

## 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>1. Promote awareness of importance of first 2 years</li> <li>2. Improve mother and baby nutrition</li> <li>3. Deliver high quality maternity and neonatal and child health services</li> <li>4. Reduce unplanned teenage pregnancies and support teenage parents</li> </ol>	<ol style="list-style-type: none"> <li>1. Proportion low birth weight babies</li> <li>2. Breastfeeding initiation and maintenance rates</li> <li>3. Proportion pregnant women with BMI &gt;30</li> <li>4. Proportion of women booking before 12<sup>th</sup> completed week of pregnancy</li> <li>5. Teenage pregnancy rate</li> <li>6. 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>5. Further develop integrated health-led services</li> <li>6. Support parents to reduce use of alcohol, drugs and tobacco</li> <li>7. Support parents to reduce levels of domestic violence</li> <li>8. Identify and support mothers experiencing poor perinatal mental health</li> <li>9. Address child poverty</li> <li>10. Develop agreed frameworks and pathways for support</li> </ol>	<ol style="list-style-type: none"> <li>7. Health visiting caseload</li> <li>8. Proportion of children receiving an integrated 2½ year check by Early Start teams</li> <li>9. Proportion of children receiving Early Start core offer</li> <li>10. Number of early help assessments initiated by Early Start Service</li> <li>11. Percentage of women smoking at end of pregnancy</li> <li>12. Number of parents in treatment with children aged under 2</li> <li>13. Child poverty rate</li> <li>14. Maternal mental health placeholder</li> </ol>
Well prepared parents	<ol style="list-style-type: none"> <li>11. Promote high quality education on sex and relationships</li> <li>12. Provide high quality antenatal and postnatal programmes</li> <li>13. Provide evidence based parenting programmes for parents of under 2s</li> <li>14. Promote awareness of specific risks such as safe sleeping, cousin marriage and accidents</li> </ol>	<ol style="list-style-type: none"> <li>15. Number of mothers and number of fathers accessing Preparation for Birth and Beyond</li> <li>16. Number of mothers and number of fathers accessing Baby Steps</li> </ol>
Good attachment and bonding	<ol style="list-style-type: none"> <li>15. Promote positive infant mental health by supporting responsive parenting</li> <li>16. Identify parents and babies with attachment difficulties early and offer support</li> </ol>	<ol style="list-style-type: none"> <li>17. Number of babies under two years old taken into care</li> <li>18. Assessment of early attachment placeholder</li> </ol>
Development of early language and communication	<ol style="list-style-type: none"> <li>17. Raise awareness of parents about importance of early communication and interaction</li> <li>18. Promote early play and reading opportunities</li> </ol>	<ol style="list-style-type: none"> <li>19. Percentage of children reaching a good level of development at end of Reception</li> <li>20. Percentage of children in lowest % achievement band for LA</li> </ol>

