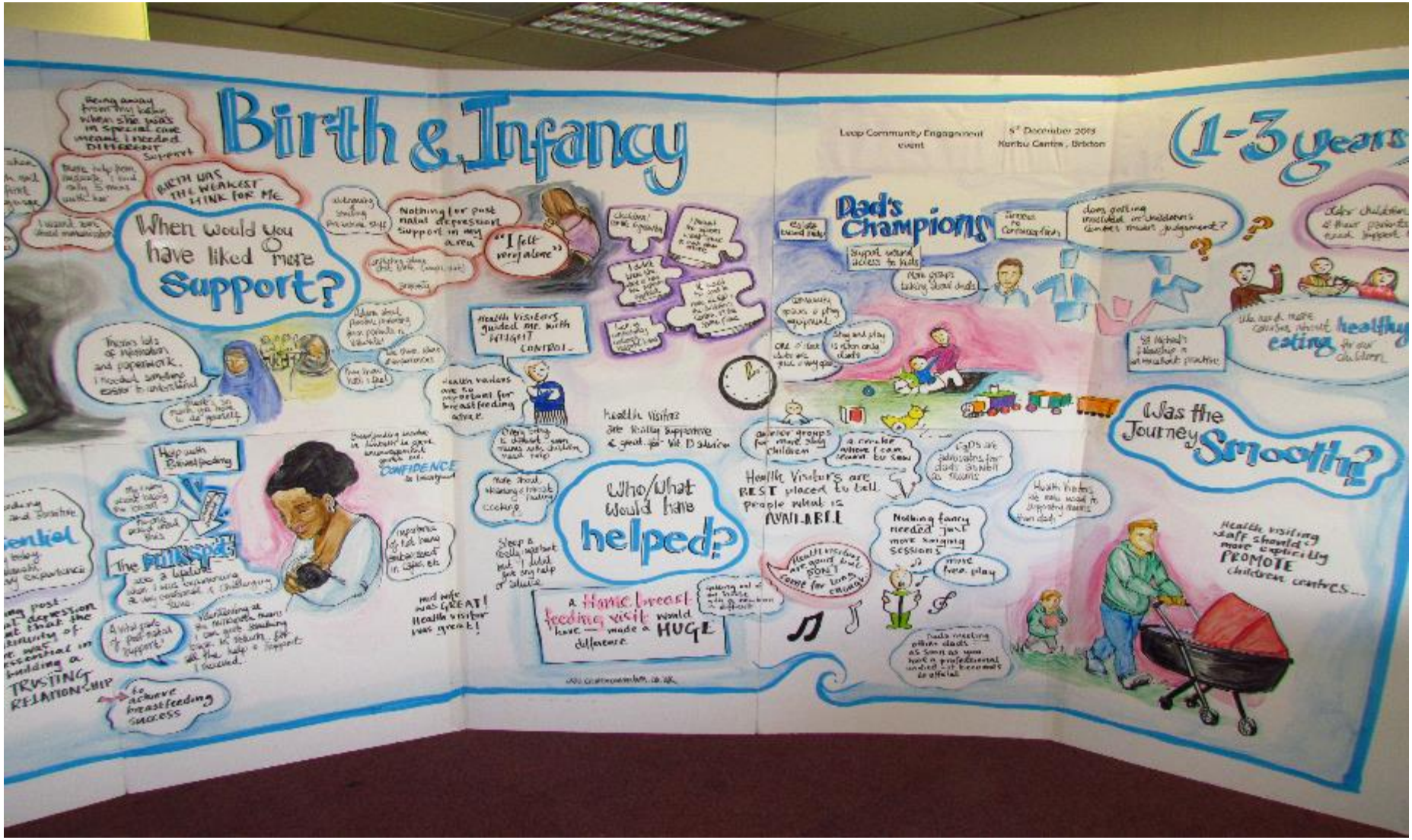
- Aims to **improve the life chances of babies and very young children** by delivering a significant increase in the use of preventative approaches in pregnancy to age four
- £215m investment over 10 years – from 2015 to 2025
- Five local area partnerships within England- **Blackpool, Bradford, Lambeth, Nottingham and Southend on Sea.**
- Delivered in target wards within the local authority area with a total population of between 30 & 70K people
- All pregnant women and children under the age of four can benefit

Three key developmental outcomes

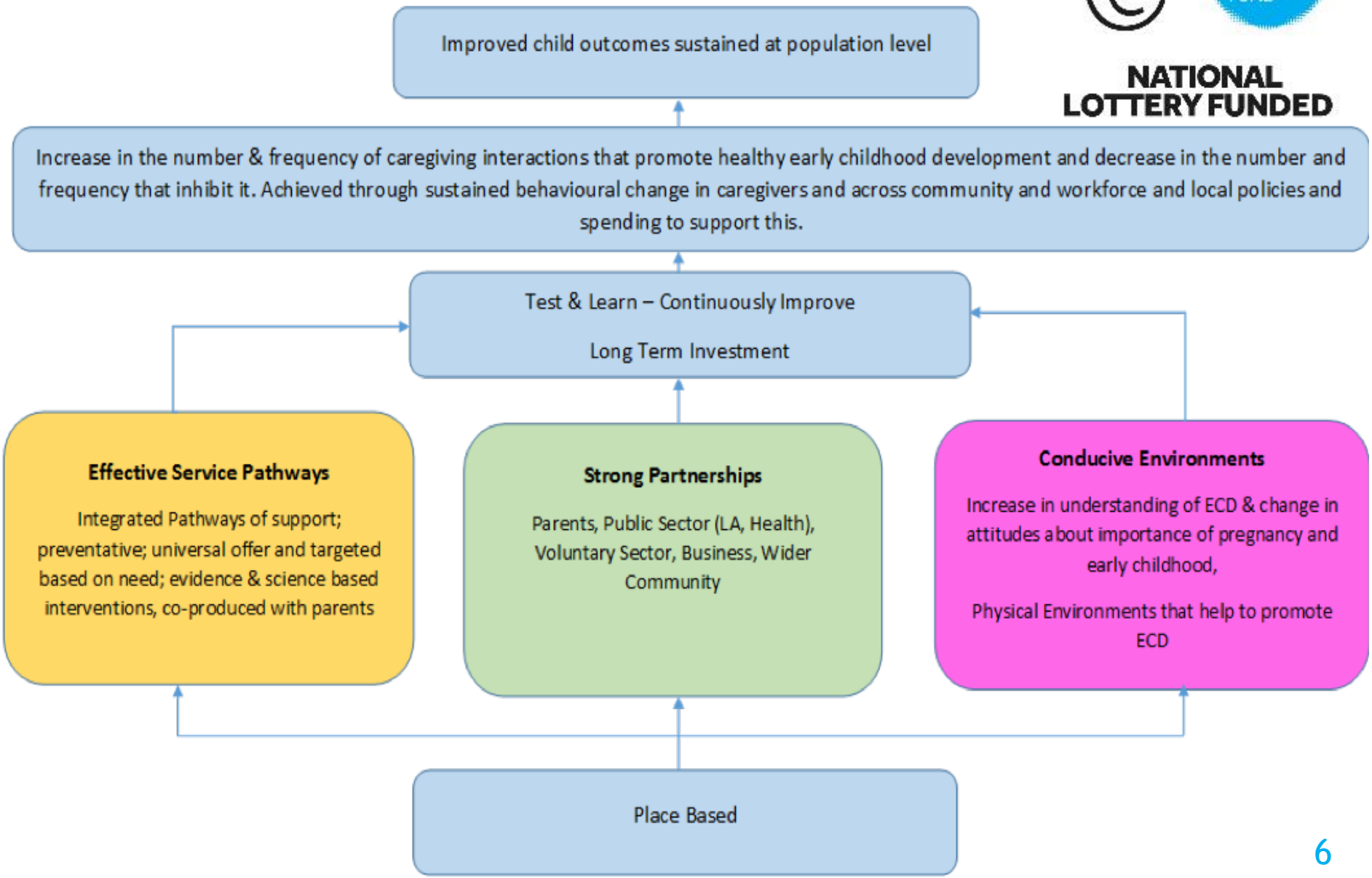
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Social and emotional development	• Promote good attunement and attachment • Prevent/Address essential elements, for example neglect, maternal mental health issues and domestic violence.
Speech and Language Development	• Support parents to talk to, read to, sing to and praise their babies and toddlers • Increase stimulation that leads to speech and vocabulary development
Nutrition	• Promote healthy perinatal, infant and child nutrition • Prevent issues that result from a poor diet in pregnancy and first years of life such as poor oral health.

Our fourth outcome is systems change



ABS Theory of Change



What will success look like?

By the end of the initiative we plan to have:



Directly improved the life chances of up to 60,000 babies and young children



Provided funded local partnerships with comprehensive evaluation and learning support, enabling them to put the science and evidence into practice, evaluate the impact and cost effectiveness of these approaches, and share their learning both within and beyond the A Better Start cohort.



Produced evidence and learning from all five funded partnerships to show which approaches work best and under what circumstances, and demonstrated the social and economic benefits of investing in prevention in the first years of children's lives to inform the work of others nationally and internationally and influence wider system change.

Evaluation and Learning

- National Evaluation by the Warwick Consortium using a mixed methods design including impact, cost effectiveness and process components.
- Local Evaluations by each of the five partnerships
- Ongoing Practice Learning to curate, synthesise and share learning from across the five partnerships.
- Continually using learning & new research from elsewhere to inform our work

Lambeth Early Action Partnership







Lambeth Early Action Partnership

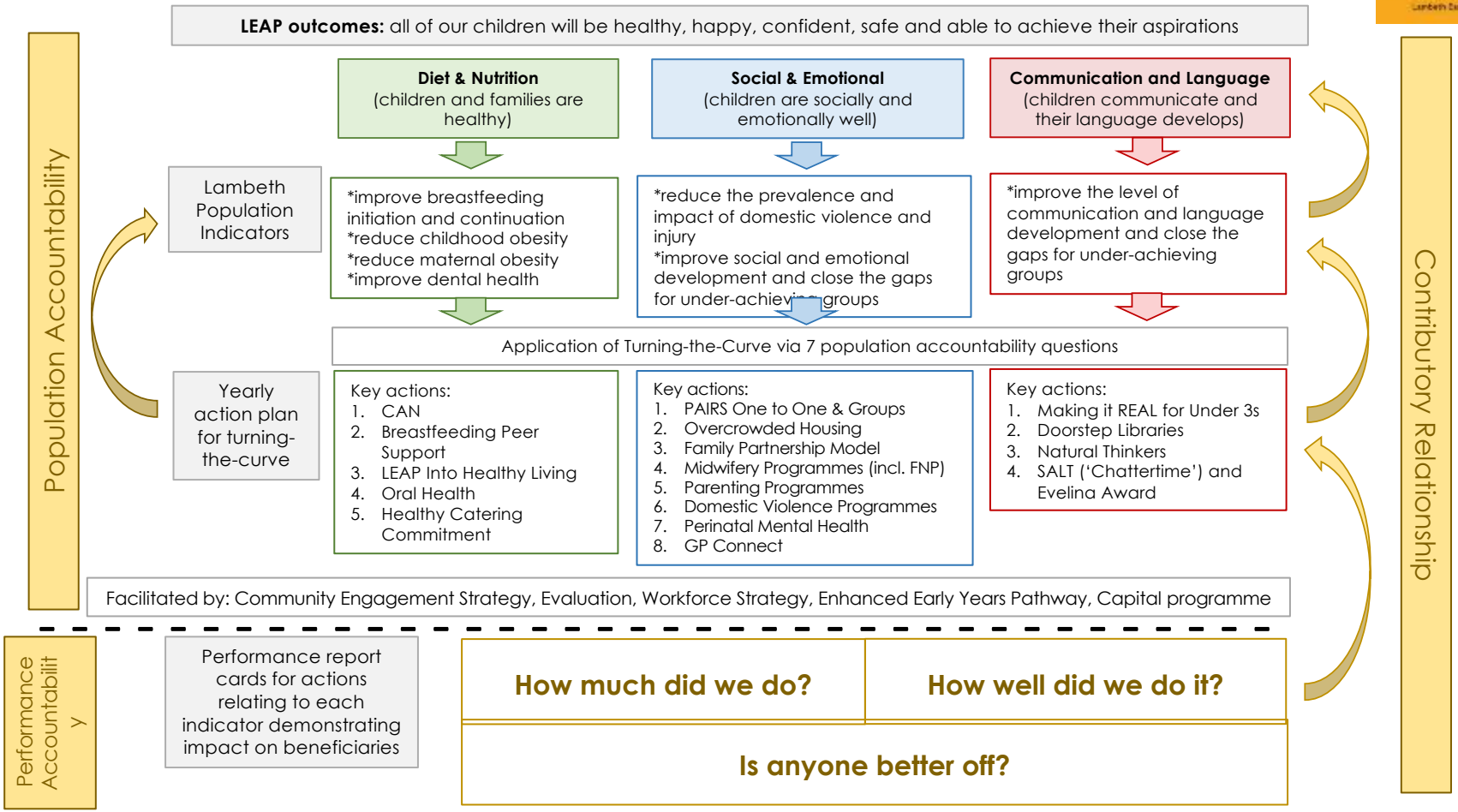
Diet & Nutrition:
- Community Activity & Nutrition for Pregnant Women Breastfeeding Peer Support
- Oral Health
- LEAP Into Healthy Living
- Healthy Catering Commitment
- Family Support for Healthy Lives

Social & Emotional Development:
- Parent & Infant Relationships Service
- Overcrowded Housing Service
- GP Connect
- Caseload Midwifery
- Centring Pregnancy
- Baby Steps
- Family Nurse Partnership
- Domestic Violence Programmes
- Family Partnership Model

Communication & Language Development:
- Making it REAL
- Doorstep Library
- Speech & Language Therapy 'Chattertime'
- Natural Thinkers

Systems Change:
- Community Engagement Programme
- Parent Champions
- Workforce Development Programmes (ACEs, Diet & Nutrition Training etc.)
- Enhanced Healthy Child Pathway
- Health Team

Outcomes Framework for LEAP



Making it REAL





Feedback from case studies:

"I visited A's family, he was so excited seeing me as well as his sister. To my surprise, he started to sing Old Macdonald had a farm, his Mum, sister and myself joined in, he moved his whole body to the song as he sings and smiles as well. After singing the rhyme he gave me a squashy cuddle. He hurriedly picked up a book from thefloor and handed it to me. He smiled and pointed at the images in the book. His mum gave him an orange and he showed it to me and said 'orange, orange' that he repeated several times." ***[Worker from Little Angels Nursery]***

REAL
Raising Early Achievement in Literacy

Working with children for children
NATIONAL LOTTERY FUNDED



Books



Oral language



Early Writing



Environmental Print

http://www.real-online.group.shef.ac.uk/

The ORIM Framework, home visits and literacy events

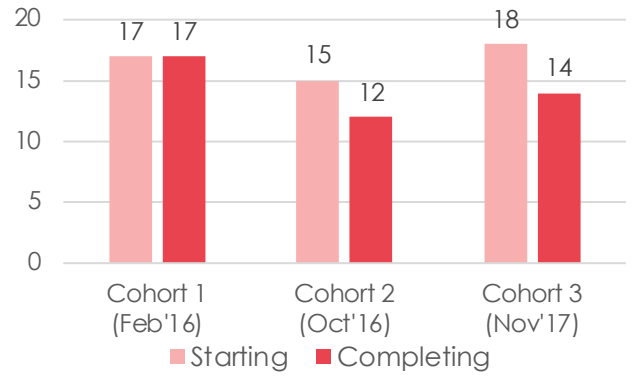
		EARLY LITERACY STRANDS			
		Env. Print	Books	Writing	Oral language
FAMILIES PROVIDE	Opportunities				
	Recognition				
	Interaction				
	Model				



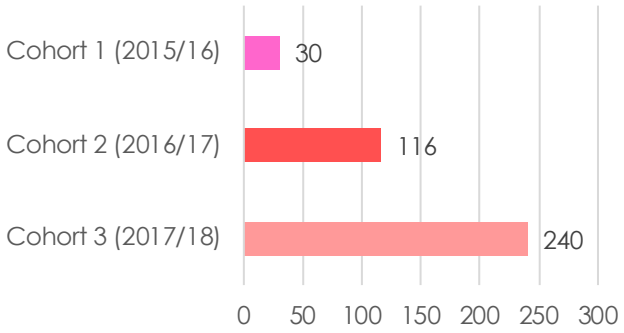


How much did REAL do?

No. of Practitioners trained in REAL



Home Visits



How well did REAL do?

Feb 2016 to Sep 2018

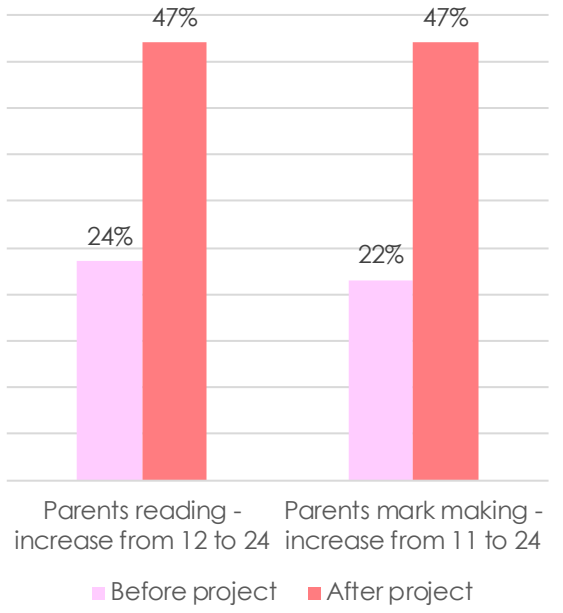
94%
practitioner retention rate in programme

86%
child retention rate for all three cohorts

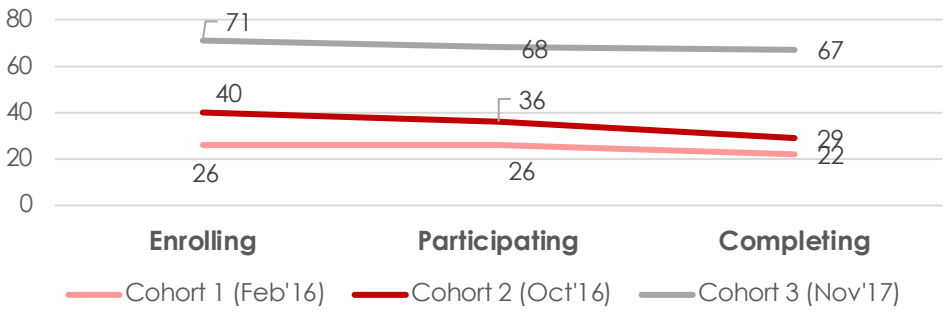
Is anyone better off?

18
Early Years settings involved to date

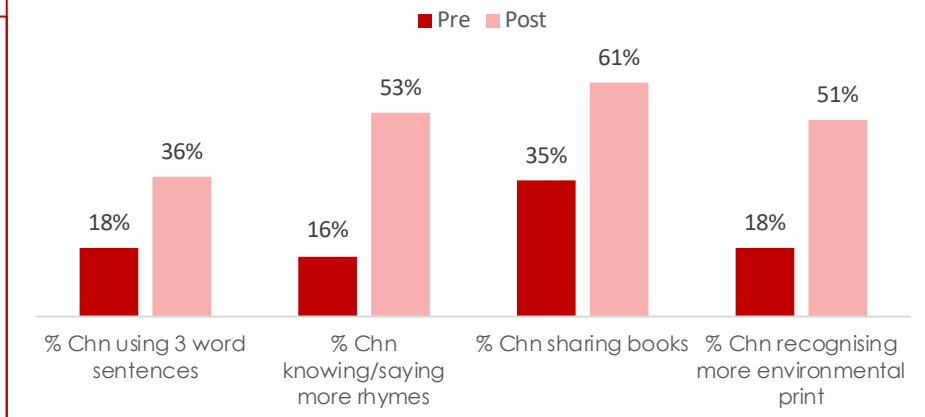
Parent Outcomes for Cohort 3 n.51

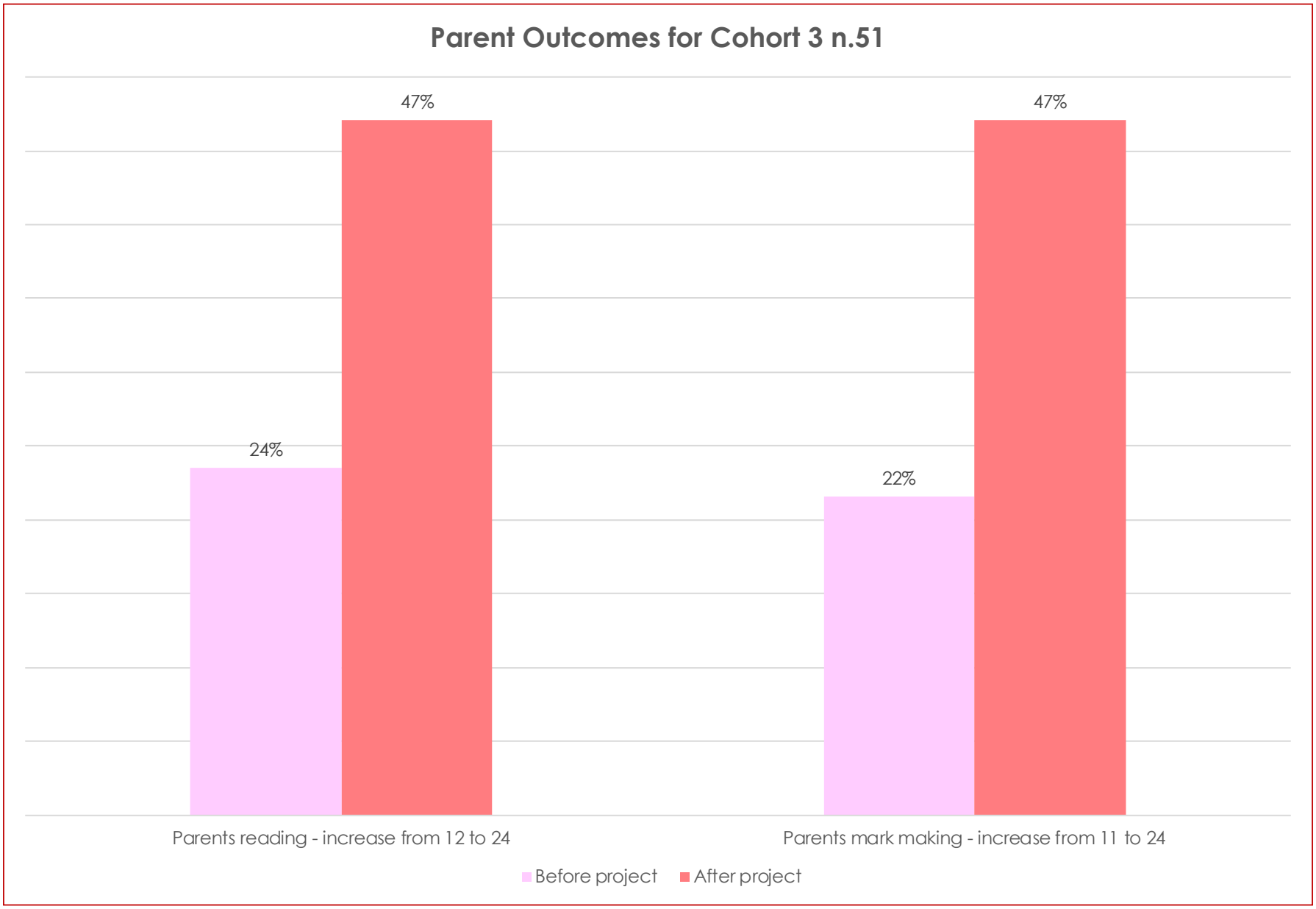


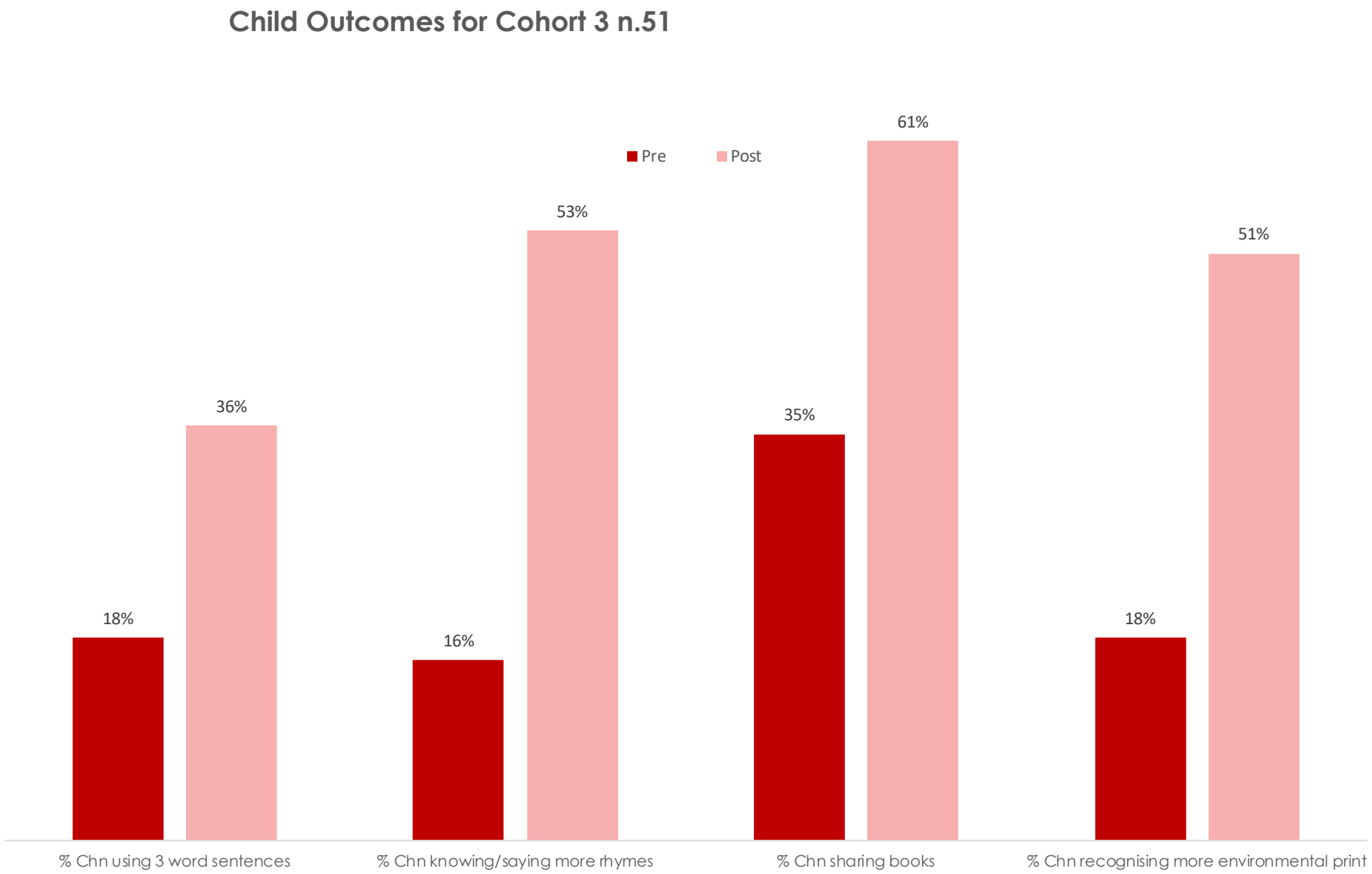
Levels of Participation for REAL



Child Outcomes for Cohort 3 n.51




Parent Outcomes for Cohort 3 n.51
47%
47%
24%
22%
Parents reading - increase from 12 to 24
Parents mark making - increase from 11 to 24
Before project
After project


Child Outcomes for Cohort 3 n.51
Pre
Post
18%
36%
16%
53%
35%
61%
18%
51%
% Chn using 3 word sentences
% Chn knowing/saying more rhymes
% Chn sharing books
% Chn recognising more environmental print

A happy outcome!



Find out more

www.biglotteryfund.org.uk/research/a-better-start

About our funded partnerships:

- www.blackpoolbetterstart.org.uk
- www.betterstartbradford.org.uk
- www.leaplambeth.org.uk
- www.smallstepsbigchanges.org.uk
- www.abetterstartsouthend.co.uk

About our Evaluation and Learning Programme:

- www.abetterstart.org.uk