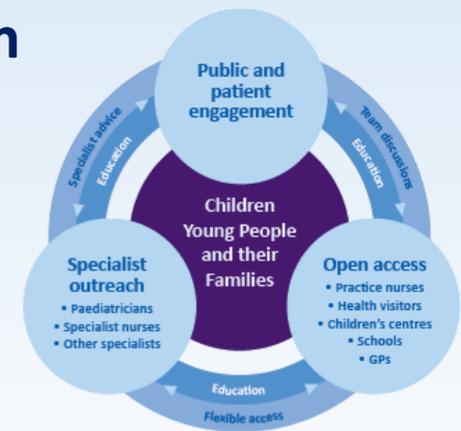


Using small tests of change to share paediatric knowledge with parents

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Connecting Care for Children (CC4C) is an integrated care collaborative linking paediatricians, primary care (GPs) and local communities.

We work with six General Practitioner (GP) Primary Care Networks (PCNs) across North West London. The PCNs host specialist clinics with a GP and Paediatrician and multidisciplinary team (MDT) meetings.



The Problem

- Current pressures on health services have made it difficult for parents to access healthcare professionals
- During the pandemic, CC4C delivered online children's health advice and tips (CHAT) webinars for parents/carers¹

Aim

With Children's Centres reopening, we wanted to move to face-to-face sessions to support parents/carers to gain knowledge and confidence around children's health whilst building peer support

What we did

- Working closely with the Community and Maternity Champions, we identified two Children's Centres to pilot these sessions
- **30-minute sessions** were held **once a month** after the baby music group

Results

Between November 2022 and January 2023:

- We held **4 face-to-face sessions** across the two Children's Centres
- We engaged **37 parents**, answering questions on different common childhood illnesses

Impact

Parents have found the CHAT sessions valuable as they **build trust** and offer **reassurance**



"It's nice to have doctors to speak to at regular intervals. You only go to the doctor for big concerns but we have lots of little concerns as well" **Parent at Westbourne Park Family Centre**

Message to others

- Working in Children's Centres is an effective way of reaching local families
- Moving from online to in-person sessions requires a new set of facilitation skills and adopting a more creative style to engage parents, carers and babies
- Child health professionals can use our approach to improve confidence in new parents around common child health concerns

Get in touch

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 **connecting care for children**

References:

1 Working with communities to mitigate the collateral impact of COVID-19 on children and young people, BMJ Paediatric Open, Connecting Care for Children, 2020

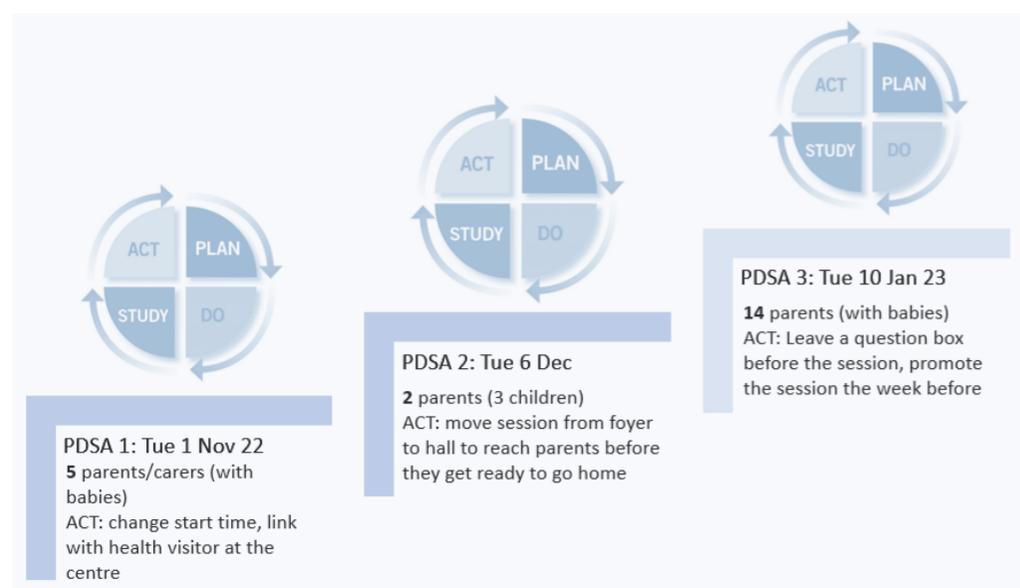


Figure 1: PDSA cycles to improve the monthly sessions delivered at the Westbourne Community Centre