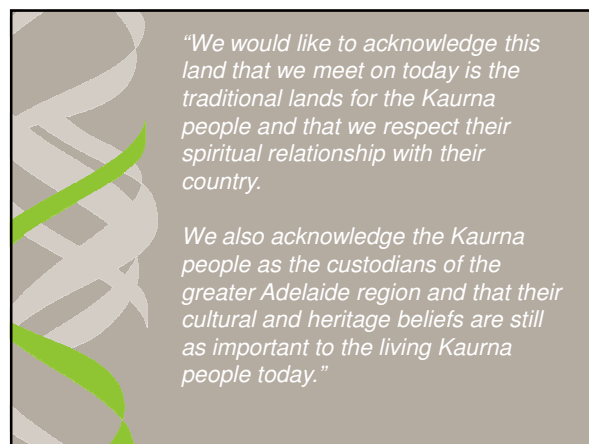


## Promoting Health and Wellbeing in Early Childhood Settings

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Children Communities Connections Conference  
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### Context – policy & research consensus

- Importance of early childhood – promotion, prevention & early intervention
- Comprehensive, integrated approaches to early learning, childcare, family support & health services
- Alter the social gradient to reduce inequity and focus on 'most vulnerable'

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### Children's Centres

Opportunities for 'joined up' action to improve outcomes for children:

- Child health & development
- Child safety
- Family wellbeing
- Early learning (> future educational achievement)

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### Achieving improved outcomes for children

1. Build child & family-friendly communities & environments
2. Deliver multiple, integrated services – responsive to needs & contexts
3. Ensure accessible service pathways
4. Target programs & coordinate care planning for unmet and additional needs

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### Health promotion: Keys to success

- Values-driven development of 'healthy' policies
- Challenge the unequal distribution of power & opportunity
- Raise awareness of the determinants of health & wellbeing
- Work inclusively, respectfully, collaboratively and flexibly
- Value the wisdom, experiences and contribution of community members

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### A 'settings' approach to promoting health & wellbeing

#### What creates health in our setting?

What changes are required?

- ❑ The way the organisation works
- ❑ Relationships with the world outside its boundaries
- ❑ Our understandings of how health & wellbeing are created

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### A settings approach

- ❑ Health & wellbeing creation is a central focus of planning
- ❑ Positive, holistic, socio-environmental concept of 'health'
- ❑ Focus on changing social/physical environments > individual behaviour
- ❑ Participation by all key stakeholders
- ❑ Change in organisation culture is one of the goals
- ❑ Focus on more equitable access to resources & opportunities to promote health & wellbeing

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### Children's Centres as settings for health & wellbeing promotion

- ❑ What it means to be *health promoting*
- ❑ Shift culture and practice
- ❑ Draw in support from a range of agencies and community members
- ❑ A *population* and *individual* approach
- ❑ Focus on equity and inclusion
- ❑ Guide implementation of *what works*

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### Steps in developing the Health & Wellbeing Framework

1. Literature/evidence review
2. Review national/international policies, strategies & standards
3. Consultation
4. Distillation

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### Broad aims of the Health and Wellbeing Framework

#### Build capacity of early childhood settings to -

- ❑ Promote child/family health & wellbeing
- ❑ Support positive parenting
- ❑ Reduce inequities in health & wellbeing outcomes

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### 8 specific aims

1. Strengthen child & family-friendly communities
2. Maximise children's healthy eating
3. Promote active play
4. Increase safety of the environment
5. Promote children's self-care
6. Protect child & maternal health & wellbeing
7. Support & strengthen parent capacity
8. Increase equitable access to health services

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### Capacity building action areas

- ❑ Policies & supportive environments
- ❑ Resource allocation & Infrastructure
- ❑ Workforce planning & development
- ❑ Partnerships & links
- ❑ Planning & evaluation processes
- ❑ Programs & services

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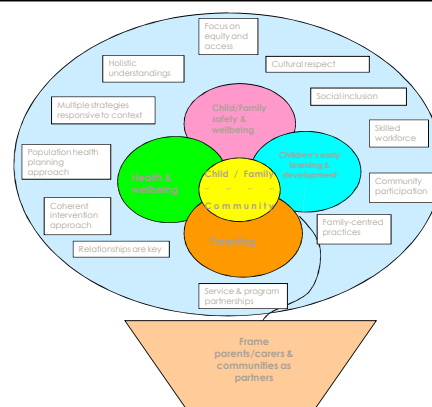
### One example... Strengthen child & family-friendly communities

Capacity building action area	Evidence-based action
Policies & supportive environments	Community engagement policy and planned participation strategies
Resource allocation & Infrastructure	Provide family/community friendly spaces Processes to facilitate access to existing services
Workforce planning & development	Community development skills Skills to address context-specific barriers to access
Partnerships & links	Site-base partnership agreement Advocacy to promote collective responsibility for children
Planning & evaluation processes	Participate in local area integrated planning
Programs & services	Parent engagement in work & adult learning Family fun days, adult social groups

### Another example...maximising children's healthy eating

Capacity building action area	Evidence-based action
Policies & supportive environments	Age appropriate nutrition policy Best practice policy for food supply
Resource allocation & Infrastructure	Ready availability of fluoridated tap water Access to standardised nutrition information Access to on-site kitchen facilities
Workforce planning & development	All workers trained in nutrition, healthy weight, oral health
Partnerships & links	<i>Eat Well Be Active</i> communities Work with parents as partners
Programs & services	Family cooking activities Community garden <i>Community Foodies</i>

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### Challenges

- ❑ Working both within and beyond our silos
- ❑ Developing a shared language and understanding
- ❑ Enhancing our capacity to address inequities within a universal approach
- ❑ Working in partnership : families, communities, agencies.

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