

## Leeds Best Start Plan 2015-2019: A Preventative Programme from Conception to Age 2

**Vision:** Every baby in Leeds will get the best start in life.

**Principles:**

- All babies will be nurtured and all care givers will feel confident to give sensitive responsive care
- Well prepared parents will make choices with their baby in mind
- Families who are most vulnerable will be identified early and well supported by a highly skilled and well trained workforce
- Inter-generational cycles of neglect, abuse and violence will be broken

**Indicator:** Reduce the rate of deaths in babies aged under one year

Outcomes	Priorities	Indicators
Healthy mothers, healthy babies – at a population and individual level	<ol style="list-style-type: none"> <li>Promote awareness of importance of first 2 years</li> <li>Improve mother and baby nutrition</li> <li>Deliver high quality maternity and neonatal and child health services</li> <li>Reduce unplanned teenage pregnancies and support teenage parents</li> </ol>	<ol style="list-style-type: none"> <li>Proportion low birth weight babies</li> <li>Breastfeeding initiation and maintenance rates</li> <li>Proportion pregnant women with BMI &gt;30</li> <li>Proportion of women booking before 12<sup>th</sup> completed week of pregnancy</li> <li>Teenage pregnancy rate</li> <li>Rate of immunisation with 3<sup>rd</sup> DTP</li> </ol>
Parents experiencing stress are identified early and supported	<ol style="list-style-type: none"> <li>Further develop integrated health-led services</li> <li>Support parents to reduce use of alcohol, drugs and tobacco</li> <li>Support parents to reduce levels of domestic violence</li> <li>Identify and support mothers experiencing poor perinatal mental health</li> <li>Address child poverty</li> <li>Develop agreed frameworks and pathways for support</li> </ol>	<ol style="list-style-type: none"> <li>Health visiting caseload</li> <li>Proportion of children receiving an integrated 2½ year check by Early Start teams</li> <li>Proportion of children receiving Early Start core offer</li> <li>Number of early help assessments initiated by Early Start Service</li> <li>Percentage of women smoking at end of pregnancy</li> <li>Number of parents in treatment with children aged under 2</li> <li>Child poverty rate</li> <li>Maternal mental health placeholder</li> </ol>
Well prepared parents	<ol style="list-style-type: none"> <li>Promote high quality education on sex and relationships</li> <li>Provide high quality antenatal and postnatal programmes</li> <li>Provide evidence based parenting programmes for parents of under 2s</li> <li>Promote awareness of specific risks such as safe sleeping, cousin marriage and accidents</li> </ol>	<ol style="list-style-type: none"> <li>Number of mothers and number of fathers accessing Preparation for Birth and Beyond</li> <li>Number of mothers and number of fathers accessing Baby Steps</li> </ol>
Good attachment and bonding	<ol style="list-style-type: none"> <li>Promote positive infant mental health by supporting responsive parenting</li> <li>Identify parents and babies with attachment difficulties early and offer support</li> </ol>	<ol style="list-style-type: none"> <li>Number of babies under two years old taken into care</li> <li>Assessment of early attachment placeholder</li> </ol>
Development of early language and communication	<ol style="list-style-type: none"> <li>Raise awareness of parents about importance of early communication and interaction</li> <li>Promote early play and reading opportunities</li> </ol>	<ol style="list-style-type: none"> <li>Percentage of children reaching a good level of development at end of Reception</li> <li>Percentage of children in lowest % achievement band for LA</li> </ol>

**Note:** A number of city-wide cross cutting strategies will contribute to the Best Start priority and the new Maternity Strategy will be a component of the Best Start programme.