



Transition to Parenting

Shaping our future together



In The Beginning...

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Three Initiatives

- Promoting Healthy Pregnancy and Child Development Initiative
- Injury Prevention and Family Abuse Prevention Initiative
- Perinatal and Child Health Survey Strategies

Promote Healthy Pregnancy And Child Development

Address key factors with one or more of the following:

- Healthy Pregnancy
- Child Growth and Development
- Parenting Capacity

PHPCH - Overview

- 4-year period
- Address key factors associated with:
 - Healthy pregnancy
 - Child growth and development
 - Parenting capacity
- Based on comprehensive population health approach

Overview - Approach

Population health approach that:

- Meets local needs
- Is relevant to target audience
 - People planning pregnancy
 - Expectant parents
 - Families and caregivers of children 0-6

PHPCH - Overview

Examples relevant projects included:

- Preconception and prenatal projects that promote breastfeeding initiation and duration
- Preparation for parenting and parenting capacity
- Support for families/children/youth to make positive transition to parenting

Overview – deliverables

- Develop comprehensive 4-year project plan (in collaboration with existing multi-sector planning tables)
- Complete a community inventory (or build on an existing one)
- Complete a local needs assessment
- Identify key partners

General Principals

- Build on or complement other Early Years funding received in Ottawa
- Ensure compatibility with existing community services in Ottawa
- Build on the Community Action Plan of Success by 6/6 ans et gagnant

General Principles

- Respond to identified priorities
- Build on existing services
- Be sustainable in long term
- Be relevant to the community
- Reflect best practice
- Have optimal impact

General Principals

Emphasize importance of :

- Universal services
- Recognizing unique needs of specific populations
- Accessible, appropriate French-language services
- Reaching fathers
- Recognizing impact of PPD/PPMD

Information Gathering

- Current literature review
- Review of current planning studies/documents (needs/gaps/strengths)
- Review of community inventories
- Community consultations

City of Ottawa

- Population 721, 136 (1996 census)
- 70% 2-parent families
- 17% lone-parent
- 11% children birth to age 6

City of Ottawa

- 25% of adults have post secondary
- Average income greater than national average
- 15% families live in poverty
- 17% Francophone
- 16% speak language other than E/F

Literature Review

- confirmed need
- positive impact on focusing attention/
providing support to new parents in early
stages of transitioning to parenthood

Literature review

Birth to 4 months there was a significant decline in satisfaction for both mothers and fathers

Literature review

By 4 months:

- Couples establish new state which includes infant
- Level of functioning is lower than before the birth
- Competency levels for inexperienced mothers increased at 4 and 8 months
- Depression had direct effects on family functioning

Literature review

- Parents who feel good about themselves and in control of their lives had higher levels of perceived family functioning
- Over time parent satisfaction increases for both mothers and fathers

Literature Review

- First time parents who had more help preparing for parenthood experienced less distress in transition to parenthood
- Social support predicted personal and family well-being
- Provision of support groups is a useful primary prevention

Literature review

- Prenatal classes identified as being useful
- Fathers felt unprepared
- Fathers' expectations about transition to parenthood were not reality-based
- Varying degrees of frustration and discouragement about role of fathers

Priority Areas Identified

- Low birth weight
- Breastfeeding rates to 6 months
- Teen pregnancy
- Improved prenatal nutrition
- Smoking in pregnancy
- Support for transition to parenting
- Issues addressing postpartum depression
- Ensuring provision of services in French
- Outreach to specific population groups

Review of Existing Documents Needs and Gaps

- Strong, universally accessible system of health care is critical to providing services
- Need for greater integration and coordination of services
- Need to ensure appropriate, culturally sensitive services
- Need for improved services in rural areas

Review of Community Inventories

- Process undertaken to identify all relevant inventories of services for families and children age 0-6
- 9 inventories were identified

Needs/Gaps

Preconception

- Information about sexual health, healthy lifestyle choices, preparing for pregnancy

Prenatal

- Information about PTB, exercises, breastfeeding, maternal health issues
- Support – breastfeeding, smoking cessation
- Assessment and referral

Needs/Gaps

Postpartum

- Information related to transition, breastfeeding, personal care, baby care, newborn items and products
- Assessment and referral
 - Physical, psychosocial health of mom

Needs/Gaps

Infancy

- Information related to early infant/child development, injury prevention, parenting skills, promotion of healthy lifestyle
- Support – breastfeeding, the role of the father, child care, balancing work and family, parenting classes, postpartum depression

Needs/Gaps - Strengths

- Public Health Info Line (PHIL)
- Home visiting (HBHC)
- Newsletters/print resources
- Partnerships/Coalitions
- Parenting groups/drop-ins/other programs

Community Consultation

- Meetings with relevant networks and planning tables
- Key informant interviews
- Meetings with other organizations in receipt of Early Child Development funds
- Parent focus groups

Community Consultation

- Strong support for focus on the early postpartum period (starting in prenatal period and extending to the first few weeks and months of life)
- Support for a focus on transition to parenting
- Support for emphasis on parent support and education

Community Consultation

- Recognition of the great vulnerability of parents and infants in the period surrounding birth and infancy
- Support for comprehensive services and supports during this phase
- Focus on transition to parenting is seen as effective in diminishing negative consequences from difficult transition e.g., PPD, child abuse and neglect

Community Consultation

- Reinforced the importance of building on existing resources
- Support for an approach that emphasizes universal services
- Also necessary to recognize needs of specific populations (later phases)

Focus of the Initiative

- Prenatal services
- Early postpartum services
- Services in the first year of life
- Preconception health promotion services

The Plan

- Beginning in prenatal and continuing to focus on the 1st few weeks and months of life
- Transition to parenting with an emphasis on parent support and education

Project Description –TTP defined

Transition to parenting is defined as the change a family unit undergoes as it increases by one or more members

Rationale

- Congruent with the role of Public Health
- Review of documents/services show need for increased service focus in this area

Rationale

- New parents experience many challenges
- It is important for them to enter parenthood with realistic expectations
- Parents need to feel confident in their abilities and to know what and where resources are to help them

Rationale

- Great vulnerability of child and parents in first few weeks/months of life
- This time represents an important opportunity to have a positive impact on parenting capacity
- Supporting parents is crucial to optimal infant development

Rationale

- Need for focus of fathers
- Complements work being done to reduce low birthweight, improve nutrition, increase smoking cessation

Project Vision

- The project will contribute to optimal infant growth and development by supporting parents and enhancing parenting capacity beginning in pregnancy and throughout the first year of life.
- Supports the Community Action Plan under umbrella of Success by 6

Key Strategies

- Parent Support, Education and Skills Development
- Service Provider Training
- Partnership Building
- Community Awareness

Parent support education and skills development

- Improving access for parents in the prenatal and postpartum period
- Identifying and making available key resource materials/tool kits
- Promoting workplace initiatives to reach parents

Education of Service Providers

- Identify and making available key resource materials/training modules
- Identify and promote best practice initiatives/programs
- Support professional training and education opportunities

Partnership building

- Build on Success by 6/six ans et gagnant
- Reinforce role of OEYC
- Support HBHC home visiting model
- Build on linkages with physicians, hospital sector, and other community partners

Expected Outcomes

- Increased knowledge and utilization of resources by prospective parents, expectant parents, and parents of infants
- Increased capacity of parents to understand early child development and cope with the transition to parenting

Expected Outcomes

- Increased capacity of service providers to offer information on or referral to pre-parenting and parenting resources in the community
- Improved integration of services to support parent in their transition
- Increased community awareness of the issues related to transition to parenting

2003 – Year in Review

Objectives

- Research for best practice evidence
- Research and review existing resources, services and programs
- Build on linkages with existing partners and infrastructures

2003 – Year in Review

Objectives

- Collaborate with partners to identify issues and share resources
- Adapt and develop resource materials for expectant/new parents
- Promote awareness around Transition to Parenting

2003 - Year in Review

Research

- Best practices
- Existing resources, programs and services for expecting and new parents within the City of Ottawa and in the community
- Support systems for new parents

Community Advisory Committee

- Ontario Early Years Centre
- Community Health Centres
- Success by 6
- Perinatal Partnership Program of Eastern and Southeastern Ontario (PPESO)
- Canadian Mothercraft
- Better Beginnings, Better Futures
- Wabano Health Centre
- The Ottawa Hospital
- The Queensway-Carleton Hospital
- The Children's Hospital of Eastern Ontario
- Young Single Parent Network
- City of Ottawa – Family Health Program
- Community members

Community Advisory Committee

Collaboration and Outcomes

- Brainstorming- common issues and concerns identified
- Topics for parenting modules identified
- Literature search for journal articles, books, existing organizations e.g. Health Canada, City of Ottawa
- Resource sharing and dissemination

Parenting Modules

Format

- 6 sessions: offered prenatally and postnatally
- Prenatal: between 33-36 weeks
- Postnatal: once a month starting in their first month (4th week) postpartum
- Promoting community resources and services

Parenting Modules

- Objectives
- Content
- Teaching Strategies
- Teaching Aids
- Background
- Resources

Content

Module 1 – Getting Ready for Baby

- Preparing for baby's arrival
- Gearing up
- Safety first
- At home with baby
- Coping with changes
- Adjusting to changes
- The “other” baby

Content

Module 2 – Getting Ready for Baby

- Infant crying
- Infant feeding
- Postpartum Mood Disorders
- Fathers

Content

Module 3 – Life with Baby

- The sleeping baby
- Common infant illnesses
- Immunizations/Vaccinations
- Breastfeeding management

Content

Module 4 – A Year of Changes

- Infant growth and development
- Infant speech and language development
- Age-appropriate play and toys
- Infant massage

Content

Module 5 – The Growing Baby

- Infant feeding guidelines
- Readiness for solids
- Continuation of breastfeeding
- Returning to work and breastfeeding
- Promotion of exercise

Content

Module 6 – The Years Ahead

- Infant safety
 - Baby equipment
 - Baby-proofing the home
- Child care options
- Communication
- Community services and resources

Resources

City of Ottawa

- Fact sheets: crying, sleep
- Brochures: fever, car seats
- Booklets: infant feeding guide
- Services: Well baby drop-ins, Public Health Info Line, recreation programs, libraries

Resources

Community

- OEYC and Community Health Centres— drop-ins, workshops, parenting programs, breastfeeding support
- Hospitals – Breastfeeding Support Drop-ins
- Health Canada: flyers, fact sheets

Design Phase

Communications and Marketing

- Corporate standards
- French translations
- Revisions
- Printing
- packaging

Design Phase

Marketing Group

- Letter for invitation of quotations
- Meeting with different groups
- Final decision and meeting with chosen group
- Brainstorming/drafting of ideas
- Samples and Committee review

Evaluation

Ministry of Health and Long-Term Care

- 4 Year Evaluation Plan
- Annual ECD Report
- Project Status Updates

Evaluation

Four Components:

- Parent support, education and skills development
- Service provider training
- Partnerships building/collaboration
- Community awareness

What Next?

- Piloting Classes –Late February/early March
- Evaluations
- Service provider training
 - Facilitator manual
 - Training sessions
- Partnerships
 - Fathering Initiative
 - Preventing Family Abuse (Protecting our Future)

Lessons Learned

- Timelines
 - Translations
 - Corporate standards
 - Realistic expectations
- Partnerships/collaborations
- Reviews and revisions
 - Turnaround time
- Evaluations

Any Questions?