Baby Resus and Children's Health For Life - Giving parents knowledge and confidence to manage their infants health

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Parents engaged with the Connecting Care for Children Patient Academy expressed a desire for evidence based advice from professionals on infant health topics. A programme was developed to give parents the knowledge and confidence to proactively manage their infant's health through the first year of life and beyond.

Co-Designed with the community the workshops;

- are needs focused and adaptable
- have professional input but are community driven
- are evidence based
- ensure consistent messaging on health issues

Co-design is an approach which allows professionals and community members to work in collaboration to meet the needs of the local population and improve the healthcare experience of the community.

The interventions;

- 2 hour workshop delivered monthly (over 19 months) within an acute hospital, focused on infant basic life support
- 3 x two hour workshops delivered over 3 months within a local community centre in a large inner city area; covering infant nutrition and growth, childhood illnesses and infant development and safety

Both interventions;

- free to all in the community
- multi-professional facilitation

(parental - professional feedback – all workshops)

92%

Of the 194 parents who attended the Baby Resus workshop felt **significantly** better equipped to cope in an emergency

50 parents and 15 professionals attended at least one of the other three workshops. (Nutrition and Growth, Childhood Illness, Development and Safety)

Parents valued the sessions being led by an experienced paediatrician, children's nurse, dietician, pharmacist, occupational therapist, speech and language therapist and health visitor.

Professionals appreciated the opportunity to learn from each other and local families.

There was increased community capacity and peer network building, enhancing the health and wellbeing of local children and families.