

Growing the 18 Month Strategy

A pilot project in a Niagara Falls Family Health Team

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- **Some background...**



Getting it Right at 18 Months ...

... Making it Right for a Lifetime

- The Expert Panel

GOALS

Develop a system to support the enhanced 18 month visit

NIPISSING

ROURKE

GOALS



Why 18 months Pivotal?

- Developmental issues including:



The Niagara Pilot Project



Emergent Literacy

- In three studies, parents whose children were given books by their physicians were significantly more likely to report positive book-sharing behaviours than parent in control groups (Golova et al, 1999; High et al, 1998, Needlman et al 1991)
- Parents took the suggestions from the physician seriously and physicians thought that the information was more valuable coming from them as opposed to another related professional.
- It confirms to parents the importance of emergent literacy.

Key Learnings

Important to have:

- Flexibility
- Hands-on, one-to-one model
- Modelling information and approach
- Relationship building
- Knowledge sharing

Key Benefits

- Crossover of information
- Enhanced collaboration
- Increased comfort in making referrals
- Parents receive enhanced support
- Knowledge about community resources



Evaluation

Pilot Study: May 07 – April 08:

-75 parents with 18 Tw(+)T(-) Tw5-ids seen Tw(-)T

Evaluation

Telephone survey with parents:

- 72.2 % recall reviewing the NDDS prior to seeing their PCP -58.9% report this as very helpful in understanding their child's G&D
- 94.8 % recall hearing about community resources
- 38.8 % had used an OEYC and a further 24.3% reported going after the visit
- 85.1 % report receiving a book and 97.8% report reading it to their 18 m24'

Parent Feedback

- “the visit was thorough and informative”
- “I liked getting the book and knowing that (my child) is doing well developmentally”
- “they were interested in her development and able to address concerns”
- “Developmental detail covered by the PHN; a more thorough visit”
- “able to discuss programs, development and parenting with the doctor and nurse”



Niagara's Universal Parenting Strategy

Supporting the Vision of Best Start
Child and Family Centres

How Niagara's Strategy Came to Be

- Parenting Task Group
- Review of literature
- Scan of community
- Recommendations to Best Start table (EYNPC) for evidenced based parenting programming

Be A Great Parent

- A positive parenting campaign that target parents, grandparents and caregivers of children (preconception to 18 years of age)
- Focuses primarily on the three parenting styles: *Authoritarian (Strict), Permissive (Lenient) and Authoritative (Balanced)*
- Increases awareness across three streams: *Communication, Guidance and Relationships*

Why Be A Great Parent Was Developed

- Disconnect between the evidence regarding the influence of positive parenting practices and the lack of awareness, knowledge and confidence in parents
- Literature and research about parenting identify the need for:
 - *Increased awareness*
 - *Increased knowledge and **skill development***
 - *Support*

Why Be A Great Parent Was Developed

- Promotes positive parenting in a creative way
- Provides age specific information
- Helps educate parents about positive parenting practices
- Provides support by increasing awareness about available parenting resources throughout Public Health and within the community

Niagara's Triple P Program

- 40 individuals trained in level 4 Group Triple P, 0-12 module and 20 individuals were trained in level 4 Group Teen Triple P, 12-16
- Public Health Nurses were trained in Primary Care Triple P
- Training took place in 2009 and 2011
- Representatives trained and accredited from the following community agencies:
 - Niagara Region Public Health
 - Pathstones Mental Health
 - Ontario Early Years
 - Brighter Futures
 - Adolescent's Family Support Services of Niagara
 - Family Counseling Centre of Niagara
 - Niagara Region Children's Services

www.beagreatparent.ca

www.tripleontario.ca

[http://machealth.ca/
programs/18-month/default.aspx](http://machealth.ca/programs/18-month/default.aspx)

Questions?

For more information please contact
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