

Solid Roots Programme

The Solid Roots Programme is essentially 3 work streams that will deliver training across the 0-5 workforce, enhancing skills and ability to support young children and families in relation to:

- Early speech and language difficulties
- Maths, literacy, learning and development
- Parenting, attachment and infant mental health
- Project start 1st September 2018
- Project end 31st August 2020



1. Speech and Language

Herefordshire is seeking to make a significant, fixed term, investment in the early years workforce that will deliver improved early identification and support for young children with speech, language and communication needs, and their families.

A key objective is that the work, learning and benefit of the service is sustained beyond the lifetime of the contract.



The primary outcomes that the service aims to achieve are to:

- enable the Early Years workforce to effectively support parents to understand how to develop their child's communication skills
- develop and strengthen the skills and capabilities across Herefordshire's Early Years workforce so that the speech, language and communication needs of children aged under five years are better identified and supported
- ensuring that those skills and capabilities are embedded and sustained across the Early Years workforce beyond the lifetime of the contract
- improve attainment of early learning goals for communication and language to 95% for girls and 85% for boys at the end of reception year by April 2021

Primary Outcomes continued:

- For Herefordshire's **funded 2 year olds** to have shown an increase in communication skills by the end of the contract:
- Expected level of speaking at age 3 years from 52.8% (2017 data) to a minimum of 54%
- Listening and attention at 3 years from 62.0% (2017 data) to a minimum of 63%
- Understanding at 3 years from 62.9% (2017 data) to a minimum of 64%

- Targeted settings to achieve Communication Friendly Accreditation status

- New referrals of children aged under five to Herefordshire's speech and language therapy service are consistently appropriate

To achieve these aims, the service will:

- deliver communication friendly setting accreditation and lead communication practitioners within target settings throughout Herefordshire
- deliver practitioner training for Elklan 'Let's Talk' or equivalent programmes
- support settings to deliver their own small group and individual work, using learning from evidence based programmes
- establish self-sustaining networks of lead communication practitioners
- establish and embed an online toolkit for use by families and professionals

2. Early Years Training

Training aimed at supporting children's learning and development 0-5 years including involving parents in their child's learning.

Training targeted to all Herefordshire early years providers and professionals. Seen in wider context of sharing best practice and leaving lasting legacy in the early years setting.

Training will be delivered in line with Herefordshire Councils Education, Development and skills strategy 2018-2022, over a two year period.



Specific focus on the following areas of learning and development that need activity to improve outcomes in the Early Years Foundation Stage:

- Gender gap
- English as an additional language
- Attainment for children who receive free school meals
- Literacy and Maths
- Training to best support children aged 0-3
- Early years events for parents and professionals
- Enhance school readiness

Training Approach:

| Development area | Training options |
|--|--|
| Improve home Learning Environment/ working with parents, as research shows that a good home learning environment supports children to be successful at school. | Book start corner intervention to support parents to read with their children, nursery rhyme challenge, bursaries for individual setting projects. |
| Working with parents of SEN children to improve outcomes | Increase capacity of early bird trainers(course for parents of children with autistic spectrum disorder), training resources and translation, increase local trainers for supporting children wit significant needs, signalong for parents |
| Behaviour Support for children identified with behavioural needs to avoid exclusion on transition into school | Training for providers to understand behaviour, introduce strategies to support children with behavioural needs. |
| Improve outcomes in children’s early literacy and maths | Engage with teaching schools to develop practitioner confidence in teaching literacy and maths, enhance school readiness |
| Forest schools training to increase capacity for outdoor learning and physical development | Bursaries to increase level 2 and 3 practitioners |
| Focus of supporting the needs of 2 year olds, as more settings begin to take younger children | Specific training for school based settings who are taking 2 year olds for the first time |
| Improving leadership and management to ensure 100% settings rating at least good. | Build confidence for Ofsted inspection visits via a triad approach, collaborative events for sharing best practice. |

3. Solihull Approach

The Solihull Approach is a UK evidence based training programme, developed with professionals and parents to support infant/parent mental health 0-5 years.

Herefordshire is rolling out this approach in three stages:

- Training professionals working with families & children 0-5 years to support improved emotional health, attachment and well-being.
- Establish a network of Solihull champions and Trainers to cascade beyond the project end.
- The purchase of a licence to cascade FREE online training for parents, carers, grandparents etc

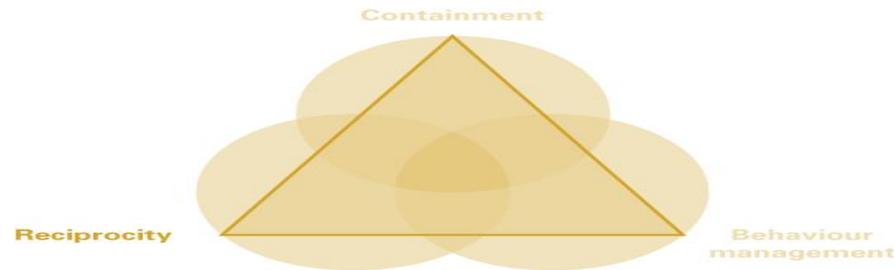


Features of the approach include:

- Workforce development to increase skills and consistency
- Early intervention and prevention in the early years
- Used by everyone in a multiagency team – consistent approach
- Parenting programmes from conception through to adolescence.
- Emphasis on including fathers.
- Increases the accessibility of parenting programmes through online courses
- Framework for working with emotional and behaviour difficulties
- Strong and growing evidence base

Evidence based Programme

- The Solihull Approach is all about relationships! It is based on: Containment, Reciprocity and Behaviour Management. Early experience determines which parts of the brain grow and which parts dwindle.



- Parenting/ carers' behaviours are crucial in stimulating certain brain areas to develop in optimal ways.
- This “healthy” brain development facilitates the child’s ability to regulate their own emotions and behaviour.
- The 3 most prolific phases of brain development across the lifespan are:
 - Antenatal
 - 0-3 years
 - Teenage

3a. Free online parenting courses for all of Herefordshire residents

Free online course widely advertised using the following postcard:

Herefordshire
county council

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

**Do you live in ?
FREE online courses for all residents!***

Understanding Your Child
Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Pregnancy, Labour, Birth and Your Baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS professionals.

Understanding Your Baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors

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NHS

Written by Psychologists, Psychotherapists, Health Visitors & NHS and Education professionals
Award winning • Not for profit

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3b. Face to Face Training for professionals

Training targeted at any practitioner working with children 0-5 years. In Herefordshire we will be targeting early years professionals, family support workers, social workers, head teachers, midwives, professionals working with children 0-5 years, children centre staff, reception class teachers, hospital staff

Training Courses:

1. Solihull Foundation course – 200 professionals trained locally – more details on next page.
2. Train the trainer – 100 selected to complete course to equip them to deliver further foundation courses as part of a sustainable model.

Foundation Course

- Course covers; impact of trauma, impact of relationships on health and wellbeing
- Resource packs include; sleeping, weaning, toileting, playing, emotional and physical development, applying the model to school aged children (including adolescents), information on issues such as depression, phobias, eating disorders