

Teisha Schirmer
Health Promotion Coordinator
Mid North Coast Local Health District



FIRST 2000 DAYS

Webinar Series

Findings

27/02/2023



Health
Mid North Coast
Local Health District



I acknowledge the traditional owners on the lands in which we meet, and pay my respects to elders, past, present and emerging



Cross-Agency Collaboration

Blue Sky Community Services

Health Promotion MNCLHD

Child Protection and Counselling Services MNCLHD

Maternity Services MNCLHD

Tresillian MNCLHD

Child and Family Health Services MNCLHD

Refugee Health MNCLHD

Oral Health MNCLHD

Perinatal Infant Mental Health MNCLHD

Speech Pathology MNCLHD

Occupational Therapy MNCLHD



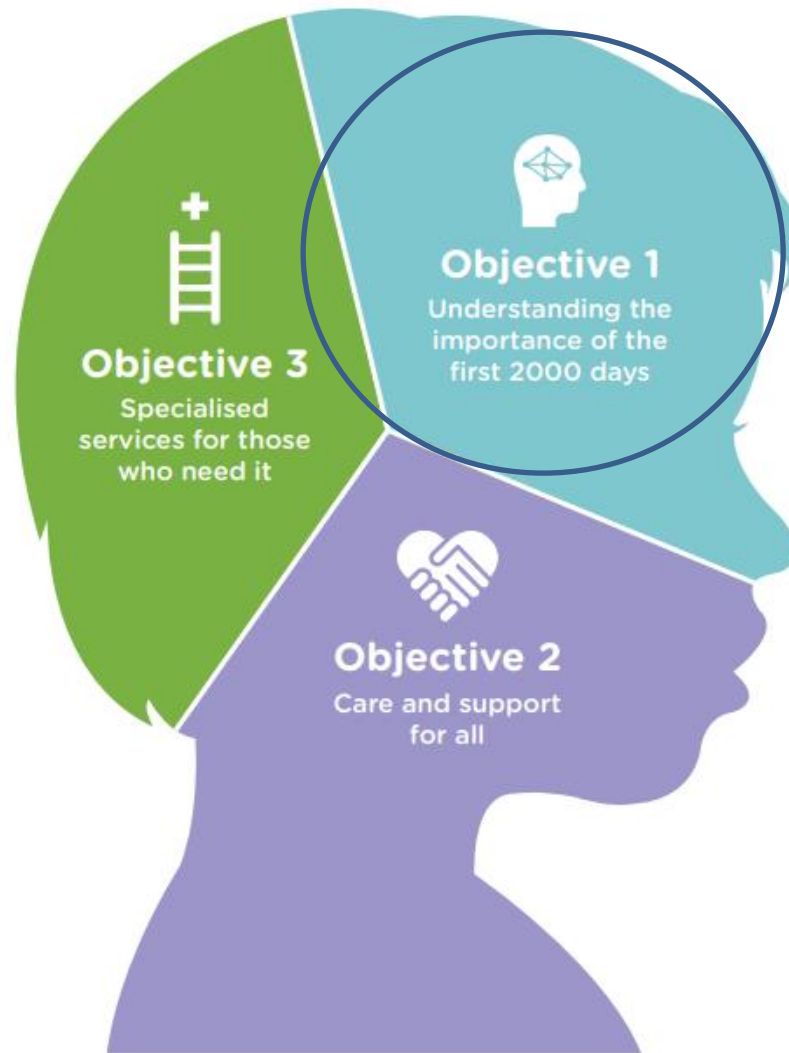
Strategic links



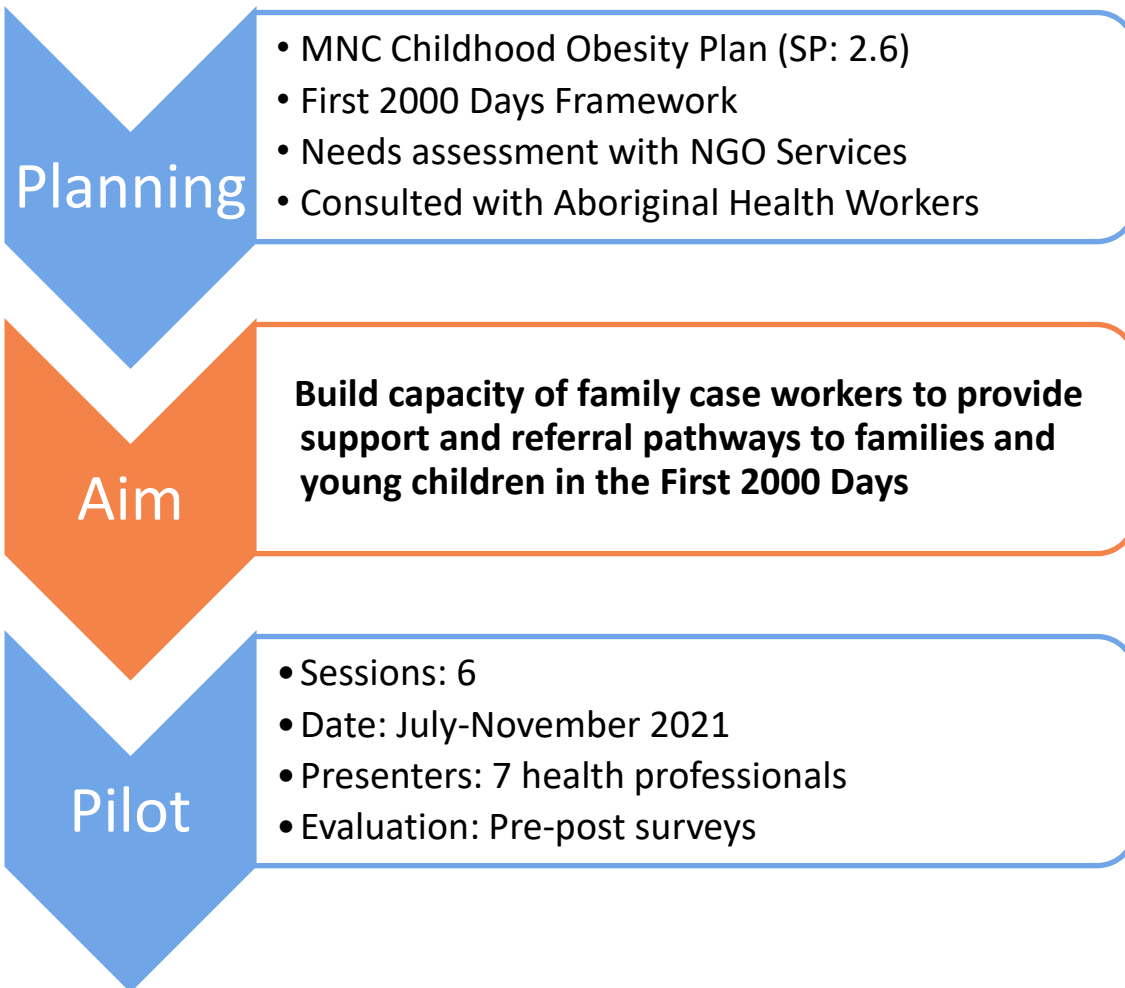
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Working together to deliver a
stronger, evidence-based system of care
and **support**



Pilot Series: Background



The First 2000 Days


2021 Webinar Series

Session 6:
Feeding, Nutrition and PICNIC
Richard Ball
This session will focus on child nutrition and the importance of forming short and long-term diet patterns and eating behaviour during the early years. You will gain the knowledge and skills to implement feeding practices which determine child feeding behaviour, diet quality and assist problematic eaters in the care environment. You will also learn about the PICNIC project.

When:
Tuesday 2nd November 2021
10am-12pm

Where:
Online via Microsoft TEAMS

To register:
[Click here](#) or use the QR Code



01 30th June
The importance of the first 2000 days - Jody Clayton

02 21st July
Antenatal care - Frances Guy and Yvonne Muyambi

03 16th August
Early breastfeeding - Elizabeth Crane

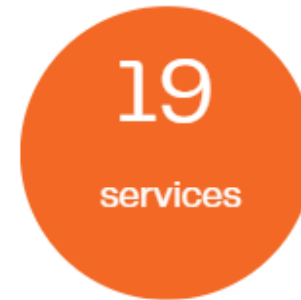
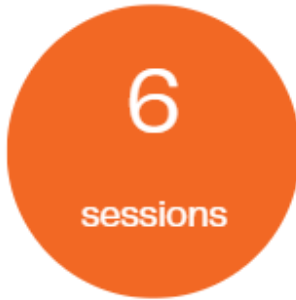
04 12th October
Navigating early parenting - Monica Carlon

05 26th October
Smoking cessation support - Melinda Ricketts

06 2nd November
Feeding and Nutrition - Richard Ball

NSW GOVERNMENT | Health Mid North Coast Local Health District | blue sky community services

Pilot Series: Findings



“
I am encouraged to see more being done to provide education and engagement opportunities in the mid north coast. It is positive to see a collaborative approach to provide information, create plans and amend processes around the care and support for young ones.
”

2022 Series

Planning

- Informed by 2021 Pilot Series
- Cross-sector consultation
- Evidenced based interventions

Aim

Build the capacity of service providers and health professionals to provide support and referral pathways to families and young children in the First 2000 Days

2022 Series

- Sessions: 13
- Presenters: 18 health professionals
- Date: July-November 2022
- Target audience: MNC Government and NGO health professionals and services
- Recordings and resources available [MNCLHD First 2000 Days](#)



Objectives

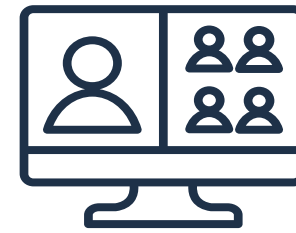
Increased **knowledge** of the priority health areas and referral pathways.

Increased **confidence** to and **likeliness** to provide support and referral pathways to families.



01

8 June

Importance of First 2000 DaysJody Clayton, District Child Protection
Coordinator

02

29 June

Antenatal Care

Frances Guy, Clinical Midwifery Consultant

08

21 Sep

Perinatal and Infant Mental HealthAngeline Landry, Perinatal and Infant Mental
Health Psychologist

03

6 July

Get Healthy in PregnancyBri-Ellen Fussell, Health Promotion
Officer/Dietitian

09

28 Sep

Oral HealthVanessa Amos, District Oral Health
Programs Coordinator

04

25 July

Early BreastfeedingElizabeth Crane, Lactation Consultant/Child
and Family Nurse

10

11 Oct

Refugee HealthMichele Greenwood, Clinical Nurse
Consultant

05

8 Aug

Sleeping and SettlingMonica Carlon, Nurse Unit Manager
Tresillian

11

19 Oct

Speech PathologyNatasha Gadsen and Lisa Carey, Speech
Pathologists

06

17 Aug

Nutrition and FeedingRachel Gerathy, PICNIC and Health Promotion/
Dietitian
Symone Lindsey, Child and Family Health Nurse

12

16 Nov

Smoking CessationMelinda Ricketts, Health Promotion Officer
Belinda Jackson, Aboriginal Health Promotion
Officer

07

31 Aug

Child and Family Health ServicesLouise Scott and Paris Bebb,
Child and Family Nurses

13

22 Nov

**Self-Regulation, Movement and
Screen-Time**Jen Wehlow, Nutritionist/Health Promotion
Gillian Bright, Occupational Therapist

Methods

Recruitment

Presenters

- Utilized partnerships through MNCLHD

Participants

- Bluesky emails, eBulletins or newsletters
- Child and Family Interagency meetings (NGO)
- Primary Health Network newsletters
- MNCLHD distribution emails, pulse articles, banners and screensaver
- NSW Community of Practice meetings

Data collection

Pre-Post surveys

Participant information:

- Profession and Industry

Quantitative:

- Knowledge
- Confidence
- Behavioural intentions
- Promotional strategies

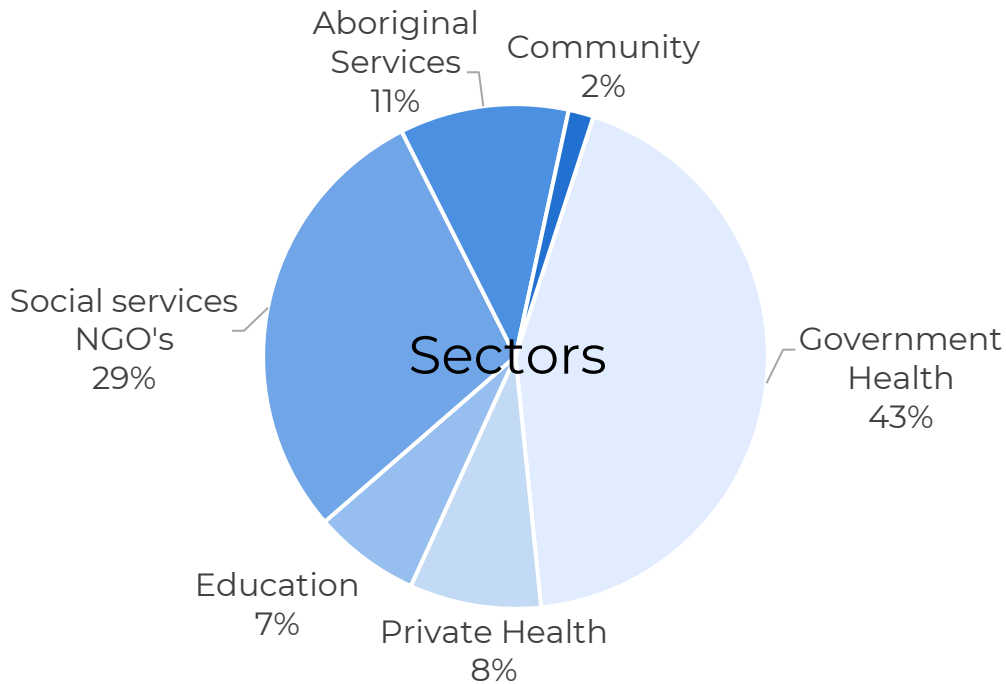
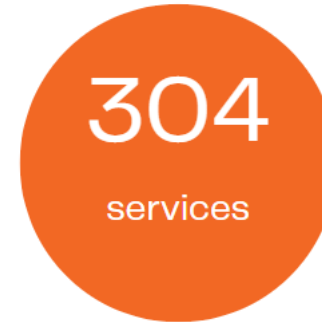
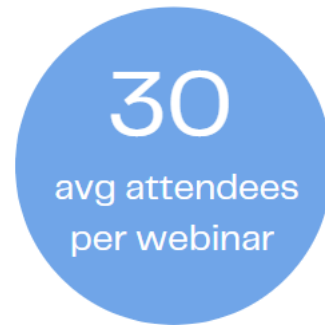
Qualitative:

- Likes
- Improvements
- Further information/support

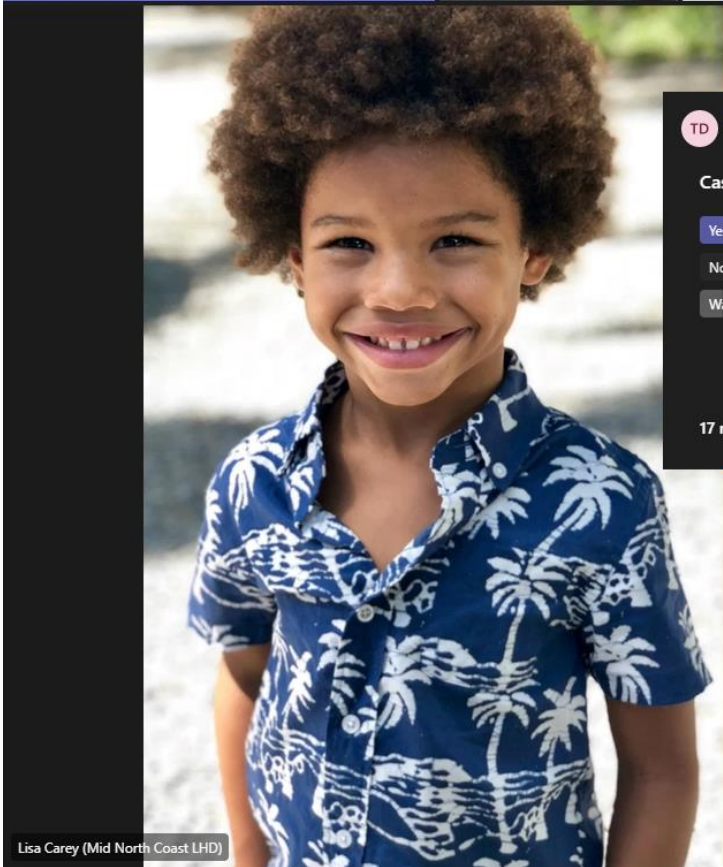
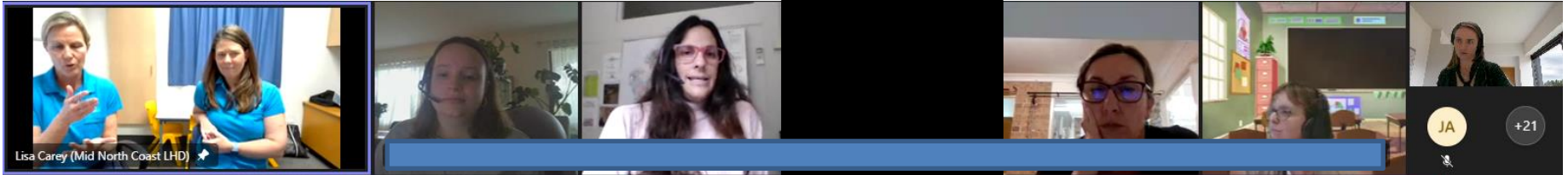
Microsoft Teams

- Attendance rates

Outcomes to date



Mix of Rural/Regional and Metro



TD Polls
Poll: Not record name ; Results shared

Case Study 2

Response	Percentage
Yes refer Your response	94%
No don't refer	0%
Wait and see	6%

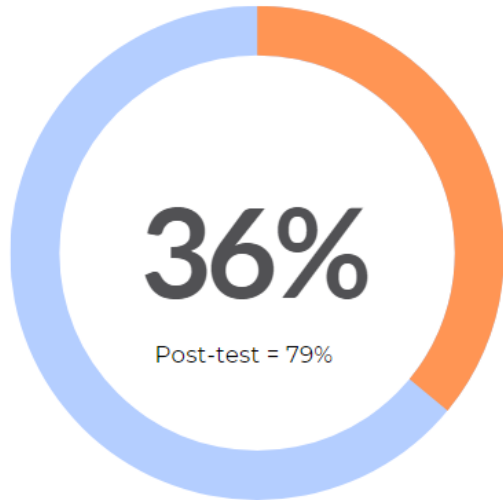
17 responses Done

noticed that he began repeating the sentences and can sometimes get

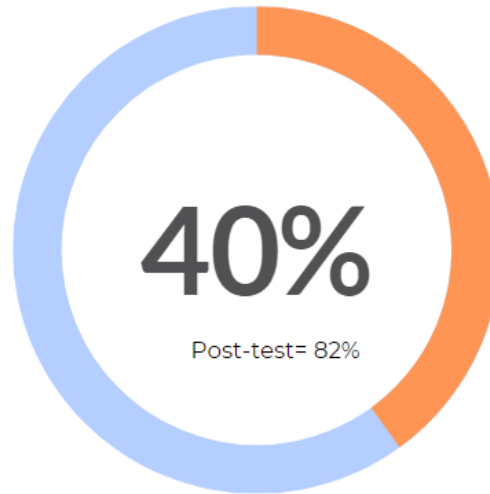
- ❖ His parents think he is just having trouble thinking of what to say.
- ❖ He speaks in long sentences and loves to speak to everyone.
- ❖ Sometimes he will get frustrated when he can't get his words out.
- ❖ The problem seems to come and go but has come back recently.
- ❖ Would you refer to speech pathology?

Lisa Carey (Mid North Coast LHD)

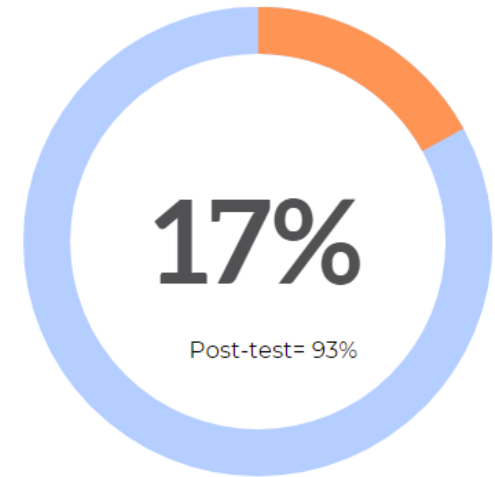
Series Overall



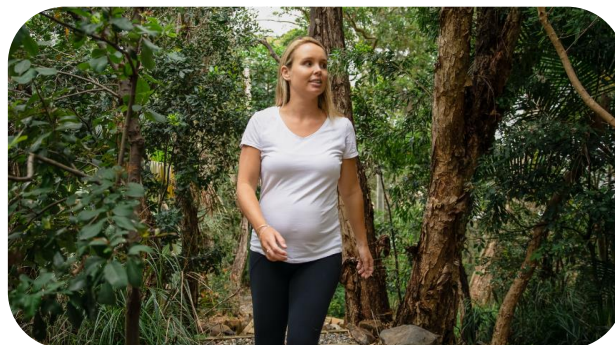
Increase in knowledge about the priority health areas



Increase in confidence to support families and children with the priority health areas



Increase in likeliness to provide support and referral pathways to families



“

Incredibly informative,
empowering and
reassuring.

”



“

Very informative and
great info about
referrals for families
with a range of needs.

”

“

Clear and concise information that
focused on the benefits of Breast
Feeding and it's importance
now and beyond the childs
2000 Days of life

”

“Having the opportunity to present on the First 2000 Days Webinar Series on the topic of Nutrition and Infant Feeding was a valuable and collaborative experience. As a health professional having current knowledge about a broad range of health topics and the ability to streamline referral pathways is so important. We can guide clients to the most appropriate pathways for the best possible outcomes.”



Symone Lindsey, Child and Family Health Nurse MNCLHD

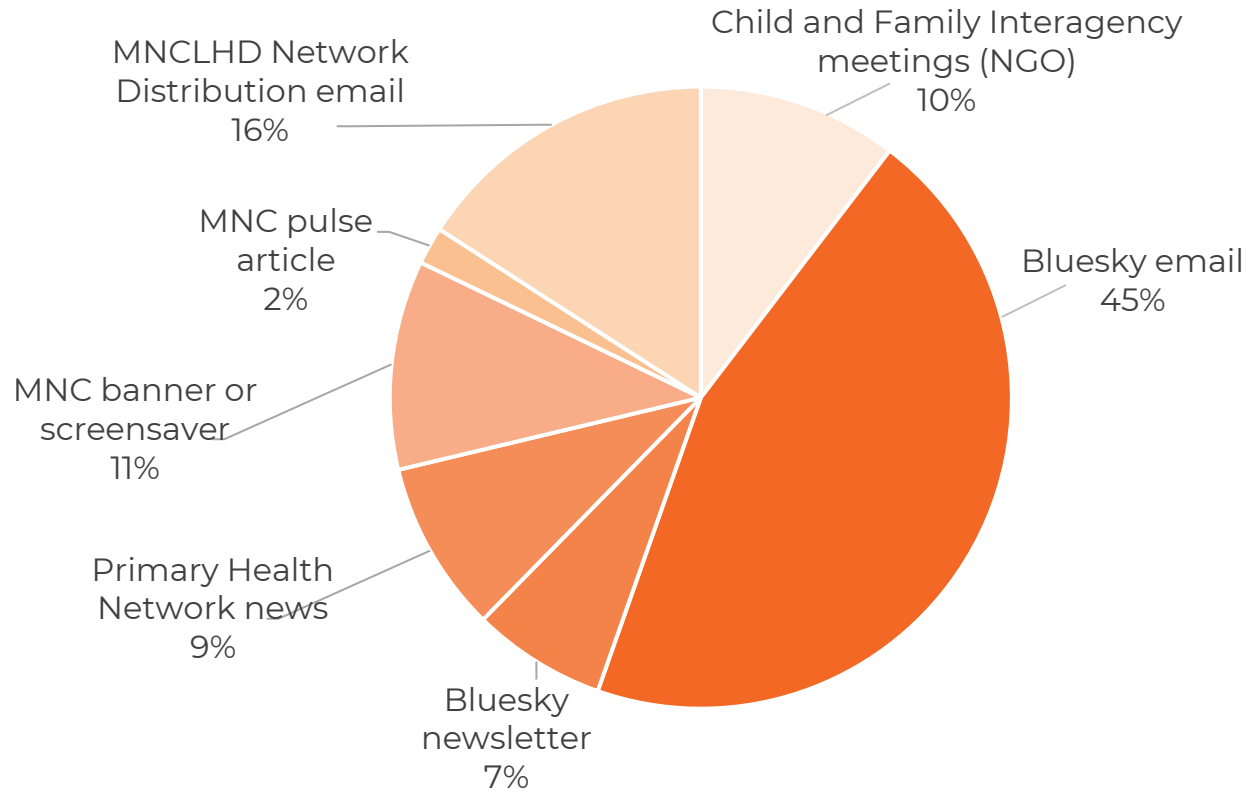


Gillian Bright, Senior Paediatric Occupational Therapist MNCLHD

“Even though it was a little daunting in the lead up to it, what it's done for me is really changed my clinical practice with regards to how I introduce this topic to parents. Even though I was the person giving the presentation, it's really made me think about screen time and delve deep into the evidence in that, and it's brought that focus back into my clinical practice and I'm much more comfortable having those discussions with parents now. So it's been a great benefit to me there and have also learned how to present webinars on a live interactive webinar. And it's made me think about video as a modality for future education. So it's been a great experience.”

Promotional Strategies

How did you find out about the webinar series?



The First 2000 Days
Session 11: Child and Family
Health Speech Pathologists

Wednesday 19 October 10am-11.30am.
Presented by Natasha Gadsen and Lisa Carey.

[Register here](#)



Strengths

COLLABORATION

- Health, Education and NGO
- Networking opportunities
- Multidisciplinary approach
- Co-development with Aboriginal Staff



CAPACITY BUILDING

- Attendees
- Presenters



WIDE REACH

- Across LHD's, Sectors and Aboriginal Organizations



SUSTAINABILITY

- Sustainable resources
- Replicable for other projects and LHD's



REPRESENTATION

- Staff working with children and families across the lifespan
- Support for CALD and Aboriginal Communities



ADAPTABLE

- Survey feedback and delivery allows adaptations of each session



Challenges

- Recruitment of clinicians for some topics like Substance Use in Pregnancy
- Understaffing in organizations
- Post-survey drop offs

Where to from now?

April to December 2023- Trial Self Directed Learning Modules for Supported Playgroup Facilitators

May 2023 – Presenting at Australian Preventive Health Conference

MNCLHD First 2000 Days Page

Webinar Series and Resources

About

Webinar 1: The First 2000 Days Overview

Webinar 2: Antenatal Care

Webinar 3: Get Healthy in Pregnancy

Webinar 4: Early Breastfeeding

Webinar 5: Sleep and Settling

Webinar 6: Nutrition and Feeding

Webinar 7: Child and Family Health Nurses

Paris Bebb and Louise Scott are both Child and Family Health Nurses and midwives based in the Coffs Clinical Network, with over 15 years' experience in these fields.

This session will focus on the role of the Child and Family Health Nurse and the importance of supporting families to access this service in the first 2000 days. It will also focus on building your knowledge and confidence to support families and carers to access Child and Family Health Services.

Analytics from July-December 2022

Total views: 1191

Avg time spent: 5 minutes



The series provides a clear guide on where to find resources + the first 2000 days resources from MNCLHD is really helpful



The Journey through Child and Family Health

Timeline stages:

- Born (0)
- In clinic (6-8 weeks)
- In clinic (12 months)
- In clinic (2 years)
- In clinic (4 years)
- 1-4 weeks
- 6 months
- 18 months
- 5 years

Video player controls: 45:00

Thank you to...

BlueSky Community Services

- Tivoli Dovers
- Oonagh Connor
- Communications Team

The Amazing Presenters

- Jody Clayton, Frances Guy, Bri-Ellen Fussell, Elizabeth Crane, Monica Carlon, Rachel Gerathy, Symone Lindsey, Louise Scott, Paris Bebb, Angeline Landry, Vanessa Amos, Michele Greenwood, Natasha Gadsen, Lisa Carey, Melinda Ricketts, Belinda Jackson, Jen Wehlow and Gillian Bright

Webinar Attendees

- Health Professionals, Parents, Social Services, Caseworkers, Teachers

Data analysis Support

- Alison Walton
- Richard Ball

Promotion and Website Support

- MNCLHD Media and Comms Unit: Steven Coates, Carolyn Guichard, Adam Dennison and Kylie Bigeni
- Amy Sawyer
- Healthy North Coast

Leadership/Strategic Support

- Nicola Kerr
- All the presenters managers

Networking and Promotion

- NSW Community of Practice attendees
- MNC Child and Family Interagency attendees
- MNCLHD Health Promotion Team