

Lifestart Foundation Annual Report 2015-2016



Growing Child The Programme for Parents

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Growing Child The Programme for Parents</p> <p>Issue 2</p> | <p>Growing Child The Programme for Parents</p> <p>Issue 22</p> |
|  <p>Contents The Second Month Feeding Your Baby Settling into a Routine Your Emotional Well-Being Understanding the Basics Baby's Early "Speech" Help with Breast Your Baby in School Sleep of a Newborn</p> |  <p>Contents Learning & Preparing All the Time Avoiding Burnout Learn Learning through Imitation A Mother's Mission Incentives Consequences</p> |
| <p>Growing Child The Programme for Parents</p> <p>Issue 35</p> | <p>Growing Child The Programme for Parents</p> <p>Issue 34</p> |
|  <p>Contents Pardon Us Please (2015) Play and Housework A Day in the Life of a Parent How Often About Being a Parent and Children Learning, Learning, Learning Teaching, Learning, Learning, Learning</p> |  <p>Contents Your Child as a Reader Reader and Writer 10 Reasons to Learning Assessment Learning Progression and Different Learning The Learning</p> |
| <p>Growing Child The Programme for Parents</p> <p>Issue 51</p> | <p>Growing Child The Programme for Parents</p> <p>Issue 32</p> |
|  <p>Contents Discipline: The Children That Can't Wait for You Doing Things from Other People's Perspective Being a Parent Understanding Family Learning Goals</p> |  <p>Contents Why is it so Challenging? Making Time for Children Dealing with Challenging Behaviour (1) Focus and (2) Focus Dealing with Your Emotions Thinking of Your Learning Goals in the Future</p> |

Lifestart Foundation
2 Springrowth House
Balliniska Road
Springtown Industrial Estate
Derry/Londonderry BT48 OGG

Chairpersons' Foreword

We trust that the annual report will inform you of our progress during the year and embolden you in our cause.

We are operating within an extremely challenging environment, where those potential franchisees we seek to attain, are beset with service pressures, financial constraints and, in some cases, institutional inertia. The upscaling of service delivery is necessary in the achievement of our mission. The “vehicle” we provide to transport parents and their children to a better place, has passed its worthiness test with flying colours

.

We acknowledge the dedication and professionalism of all our staff so ably led by Dr Pauline Mc Clenaghan. We are grateful to our funders and franchisees for their on-going involvement and commitment to Lifestart

Finally I pay tribute to the Board Members of the Foundation and our offshoot companies for their sterling service and wise counsel.

Patrick Durkan
Chairperson
Lifestart Foundation

Introduction

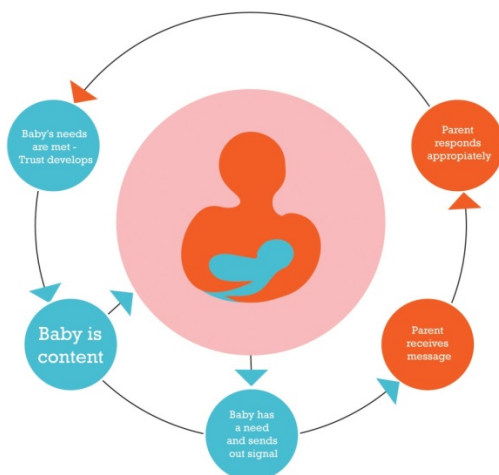
The Lifestart Foundation is a long-established all-Ireland charitable body with 30 years' experience delivering high quality parenting education and family support. Our mission is to improve child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn.

Our aims are to:

- reduce the risk to children by supporting parents to provide good nurture and a good home learning environment
- enhance parental competency, agency and efficacy
- support positive parental identities and strengthen parent and child self-concepts and interaction
- train and support parents to use play, scaffolded learning and other techniques to promote child development and learning
- make expert knowledge available and accessible to parents for their own use
- connect parents' intimate and personal knowledge of their children with the public knowledge of experts
- support parents to respond to and further their children's rights
- improve parent access to and use of family and children's support services appropriate to their needs

All the empirical evidence on child development shows that the two most important variables affecting child outcomes are attachment and the home learning environment.

The Cycle of Attachment



Learning in the home



The research shows that compromised parenting is a very serious child development risk factor but that good parenting can act as a protective factor, reducing the impact of other difficult or challenging family or parent/child personal circumstances that have the potential to negatively impact on child outcomes. Good quality one-to-one evidence-based parenting support has been shown to contribute to child protection, child resilience, health and school readiness and good infant and child mental health and wellbeing.

The Lifestart *Growing Child* programme is a proven, cost-effective, evidence-based intervention delivered through home visits to the parents of children from birth to pre-school or school entry. It is delivered by family visitors employed by service providers licensed through a Social Franchising Agreement with Lifestart Resources Ltd, the social enterprise arm of the Lifestart Foundation charity.

Family Visitors visit parents at least once a month or more often, depending on need and share with them age appropriate evidence-based information on child development and learning. The family visitor demonstrates the use of this information and supporting resources (books, toys etc.) with the parent and the child using a dialogic and scaffolded approach to parent/child learning and a strengths-based approach to family support.

The home visits focus on empowering parents to provide good child nurture, on parent/child attachment and communication and on providing a good home learning environment as the child grows and develops.

The beneficiaries of our work are parents, children and the wider society and the purpose of the charity fulfils the requirements of the Charities Commission.

Company objective 2015-2016

The main objective of the company for the year was to continue to enhance the development and education of children up to the age of five. The strategies used to meet the objective included:

- The completion of the randomised controlled trial of programme impact and the dissemination of research findings
- Continued efforts to build organisational sustainability through the marketing and promotion of the social franchising licensing model
- Strategies to continue to regionalise and up-scale service delivery

- The continued integration of our work with children and their families with the child protection, health promotion and family support strategies of statutory bodies
- The continuation of our efforts to positively influence public policy in the interests of children and their families.

Achievements and Performance

The Charity has franchise agreements through Lifestart Resources Ltd, with nine service providers located in Ireland in Carlow/Kilkenny, Derry, Donegal, Dublin, Fermanagh, Sligo/Leitrim, Louth, and Tyrone; and a contract with SureStart Ards to offer the Lifestart *Growing Child* programme and home-visitation service in Mid Ards, County Down. It also has affiliates abroad in Macedonia and in Zambia.

A home visit in Mazabuka Zambia



Grace, a Luse Family Centre Family Visitor, with a local family

The highlight of the year was the publication and launch of the results of the randomised controlled trial and process evaluation of Lifestart programme impact conducted by Queens University Belfast. The research findings¹ proved conclusively that the Lifestart *Growing Child* Programme, delivered through a home visiting service, works as predicted generating positive outcomes for parents and for children. Parents who received the Lifestart programme, in comparison to those in the study control group, were found to be more knowledgeable about child development, had higher levels of parental efficacy, were less

¹ Miller, S, Dunne, L & McClenaghan, P *Supporting parents: findings from the Lifestart Parenting Programme Evaluation (2015)* School of Education Queens University; Miller, S & Dunne, L (2015) A Randomised Controlled Trial of the Lifestart Parenting Programme, Technical Report March (2015) School of Education Queens University

stressed and experienced better parental mood, and had more confidence around child discipline and boundaries and greater attachment to their children.

Outcomes for children included: better cognitive development, better socio-emotional development and behaviour and a *significant reduction* in speech and language referrals. Our focus since the publication of the study results has been on disseminating and publicising the study findings through children and family support networks and through conference presentations and publications.

Launch of Lifestart Study at Queens University May 2015



From left to right: Dr Pauline McClenaghan, Executive Director Lifestart Foundation, Dr Laura Dunne and Dr Sarah Miller, Principal Investigators Lifestart Randomised Controlled Trial Evaluation and Professor Paul Connolly

The Charity has continued to advance the integration of its work with that of statutory colleagues, by implementing the three year pilot project with the North Western Health and Social Care Trust that makes the Lifestart Programme, delivered by statutory employees, available to referred families throughout the Western Trust Area. The pilot project is based on a very successful model of service delivery initially developed by the Foundation and implemented by Lifestart Services Ltd as a region-wide referred service in County Donegal and now also being operated by the Sligo Family Centre in Counties Sligo, Leitrim and West Cavan.

The Foundation has trained 26 WHSCT staff to deliver the Lifestart programme and currently just under half this number are delivering to referred families; including one Trust employee who is working full-time on the Lifestart/WHSCOT pilot project and a full-time Lifestart family visitor. The pilot project is the subject of an independent external evaluation being conducted

by Dr Helga Sneddon, Outcomes Imp Ltd who has undertaken a process and outcomes evaluation using measuring instruments derived from those used in the RCT evaluation.

We have continued to work with our franchisees and other partners to promote closer working relationships with statutory bodies and to upscale nationally the Lifestart service and we continue to actively promote the Lifestart franchise in Ireland and elsewhere.

Working in partnership with Tiny Life we are implementing a joint project funded by the Big Lottery that is making the Lifestart programme available to pre-term children throughout NI and we are currently exploring with Tiny Life other possible partnership projects.

Lifestart staff members continue to be actively involved in strategic networks and systems at a Local, Regional, National and European levels, and participate in and present at national and international conferences on parenting and family support. This year the focus of Lifestart conference contributions has been on the positive findings of the evaluative study presented at international conferences in Dublin, Galway and London.

The Foundation's Executive Director also presented on the Lifestart programme and service at an international seminar in Marrakech, Morocco in April 2015 which was hosted on behalf of the Community of Practice and Knowledge, formed the year before at an international workshop on parenting support, hosted by Apprentis D'Auteuil, a Paris based charity that has been providing services for children and their families for 150 years.

Dr Pauline McClenaghan and other seminar participants Marrakech 2015



As a result of Lifestart's participation in these two events we have been invited to host the 2016 meeting of the Practice Community in Northern Ireland. The theme of this international seminar will be 'Empowering Parents and Children's Rights' and it will include delegates from organisations from France, Belgium, the Congo, Germany, Italy, Greece, the Philippines, the Lebanon, Morocco, Canada, the Republic of Ireland and Northern Ireland. Visiting practitioners will hear from children's rights advocates, policy makers and statutory representatives and the event will allow the Lifestart Foundation to showcase its work in Ireland. Delegates will have an opportunity to visit Lifestart service providers in Derry City and in County Donegal and to learn more about our shared historical and cultural heritage and our common efforts to guarantee children's rights and to improve child outcomes by supporting parenting.

PLANS FOR THE FUTURE

Our plans for the immediate future are to continue to work to secure the sustainability of the charity, and the vital work the charity undertakes to promote and support the delivery of the evidence-based and now proven Lifestart *Growing Child* programme. Armed with the evidence from the Lifestart Study we aim to secure franchise agreements throughout Ireland and elsewhere sufficient to sustain the charity's operations and to upscale service delivery. We are currently focused on redesigning and updating our website www.lifestartfoundation.org which will be an important tool in our current and future promotional efforts.

Thanks

The Lifestart Council thank all parents (and children) who throughout 2015-2016 received the *Growing Child* Programme through home visits and who participated in other Lifestart programmes. We also thank all those who contributed to the Lifestart Mission - staff, volunteer management committees and our funders, without whom the programme and service would not be available: - The Atlantic Philanthropies; the Western Health and Social Care Trust; SureStart Ards; the Child and Family Agency; and the Katherine Howard Foundation, as well as the many other funders who support the work of Lifestart Franchisees. We also thank the professional colleagues with whom we work every day to improve outcomes for children.

Appendix 1

Lifestart Council Members

P. Durkan Chairperson
U. Birthistle Vice-chair
M. Wrynn
M. McGowan
M. McReynolds

Non-voting Members

S. O' Callaghan Company Secretary

Lifestart Foundation Staff

Dr P. McClenaghan Executive Director
L. Douglas Operations Manager
E. Doherty Administrator
S. O'Callaghan
Finance Manager

M. McCabe Communication &
Resources Manager

P. Buchanan Family Visitor
L. Wilson Family Visitor
M. O'Neill Family Visitor
C. McIlmurray Family Visitor

Contact Details

2 Springrowth House
Balliniska Road
Springtown Industrial Estate
Londonderry/Derry
BT48 0GG Tel: + 44 (0) 2871 365 363

Mid Ards Sub-Office

Conlon building
Main St
Kircubbin
Co. Down BT22 2SR
Tel:028 427 39130

**Lifestart Foundation
National Office Ltd****Board of Director Members**

M. McGowan Chairperson
M. Lee Treasurer
P. Durkan
H. Harding
R. McGlone
M. Wrynn

Non Voting Members

Dr. P McClenaghan Company Secretary

Staff

Orla Tuohy National Parenting Lead

Contact Details

Development Centre
Cleveragh Rd,
Sligo
Co. Sligo

Tel: 00 353 (0) 71 9151114

Email: orla@lifestartfoundation.org

Lifestart Franchisees

DTEN Community Employment Project Ltd

Lifestart Cherry Orchard

162 Cherry Orchard Avenue
Ballyfermot
Dublin 10

Tel: (01) 6206943

Email: dtencep@eircom.net

Dunluce Family Centre

15 Shaw Court

Ballymagroarty

Derry BT48 OPA

Tel: 02871 269833

Fax: 02871 260233

Email: admin@dunlucefamilycentre.co.uk

Lifestart Services Limited (LSL)

Main Street

Newtowncunningham

Co Donegal

Tel: (074) 9156644

Mobile: (087) 6791898

Email: marylsl@lifestartfoundation.org

Lifestart Limavady

Roe Valley Hospital

24d Benevenagh Drive

Limavady BT49 0AQ

Tel: 028 777 69160/65438

Fax: 028 777 62303

Email: lifestart@lcdi.co.uk

Sligo Family Support Ltd

Lifestart Sligo

The Lifestart Building

Pearse Road

Sligo

Tel (071) 9146034

Email: lifestartsligo@eircom.net

Strabane Surestart

Unit 21 Orchard Road Industrial Estate

Orchard Road

Strabane

BT82 9QR

Tel: 02871 885504

Westville Family Resource Centre Ltd

Unit 1,

6 Nugents Entry,

Enniskillen,

BT74 7DF

Tel: 02866 320 290

Fax: 02866 320 290

Email: w.f.r.centre@googlemail.com

www.wfrc.org.uk

Bláthanna Beaga Teo

Mulhuddart Lifestart

17/18 Wellview Green

Mulhuddart

Dublin 15

Tel/Fax: (01) 8103761

Email: lifestartmulhuddart@gmail.com

Fledgings

An Cosán

Kiltalown Centre

Jobstown

Tallaght

Dublin 24

Tel: (01)462 8488

Lifestyle Development Group Ltd

Drogheda Lifestart

The Lifestyle Centre

Ballsgrove

Drogheda,

Co Louth

Tel: (041) 9842078

Fax: (041) 9846011

Email: lifestart@lifedev.ie

Lifestart Foundation Limited

2 Springrowth House

Balliniska Road

Springtown Industrial Estate

Derry- Londonderry

Northern Ireland

BT48 0GG

Tel: 02871 365363

Email: headoffice@lifestartfoundation.org

Lifestart National Office Limited

Development Centre

Cleveragh Road

Sligo

County Sligo

Tel: 071 9151114

Email: lifestartno@eircom.net

Lifestart Growing Child The Programme for Parents

More than a few parents have expressed their feelings about their child by saying:
"I wish I knew what to do about my child's behaviour."
It would be nice to have a simple solution - like a magic wand for parents to use when they feel frustrated by their child's behaviour!

Lifestart Growing Child The Programme for Parents

Many people who study and work with young children agree that the period around two and a half years of age can be very exasperating. You are no doubt finding it also to be one of the funniest. Just hold on to your sense of humour and patience, and both you and your child will weather this stormy period successfully.

Issue 32

Issue 30

Contents

Dealing with Challenging Behaviour | Why Do Children Engage in Challenging Behaviour? | Needs and Wants | Dealing with New Experiences | Thinking of Teeth | Learning Everyday in Every Way

Contents

Unpredictable Behaviour | Music is Learning | Developing Concentration | Avoiding Dressing Hassles | I Had It First | Hang On - but don't get Hung Up!

www.lifestartfoundation.org