Welcome to the monthly Perinatal and Infant Mental Health eBulletin highlighting the latest resources relating to perinatal and infant mental health which have been added to the Mental Health and Psychological Wellbeing Knowledge Hub in the last month.

This email includes a summary and link to each resource below.

If you would prefer to read a pdf version of this eBulletin, go to the eBulletins page on our website.

You can follow us on Twitter @PHE_Children

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**National Child and Maternal Health Intelligence Network news**

**Your opinion matters. Please tell us what you think**

We're gathering feedback about our work. Let us know how the National Child and Maternal (ChiMat) Health Intelligence Network has helped you. We're asking just four short questions - please complete our survey before 11 October. Thank you.

**#BestStart0to19 week of action blogs**

Public Health England has published a range of blogposts for a week of action on getting it right for children and young people. The week of action marks the formal, final stage of the transfer of commissioning 0 to 5 year olds' Healthy Child Programme to local authorities on 1 October. There are a number of blogs from a wide range of individuals, including parents, young people, frontline professionals, local authority representatives, managers and, commissioners.

The role of data in setting your strategy for 0-5 year olds’ public health
The transfer of commissioning responsibilities for public health services for 0-5 year olds to local authorities opens up real opportunities but, to take advantage of these, we need to understand the data. Helen Duncan, Programme Director of the National Child and Maternal Health Intelligence Network, explains how PHE has been working with colleagues from across the NHS and local government to make sure that national reporting of key indicators continues smoothly through and beyond the transfer. http://www.chimat.org.uk/resource/view.aspx?RID=259255

Tackling unwarranted variation in healthcare
Public Health England (PHE), NHS England and NHS Right Care have launched the third and biggest NHS Atlas of Variation in Healthcare to help commissioners, service providers and health professionals deliver the best healthcare. The NHS Atlas of Variation in Healthcare 2015 identifies where opportunities to address ‘unwarranted’ variation exist – by revealing the possible over-use and under-use of different aspects of healthcare. We bring together over 60 indicators relating to the care of mothers, babies, children and young people to support the Atlas of Variation in highlighting existing variation in healthcare and health outcomes for children and young people. www.chimat.org.uk/variation

In the news

We do not accept responsibility for the availability, reliability or content of these news items and do not necessarily endorse the views expressed within them.

Home-Start: New project to help children be ready for school
Home-Start is launching a new project called Big Hopes Big Future to combat the growing problem of children starting school without the skills they need to start learning. http://www.chimat.org.uk/resource/view.aspx?RID=254754&src=pimh

UCL: Children of more caring, less controlling parents live happier lives
A UCL-led lifelong study of people in England, Scotland and Wales has found that those who perceived their parents as more caring and less psychologically controlling during their childhood were likely to be happier and more satisfied throughout their lives. http://www.chimat.org.uk/resource/view.aspx?RID=255511&src=pimh

Children & Young People Now: Children ‘find ways to cope’ with domestic violence
Children are often more resilient than they seem in dealing with the impact of domestic violence in their home, researchers have found. http://www.chimat.org.uk/resource/view.aspx?RID=255562&src=pimh

DfE: Summer-born children ‘to get the right to start school later’
Schools Minister Nick Gibb has announced the government’s intention to give summer-born children the right to start in reception at the age of 5. http://www.chimat.org.uk/resource/view.aspx?RID=255860&src=pimh
DfE: Nicky Morgan and David Walliams launch literacy drive
Education Secretary Nicky Morgan and children’s author and comedian David Walliams have issued a rallying cry to leading publishers, schools and early years providers to join forces in a bid to make English pupils the most literate in Europe in 5 years.

BBC: Chief medical officer advises pregnant women cut out alcohol
Pregnant women and those trying to conceive should not drink alcohol, Wales' chief medical officer has said.

FI: New study shows father-inclusive perinatal classes improve births
New research has shown that Family Foundations – the brief series of classes for first-time parents offered in the UK by the Fatherhood Institute – improves birth outcomes as well as easing the transition to parenthood.

Guardian: I help women and children in refuges heal together after domestic abuse
Children who have experienced domestic abuse often feel grief and shame. A refuge worker gives her account of how she tries to help them recover from the trauma.
Includes information about a campaign called Hidden Child, focusing on the needs of children in refuges which calls for there to be specialist therapeutic programmes for children living in refuges to help with any behavioural or psychological problems they may have as a result of abuse.

#BestStart0to19 week of action blogs
Public Health England has published a range of blogposts for a week of action on getting it right for children and young people. The week of action marks the formal, final stage of the transfer of commissioning 0 to 5 year olds’ Healthy Child Programme to local authorities on 1 October. There are a number of blogs from a wide range of individuals, including parents, young people, frontline professionals, local authority representatives, managers and, commissioners.

Public Health Matters: The role of data in setting your strategy for 0-5 year olds’ public health
This blogpost discusses the role of data in the transfer of commissioning responsibilities for public health services for 0-5 year olds to local authorities.

DfE: Sam Gyimah visits Paris to share best practice in childcare
The Education and Childcare Minister visited Paris, where he exchanged ideas with his French counterpart around their shared priorities of expanding high-quality childcare, and ensuring all children get the best possible start in life.
Guides and practice

Health visitor and 0-5 commissioning transfer
This web page provides key resources from the Department of Health and Public Health England to support the transfer of the planning and commissioning of public health services for 0-5 year olds from the NHS to local authorities in October 2015. Resources include, an overview of the health visiting programme, factsheets explaining the responsibilities of local authorities after the transfer and financial allocations, as well as links to guidance on commissioning data, and case studies from health visitors and service users.

LGA: Children's public health transfer
This section on the Local Government Association (LGA) website provides information to support the transfer of public health commissioning responsibilities for children aged 0-5 from NHS England to local authorities on 1 October 2015. Included are resources around finance and contracting, support to local areas, data and information, support tools and frequently-asked questions.

Policy and government reports

Transfer of 0 to 5 children's public health commissioning to local authorities. Data and information factsheet 1: requirements
This factsheet provides local authority commissioners and information managers with a summary of key information to understand the data and information aspects of the transfer and provides key steps to take in readiness.

Universal health visitor reviews: advice for local authorities in delivery of the mandated universal health visitor reviews from 1 October 2015
From 1 October 2015 the responsibility for the commissioning of children’s 0 to 5 years public health services moves from NHS England to local authorities. This document is relevant to those in local authorities responsible for the commissioning of 0 to 5 public health services and for providers of those services. It explains the regulations relating to the mandatory delivery of five key child development reviews as set out in the Healthy Child Programme.

Factsheet: overview of the transfer of the 0-5 service from NHS England to local authorities
The transfer of commissioning responsibilities from NHS England to local authorities for 0-5s public health services took place on 1 October 2015. This short factsheet gives an overview.

Health visitor and 0-5 commissioning transfer
This web page provides key resources from the Department of Health and Public Health England to support the transfer of the planning and commissioning of public health services for 0-5 year olds from the NHS to local authorities in October 2015.
Resources include, an overview of the health visiting programme, factsheets explaining the responsibilities of local authorities after the transfer and financial allocations, as well as links to guidance on commissioning data, and case studies from health visitors and service users.


Reports

**Big hopes big future: evaluation report. England pilot study**
This is the evaluation report of a trial of Home-Start’s Big Hopes Big Future programme which aimed to improve children’s readiness for school. The pilot supported 225 families, including 540 children, in 12 Home-Starts in England.


**Poor beginnings: health inequalities among young children across England**
This report is based on official data published by Public Health England. It looks at four key measures of young children's health and well-being - obesity, tooth decay, accidental injury and 'school readiness'. The report provides a clear picture of the health of children under five years old living in England and shows how growing up in different areas of the country has a dramatic effect on their lives.


**Understanding agency and resistance strategies (UNARS): children’s experiences of domestic violence**
This report focuses on children’s experiences of domestic violence, in families affected by domestic violence. It summarises the key findings of the two year, four nation project, Understanding Agency and Resistance Strategies – Children in Situations of Domestic Violence’.


**An early years place for all: NAHT survey on extending childcare provision in schools**
This report, from the National Association of Head Teachers, examines the challenges and opportunities posed by government proposals to increase the provision of free childcare to 30 hours per week.


**Study of early education and development (SEED) study of the quality of childminder provision in England**
The Study of Early Education and Development (SEED) is a major study evaluating early education in England including the introduction of a funded entitlement to early education for two-year olds from disadvantaged families in England and Wales. This report examines the key characteristics of childminding provision.


**A new home for public health services for children aged 0-5: a resource for local authorities**
This briefing for officers will help councils to deliver their new statutory responsibility for commissioning children’s public health services for children aged 0-5. It contains information about the transfer and the opportunities it brings to join up public health
functions for children aged 0-19.

Must knows: children's public health transfer
This briefing by the Local Government Association (LGA) outlines key messages for councillors on the transfer of responsibility for public health of children aged 0-5.

Tools and Data

Public Health Matters: The role of data in setting your strategy for 0-5 year olds’ public health
This blogpost discusses the role of data in the transfer of commissioning responsibilities for public health services for 0-5 year olds to local authorities.

Research

The full versions of some of these resources may only be available with a paid subscription. For information on how you may be able to access them please view our Accessing Knowledge Hub resources page.

A longitudinal examination of maternal, family, and area-level experiences of racism on children's socioemotional development: patterns and possible explanations
This study examined the longitudinal association between maternal, family, and area-level experiences of racial discrimination, and children's socioemotional development.

Strengthening the mother-child relationship following domestic abuse: service evaluation
Experiencing domestic abuse can have a detrimental effect on the mother-child relationship. This article is a service evaluation of Domestic Abuse Recovering Together (DART), a ten-week programme which focuses on rebuilding the mother-child relationship after the abuse has ended and supporting other aspects of recovery.

Maternal depression during pregnancy and offspring depression in adulthood: role of child maltreatment
The aim of this study was to investigate (a) whether there is an association between offspring exposure to maternal depression in pregnancy and depression in early adulthood, and (b) whether offspring child maltreatment mediates this association.

Motor development in children prenatally exposed to selective serotonin reuptake inhibitors: a large population-based pregnancy cohort study
The aim of this study was to estimate the association between prenatal exposure to...
selective serotonin reuptake inhibitors (SSRIs) and motor development in children considering the effect of maternal symptoms of anxiety and depression before, during and after pregnancy.


**Prenatal antidepressant exposure and child behavioural outcomes at 7 years of age: a study within the Danish national birth cohort**
The aim of this study is to investigate the impact of prenatal antidepressant exposure on behavioural problems in children at 7 years of age.


**Emotional climate in families experiencing homelessness: associations with child affect and socioemotional adjustment in school**
This study examined associations among family-level risks, emotional climate, and child adjustment in families experiencing homelessness.


**Traumatic stress symptoms in children exposed to intimate partner violence: the role of parent emotion socialization and children's emotion regulation abilities**
This study examined maternal emotion socialization and children's emotion regulation as a pathway that may protect intimate partner violence-exposed children from developing post-traumatic stress symptoms and depression.


**Parental employment during early childhood and overweight at 7-years: findings from the UK Millennium Cohort Study**
This study investigated the relationship between parental employment since infancy and overweight in children at 7-years.


**Postnatal environmental tobacco smoke exposure related to behavioral problems in children**
The purpose of this study was to examine the association between pre and post environmental tobacco smoke exposure and behavioral problems in schoolchildren.


**Childhood sexual trauma and subsequent parenting beliefs and behaviors**
Using propensity-matched controls, the present study examines the long-term adjustment of women reporting childhood sexual trauma at or before the age of 14 in terms of parenting efficacy and parenting behavior.


**Maternal support following childhood sexual abuse: associations with children's adjustment post-disclosure and at 9-month follow-up**
Maternal support has been widely cited as an important predictor of children's adjustment following disclosure of sexual abuse. The current study examines the relationships between a multidimensional assessment of maternal support rated by both mothers and children and children's adjustment in various domains (internalizing, externalizing, anger, depression, and posttraumatic stress disorder symptoms) concurrently and longitudinally.

Associations between caregiver health literacy and preschool children’s secondhand smoke exposure
The study examined the associations between caregiver health literacy and smoking-related outcome expectancies, implementation of home/car smoking bans, and child secondhand smoke exposure.

Alcohol use and self-perceived mental health status among pregnant and breastfeeding women in Canada: a secondary data analysis
The aim of this study was to estimate the prevalence of alcohol consumption during pregnancy and while breastfeeding in Canada from 2003 to 2010, and to test the relation between self-perceived mental health status and alcohol consumption during pregnancy and while breastfeeding.

Post-traumatic stress disorder after childbirth and the influence of maternity team care during labour and birth: a cohort study
This study examined the prevalence of Post-Traumatic Stress Disorder (PTSD) and the role of personal and obstetric risk factors, as well as the role of midwifery team care factors in a cohort of Flemish women.

Information for parents, families and carers

Best Beginnings: Baby Buddy app launches in Nottingham
Parents and parents-to-be in Nottingham are set to benefit from Best Beginnings’ Baby Buddy app following a successful launch today with Small Steps Big Changes (SSBC).

Events

For details of these and many other events see the calendar of events on our website.

Mothers at home matter open meeting
An open meeting by Mothers At Home Matter (MAHM) with guest speakers.

Location: London
Start date: Saturday, 10th October 2015

The 30 hours childcare entitlement - planning for success (Northumberland)
The Department for Education and 4Children are holding a number of early engagement events on the 30 hours childcare entitlement. The events will help childcare providers network and get to grips with some of the challenges and solutions in delivering the new 30 hours funded entitlement.
The 30 hours childcare entitlement - planning for success (London)
The Department for Education and 4Children are holding a number of early engagement events on the 30 hours childcare entitlement. The events will help childcare providers network and get to grips with some of the challenges and solutions in delivering the new 30 hours funded entitlement.

Location: London
Start date: Monday, 19th October 2015

Culturally competent assessment: attachment and safeguarding across cultures
A one day workshop examining the comprehensive assessment of child development, attachment and parenting practices using a combination of theory and reflexive exercises to develop skills.

Location: Manchester
Start date: Thursday, 12th November 2015

Children's centres conference
With the recently announced government review into the future role of children’s centres, this conference is timed to explore the future purpose of children’s centres and how allocated funding can best be maximised to ensure the continued delivery of both targeted and universal interventions.

Location: London
Start date: Monday, 23rd November 2015

eBulletins
Working with partners, we produce a number of eBulletins to keep you up to date:
- Child and Maternal Health Knowledge Update
- Children's Mental Health and Psychological Wellbeing
- Learning Disabilities and CAMHS
- Perinatal and Infant Mental Health

Sign up to one or more at http://www.chimat.org.uk/default.aspx?QN=CHMK9

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