

Programme	Summary
Baby Steps	Baby Steps is a manualised universal antenatal programme which promotes positive parent-child relationships and provides antenatal education. Women are recruited from 24 weeks pregnant across the whole of Blackpool. The programme is delivered by NHS Health Staff (Midwives and Health Visitors) alongside NSPCC staff (Family Engagement Workers) across 12 sessions. There are seven antenatal group sessions, 3 post-natal group sessions and two home visits (one before and one after birth).
Empowering Parents Empowering Communities (EPEC) Being a Parent	EPEC – Being a Parent - is a universal evidence-based parenting course aimed at helping parents learn practical communication skills to enable them to improve their parenting abilities and increase positive parent-child interactions. The eight week programme is delivered by trained parent facilitators in children’s centres.
Family Nurse Partnership (FNP)	FNP is an intensive home visiting programme for mothers aged less than 19 years who are first time parents. Mothers are recruited early in the pregnancy and remain on the programme until their child is 2/2.5years old. Currently FNP ADAPT work is taking place to explore the how outcomes for both mother and child can be improved further.
Fathers Reading Every Day (FRED)	FRED is a universal level programme which encourage fathers to read every day to their children. Fathers are provided with books, stories and rhymes to use with their child and access to children’s centres, libraries and other local resources are promoted during the sessions. Membership of local libraries is part of our local delivery. It also encourages wider engagement with the portfolio of dads work.
Mellow Parenting (Dads)	Mellow Dad’s is a parenting group specifically for dads (CIN level) developed by Mellow Parenting. It is primarily focused on improving father-child attachment in circumstances where family relationships are very difficult and children are considered to be at risk of harm. The programme is co-delivered with partners once a week over a 14 week period.
Parents Under Pressure (PuP)	PuP is an evidence-based parenting programme which provides support to families where parental substance misuse is an issue. The programme aims to support parents through the increasing the use of mindfulness techniques and parenting skills, whilst reducing child behavioural difficulties and ultimately the potential for child abuse and neglect. The intervention is delivered to families (CIN level and CP plan) in the home over 20 weeks by a PuP trained member of the NSPCC delivery team.
SafeCare	SafeCare is an evidence-based parenting programme for parents whose children are not having their emotional or physical needs met and are at risk of abuse or neglect. The programme aims to reduce home hazards, improve child health knowledge and increase positive parent-child interaction. SafeCare is delivered in the home to families (CIN level and CP Plan) over 20 weeks by a trained member of the NSPCC delivery team.
Survivor Mum’s Companion (SMC)	SMC is a psycho-education programme for pregnant women (before 28 th week of pregnancy) who have experienced trauma or abuse. It aims to reduce symptoms of trauma, improve maternal mental health and promote positive parent-child interaction. The pilot has adapted the US model to ensure suitability for Blackpool and is currently being delivered through the NSPCC service delivery team. The programme is currently undergoing evaluation to examine the potential for up scaling.
Video Interaction Guidance	VIG is an evidence-based programme that uses a strengths based approach to

(VIG)	improve parent-child relationships where it has been identified that children are not having their emotional or physical needs met. Families are videoed on three separate occasions in the home and given positive feedback about their parenting capabilities and shown clips of positive parent-child interaction. The programme is delivered in the home to families (CIN level) over 10 weeks by a trained member of the NSPCC delivery team.
Enhanced Health Visiting Programme	The development of an enhanced model has provided additional contacts to all women and given health visitors new tools of assessment which enable them to identify and provide the support needed for each family. Includes FNP and Baby Steps.
Talk with Me	"Talk With Me" is a speech, Language and Communication (SLC) Home Visiting Service offered across the seven Better Start Wards to all young children who show SLC delays that do not meet criteria for support through specialist services. The 'Talk With Me' Service is offered to all those meeting criteria following the Health Visitor WellComm assessments at 1 year, 2-2.5 years. Families will be offered a six visits in their own home that provide language and interaction support from a trained early years professional with enhanced SLC skills and training. Additional family groups will be based in local children's centres offering group support for parents of children with similar needs.
For Babies Sake	For Babies Sake is a manualised domestic violence intervention developed by the Stefanou Foundation which works with both partners within a violent relationship to focus on relationships and the impact on the child within the household and remove harm