

Sure Start Early Days

How Does This Service Benefit New Babies and their Mothers?

Introduction

The Early Days groups in Teignmouth and Dawlish were among the first group based services to be established by the Sure Start programme, beginning in June 2003 in Teignmouth, and in Dawlish in July 2003. It was decided as a priority to set up groups providing a regular, safe and comfortable meeting place for new mums and babies, promoted through advertising in the community and through health visitors and midwives. The group is open to parents with new babies from birth until when the baby becomes mobile. Although parents with older children are invited to attend, in most cases the parents who use the group are first time parents. No crèche facilities for older children are provided.

The service was designed to smooth the way into parenthood for new, first time mums in the area in several ways:

- By countering feelings of isolation, promoting sustainable peer networks and providing a forum for shared information and experiences.
- Forging close links with health professionals, providing talks on health and hygiene issues on a regular basis, thus enabling parents to easily access health information.
- Promoting and supporting breastfeeding.
- Providing hygiene health and safety advice, thus reducing the incidence of diarrhoea and vomiting, and accidents in the home.
- Promoting best practice in the home environment in order to achieve babies' full physical, emotional and mental development.
- Providing ideas for developmental play that parents can use at home, and implementing a rolling programme of sessions covering relevant issues. e.g. weaning, speech therapy, back to work, baby in the couple relationship etc.
- The early identification of Post Natal Depression and other issues (e.g. developmental delay) by use of the relate counsellor within the group, and vigilance and involvement of other staff, thus enabling quicker referrals.

The groups are held weekly in both towns. In Teignmouth the group is lead by Kate Sandford, a project worker with a Nursery Nurse background, and supported by Mandy Hewitt, a group support worker, and Abbie Slader, a crèche worker. In Dawlish the group is lead by Wendy Viner, also with a Nursery Nurse background, supported by Debbie Baker, project worker for Early Years and Anne Priest, a crèche worker. In Teignmouth a health visitor attends the group on a monthly basis, while in Dawlish a health visitor is in attendance at most sessions. A relate counsellor alternates between the two groups for informal discussions and offers individual consultations on request. Talks on a variety of topics related to parenthood and child development are periodically organised at the group.

Does the Group Achieve its Aims?

Methodology	Monitoring information
	'Test - Retest' questionnaires (15)
	Short structured interviews (16)
	Comment books

I. Monitoring Information

Chart Showing Attendance Figures for the Teignmouth Early Days Group

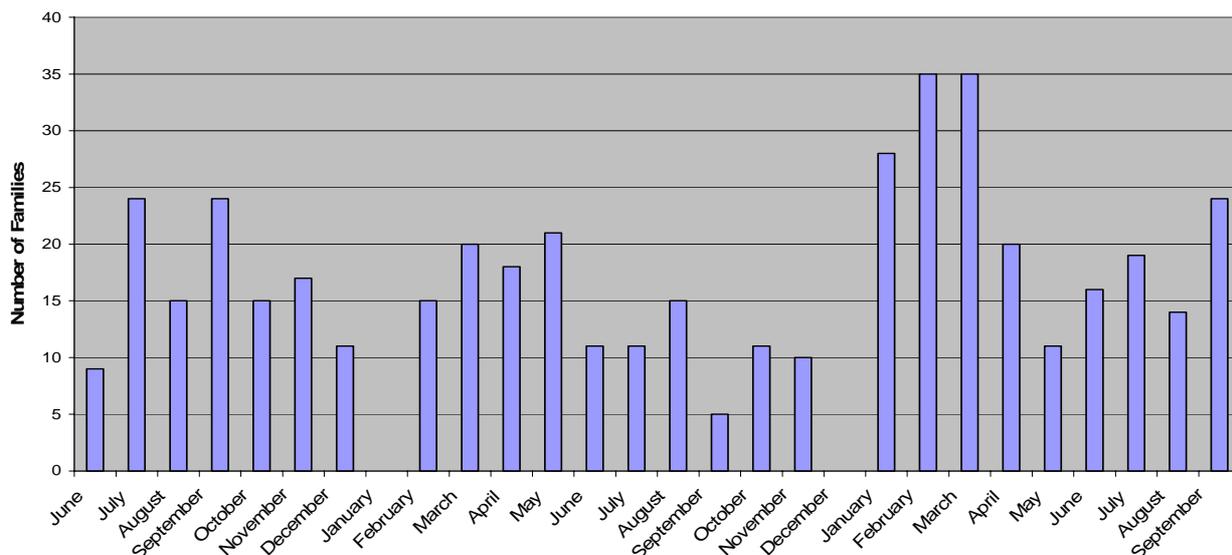
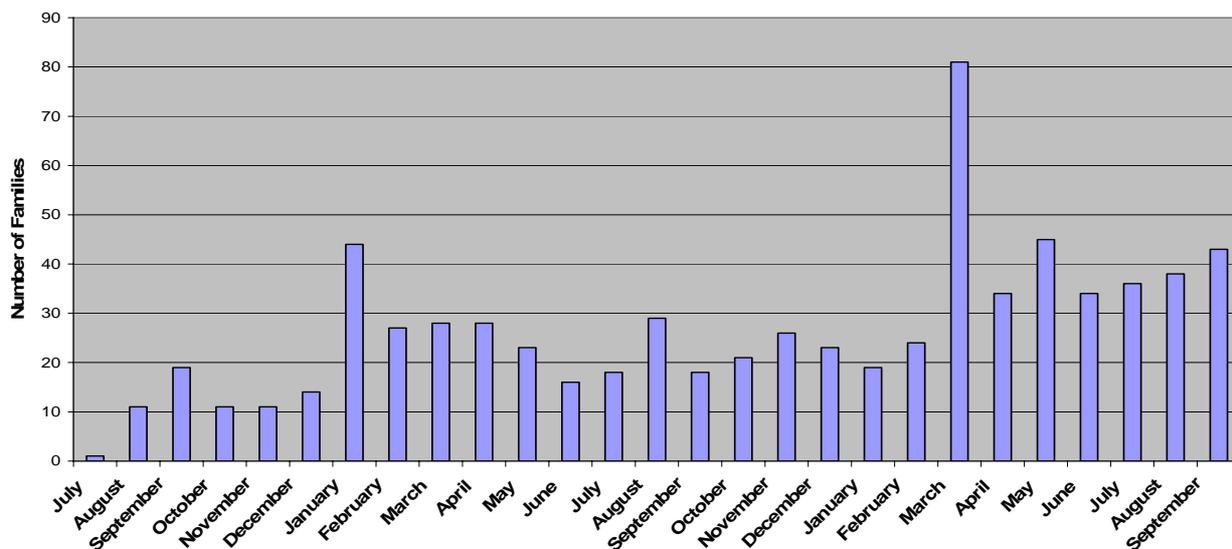


Chart Showing Attendance Figures at Dawlish Early Days Group



The above charts show healthy attendance figures for the groups, and, allowing for seasonal fluctuations, show a steady increase in numbers attending. The 'monthly attendance' was calculated by adding together the number of families attending each week in any given month, so if one family had attended every week, they would be counted four times. While this shows more families attending than is actually the case, it does reliably show trends in attendance.

Attendance was particularly high in Dawlish in January 2004 when no group was held in Teignmouth due to problems with the venue, and the two groups amalgamated for the month. Again, attendance almost doubled in Dawlish in March 2005, perhaps as a result of the programme of sessions planned for that month. (See Appendix I for a diary of session plans).

II. Repeat Trial Questionnaires.

Consultation took place between the programme's Evaluation and Research Officer (ERO) and the project workers who deliver the groups. A list of the groups' aims was compiled, and then looked at in terms of what 'needs' the groups were aiming to address. The families' needs were broken down in to the following categories,

1. Living Situation
2. Family and Social Relationships
3. Physical and psychological health
4. Education and employment
5. Social and anti-social behaviour.

A 'matrix' was drawn up, looking at the needs of the mothers and babies, the 'realistic worst outcome' and the 'realistic best outcome' after 9 months were then considered. Questions were then constructed to establish to what extent the needs of the mothers and babies had been met, and at what point they were between the two outcomes.

For example, one of the aims of the Early Days group is to *counter feelings of isolation in new mums and promote sustainable peer networks*. This is to fulfil the **need** to develop sustainable peer networks. The **realistic worst outcome** after 9 months is isolation, while the **best outcome** is that parents develop friendships with peers. Questions to establish the extent to which that need has been met include 'Do you feel isolated', and 'If you need a favour, can you easily find someone to help?' (See appendix II)

Two questionnaires were then developed. The first questionnaire was planned to be administered to new mothers when they first attend the group. The second (re-test) questionnaire was designed to be completed by the mothers when their baby reached the age of 9 months, before they moved on to other groups for older babies and toddlers.

The questionnaires comprised a list of statements which respondents were asked to rate the extent they agreed with. Further questions asked whether respondents had planned to breastfeed, whether they had actually managed to do so, and whether they felt they had had enough support. Questions were also asked about health and safety issues, and the mothers' aspirations regarding training, education and employment. (See Appendix III)

However, after a year of this system being in place, it became clear it was not working as well as anticipated. The project workers had serious reservations about asking new mums to complete questionnaires on their first visit when a cup of tea and a warm welcome would be more appropriate. It also proved difficult to 'catch' the mothers at the 9 month point before they moved on. The groups in both Teignmouth and Dawlish had gathered popularity considerably over the two years, and the staff delivering the sessions were fully occupied in talking with, advising and supporting the mothers, leaving little time to think about administering questionnaires.

At this point, approximately 30 completed 'Early Days Form I's had been collected, but only one could be matched with a completed 'Form II'. It was then decided to post the second

form to all mothers who had completed the first form whose baby had reached 9 months of age. Twenty five 'Form II's were sent out with a stamped addressed envelope. Fourteen completed questionnaires were returned. (Totalling 15 with the one that had been collected at the group).

Findings

Early Days Responses

Section 1

	Q1	Q2	Q1 - Q2
1. How old is your baby? (average in weeks)	15	64	49
2. Are you still in a relationship with the baby's father? (Number of 'Yes' responses)	15	15	0
3. Do you live together? (Number of 'Yes' responses)	15	15	0

Section 11

1 = strongly disagree, 2 = disagree, 3 = neither agree nor disagree,
4 = agree, 5 = strongly agree

	Average from Q1	Average from Q2	Difference Q1-Q2
1. I often feel isolated.	2.20	1.93	0.27
2. I have people I can turn to in a crisis.	4.40	4.67	0.27
3. If I need a favour, I can easily find someone to help.	4.07	4.07	0.00
4. I have good friends with babies and young children.	4.13	4.47	0.33
5. I have people I can talk with about baby related issues.	4.33	4.53	0.20
6. I have people I can talk with about my feelings relating to motherhood.	4.07	4.33	0.27
7. I think I am coping with being a parent at least as well, if not better, than most.	3.87	3.93	0.07
8. My partner has been understanding and supportive since the baby was born.	4.53	4.47	-0.07
9. We seem to argue more since the baby was born	2.40	2.53	-0.13

The table above shows the responses to the questions in the Early Days forms. The first column (Q1) shows average responses from the 'Early Days Form I', the figures in the next column (Q2) shows average responses from the 'Early Days Form II'. The end column (Q1-Q2) shows the average difference between the two.

- Out of fifteen respondents, all were still in a relationship with, and still living with the baby's father at the time they completed both questionnaires.
- On average, small but positive changes were found in the extent to which the mothers agreed with statements 1-7.
- A negative change (on average) was noted in response to statements 8 and 9 (These statements both relate to feelings about the baby's father). These changes are, however, very small.

The table below shows average responses to questions in section II of the questionnaire relating to health, and section III which in the first questionnaire asked mothers about their plans and hopes for the following year regarding further education and employment, and in the second asks to what extent their expectations were realised.

Section 111	Number of 'Yes' Responses
1. Before your baby was born, did you plan to breastfeed?	13
2. Did you actually manage to breastfeed?	10
3. Do you feel that you have had enough help, support and information about breastfeeding?	12
4. Has your baby suffered any of the following?	
Diarrhoea and vomiting?	7
Respiratory Infection?	1
An accident?	4
5. Are you hoping to take part in any further/adult education in the next year?	4
Achieved?	2
6. Are you planning to return to work in the next year?	11
Achieved?	10
7. Do you think you have access to good career information?	12
8. Has the cost of childcare ever stopped you from looking for work?	6
9. Has the availability of childcare ever stopped you from looking for work?	5
10. Are you happy in your present situation?	13
11. Have you attended any other SureStart groups?	12
13. Do you plan to go to any other SureStart groups?	10

- Thirteen out of the fifteen mums planned to breastfeed.
- Ten actually managed to breastfeed.
- Twelve of the mothers agreed they had enough information and support.
- 7 of the babies had suffered from vomiting and diarrhoea. (although the severity is not known)
- 1 baby has had a respiratory infection
- 4 babies have had accidents (again, the severity is not known. One mother, however, wrote 'Nothing serious, lots of bumps.)
- 4 mothers planned to take part in adult or further education in the next year. 2 actually did.
- 11 mothers planned to return to work, 10 actually did return.
- 12 felt they had access to good career information.
- 6 said the cost of childcare had prevented them from looking for work.
- 5 said the availability of childcare had deterred them from seeking work.
- 13 out of 15 reported being happy in their present situation.
- 10 planned to go to other Sure Start groups in future. 12 actually did (or do) go.

II. Short Structured Interviews.

It was decided that although the information collected from the questionnaires may contribute to the evaluation of the service, it would be useful to collect some more qualitative information from some of the mothers who use the group. To do this, questions were devised for short structured interviews to be conducted at the groups by the programme ERO (see Appendix IV). It was decided to consult all mothers attending the groups on one given day, whose babies were over 6 months, provided they were happy about being interviewed.

All mothers asked agreed they were happy to be interviewed. The purpose of the interviews was explained before they took place. They were assured confidentiality, and that their name would not be connected with the information they gave. They were also advised that they could stop the interview at any time if they wished, and need not answer any question they did not want to.

Findings

- 9 Mothers from Teignmouth were interviewed, and 7 from Dawlish.
- The average age of the babies was 8 months, and ranged from 18 weeks to 60 weeks.
- 15 were first time mothers
- The babies' ages at their first visit to the group ranged from 2 weeks to 35 weeks
- All the mothers said they came every week to the group, or tried to.
- All described positively their greeting on arrival the first time they visited the group.
- 12 said that when they arrived at the group for the first time, they did not know any of the other mothers there.
- Twelve said that attending the group helped them to get through the early days with their new baby. (Those who did not had only joined the group recently, and felt the question was not applicable.)
- Asked how the group helped, responses included; Meeting and talking to other mums, improved social life, Sharing ideas and worries, 'Nice to get out', making friends, relief from stress, and regular support, advice and information from staff
- 15 out of the 16 said they had made friends by through the group. (The mother who had not made friends had only attended twice.)
- All but one mothers said they had been able to seek advice from the staff at the group. (the other one said she had not needed to seek advice)
- The nature of the advice included;
Weaning (12 responses), Sleeping (3 responses), Colic / constipation (2 responses), Teething (3 responses), Breastfeeding (2 responses), Allergies (1 response), First aid (1 response), Childcare (1 response).
- Fourteen of the mothers has managed to breastfeed at least briefly
- All felt they had been well supported in their breastfeeding
- Further comments about the Early Days group included;
'It's very worthwhile, the advice is always helpful'
'Friendly and enjoyable, the babies can interact with other babies'
'Brilliant, it's nice to relax and talk'
'A follow on group would be good, with the same project workers'
'It's a great group; my baby loves the sing-song'
'The staff encourage us to mix, and give good advice'

Comment Books

Comment books are available at most of the Sure Start groups, and parents are invited to write any suggestions or feedback they have about the groups. The next two pages show a complete list of all the comments written by mothers in the comment book at the Teignmouth Early Days group. It is clear from the nature of the feedback that these mothers find the group an extremely valuable service for themselves and their babies.

Wonderful group! May it continue for when I have another baby in 10 years!

Fantastic! Daniel and I love coming here and it has been a lifeline for me over the past year or so!

Friendly, caring staff and good location. A real lifeline that keeps me sane! And a lovely cuppa.

Brilliant resource - it's been lovely to meet other mums, + Freya enjoys all the toys, and other babies too! Many thanks for accepting me as a Newton Abbot outsider!!

Lily and I look forward to Early Days. Gives us a chance to chat about shared problems and reassures us on many issues. We've also made some great friends.

We really enjoy coming to early days. It's great to meet up and chat with other mums. All the babies love it, and the staff are great.

It's a really great group - to meet other mums and also to get helpful advice. Malaika really enjoys herself and has made lots of friends.

Early Days has got to be the best group in Teignmouth. It's easy to relax and meet other mums. Chloe and I will miss it in a few months when she gets mobile. She's made friends and even a best friend.

Early Days has helped me and Bailey make some great friend. It is a brill place to get some advice and support from Kate and Abi. Bailey loves playing with the other under ones, which we've seen since he was 12 days old. It is also nice to see new arrivals! I'm going to be sad to leave when Bailey reaches one. But will be coming back in February with Baby Number 2.

We couldn't live without Early Days. I always feel better when I get home, after receiving so much support and advice, no matter how I felt before I came. It's lovely to have people around who don't think you're constantly moaning when I go on about Archie's teething. Thank you Kate, Nicky, Abi and all the others who make Early Days so great. I'll miss it loads when I have to go back to work.

Amelia and I both enjoy Early Days every week and like playing in the soft play area. Everyone is very friendly and the staff are excellent.

We look forward to Early Days, we have met lots of lovely people.

Early Days is a great group. It's easy to meet people and make friends with other mums.

The best thing about Early Days is that it makes you realise you're not on your own. There are other mums who are struggling to get out of the door in the morning! And the fact that you get a nice hot drink is great! (at home my tea's always cold before I drink it!) It's great to discuss baby things with others who understand and who have experience. We look forward to Tuesdays now as the group is good fun and a good place to meet new people. Thank you for your support so far.

Early Days has been a fantastic opportunity for me and William to meet some new people, especially as we have only lived here for two years. It has been a great information source for new mums, and you receive great support. Thank you all and we have made some great friends.

It's taken 7 months to get to the group, and what a fantastic group it is. The support and advice is brilliant. Bethany and myself have both made good friends because of the group.

Me and Phoebe have really enjoyed coming to Early Days these past few weeks, it's really brought her out of her shell and gets her used to other babies in a lovely atmosphere.

Great way of meeting other people in the same situation, having the same problems and realising you're not on your own. Have made some good friends and hope to stay in touch.

Charlie and I have been coming to Early Days now for about 2 months. Charlie enjoys playing with the toys and it gives me a chance to speak to other mums and have five minutes to myself. Charlie benefits from being with other children too. Everyone is really friendly and makes you feel very welcome.

Discussion of Findings

The monitoring of attendance figures at the group clearly demonstrate that Early Days is a popular group, which has been successful in retaining regulars, as well as attracting new mothers. (Indeed, all the mothers taking part in the interviews said they attended every week possible)

While the test - retest questionnaires did not prove as successful as hoped in assessing how families benefited from the group, some useful information was gathered from them. Positive changes in the mother's feelings in relation to the statements in the questionnaire were found, although the changes were small. However, the average age of the babies at the time the mothers completed the first questionnaire was 15 weeks (almost four months). This means that in many cases the mothers would have been attending the group for weeks (if not months) at that point in time. Some of the positive affects of attending the group therefore, could have already occurred, thus reducing the extent of the changes observed between the two questionnaires.

If time and resources allowed, the use of a control group of mothers who had not attended any such group would have been helpful in order to demonstrate that these positive changes were a result of the group, and not changes that would have occurred anyway for a new mother between 15 and 64 weeks after the birth of the baby.

Of the mothers completing the questionnaires, ten out of fifteen managed to breastfeed, (67%), while of the mothers who took part in the interviews, fourteen out of sixteen breastfed at least briefly. (88%). This compares favourably with the national average in England and Wales (2000), where 71% of mothers breastfeed at some point, but by four months only 29% are still breastfeeding. Twelve out of fifteen of the mothers completing the questionnaires, and all the mothers interviewed, felt they had receive enough support in their breastfeeding.

Sure Start had national targets around the reduction of hospital admissions of babies with diarrhoea and vomiting, respiratory infections and accidents. It is difficult to draw conclusions from the information gathered from the questionnaires regarding this, as the severity of the cases is not known. (One mother who reported her baby as having had an accident wrote 'nothing serious, lots of bumps!') With hindsight it would have been better to ask if the babies had ever been admitted to hospital with any of the aforementioned conditions, and again, if resources allowed, to administer the questionnaire to a similar group of mothers who had not attended such a group for comparison.

Ten out of the fifteen mothers completing questionnaires returned to work in the year after having their baby, with one mother planning to return but not actually doing so. No information was gathered as to why this was. It could well have been a personal choice. It seems, however, that the availability of affordable childcare is still an issue deterring many mothers from working, with 6 out of fifteen saying that the cost of childcare has stopped them looking for work, and five saying that the availability of childcare is an issue. Thirteen out of the fifteen, however, said they were happy in their present situation.

A high proportion of the mothers did go, and planned to go in the future, to other Sure Start groups. A common theme emerging from the questionnaires, the interviews and the comment books was the need for a follow on group. Many mothers felt that their babies at 9 months to a year were not ready for the 'rough and tumble' of toddler groups. This is being addressed by the programme with the recent introduction of 'Soft Play' in Teignmouth (which is divided in to 'age banded' sessions). 'Heuristic Play' sessions are also being planned for Dawlish, beginning in January 2006, which will be divided into sessions for 'crawlers' and 'confident walkers'. These sessions will be delivered by members of staff who currently support the Early Days group, thus providing a link to support mothers moving on from one group to the next.

From the interviews and the comment books, it is clear that the mothers involved benefit from the group in many of the ways outlined in the group's aims. The group was described as welcoming, and while some mothers felt nervous going to the group for the first time, they felt they were well received, and quickly involved in the group. All who had attended for at least a month felt they had developed friendships through the group, and found Early Days a valuable forum for sharing problems and anxieties regarding babies and motherhood.

Feedback from the interviews and the comment books also show conclusively that the group is valued by mothers as a means of seeking and receiving good advice regarding a wide range of issues such as weaning, sleeping, babies health problems, teething, breastfeeding, first aid and childcare.

It was noted that of the mothers completing the questionnaires, all were in a relationship with, and living with, their baby's father. This may suggest that single parents are under-represented at the group. Further work is presently being planned to assess the inclusiveness of Sure Start as a programme, and the groups delivered.

Conclusions

Sure Start's Early Days groups are now established, and thriving, and are of enormous benefit to new parents, who have described them as a 'lifeline'. The staff delivering the sessions have earned the trust of the mothers attending, who value their advice on a range of mother and baby issues.

Mothers using the group have invariably found it an excellent means of developing friendships with others who have babies the same age as their own, and for airing and sharing experiences and worries. Many have requested a follow on group, which is now being addressed by the programme.

Further evaluation needs to be done to assess to what extent mothers from different backgrounds and situations are accessing the group.

Appendix

Examples of Session Programmes.	Page 12
Matrix of 'needs'.	Page 14
Questionnaire 1.	Page 16
Questionnaire II.	Page 18
Schedule for short interviews.	Page 20



Early Days

Teignmouth.

<i>Date</i>	<i>Activities</i>
<i>16th Aug</i>	<i>Hand and foot prints with paint.</i>
<i>23rd Aug</i>	<i>Free session</i>
<i>30th Aug</i>	<i>Nicki Burgess Child Minder support worker, to discuss child minding.</i>
<i>6th Sept</i>	<i>First Aid for your baby with the red cross</i>
<i>13th Sept</i>	<i>Sensory bottle making.</i>
<i>20th Sept</i>	<i>Free session.</i>
<i>27th Sept</i>	<i>Your baby's development, ages and stages.</i>
<i>4th Oct</i>	<i>Treasure basket session.</i>
<i>11th Oct</i>	<i>Baby massage session.</i>
<i>18th Oct</i>	<i>Free session</i>



Early Days

Teignmouth.

<i>Date</i>	<i>Activities</i>
<i>1st Nov</i>	<i>Hand and foot prints with paint.</i>
<i>8th Nov</i>	<i>Free session</i>
<i>15th Nov</i>	<i>Music Session</i>
<i>22nd Nov</i>	<i>Safety Session.</i>
<i>29th Nov</i>	<i>Toys for ages and stages</i>
<i>6th Dec</i>	<i>Free Session</i>
<i>13th Dec</i>	<i>Christmas Party</i>



Framework for Evaluation

	<u>Needs</u>	<u>Realistic worst outcome(group) no service</u>	<u>Realistic best outcome(group) no service</u>	<u>Measures</u> → ← ?
		(after 9 months)		
<u>Living Situation</u>	Continuation of present situation. Stability Advise Bigger accommodation	Lose home > homelessness. One parent leaves.	Continuation of family living together in home environment.	<i>Have you changed address since your baby was born?</i>
<u>Family and social relationships</u>	Parents – Need to develop sustainable peer networks. Need support in adjusting relationship to accommodate baby. Babies- Need a safe environment to begin to interact with other peers.	Isolated parents (or parent) Relationship deteriorates or breaks down. Child has problems interacting.	Parents develop friendships with peers. Relationship thrives. Child is well adjusted and interacts well with others.	<i>Do you feel isolated? How many people can you count on as friends (or ask a favour?) Rate relationship with partner, now and retrospectively. Has arrival of baby affected your relationship? Do you argue regularly? How often? Can health visitor make a judgement about the likelihood of child having problems interacting?</i>
<u>Physical and psychological health</u>	Parents- To share and discuss feelings with professionals and peers about parenthood. Support, information and advice on breastfeeding. Babies- Access to information and advise on health issues (for parents) Monitoring of health and development.	Post natal depression Low confidence. Breastfeeding ceases through lack of support. No information on health issues > poor diet, more accidents, more illness. Problems not identified so lose opportunity for early intervention. Failure to thrive.	No post natal depression High confidence. Breastfeeding continues if it is what the mother wants. Parents well informed therefore nutrition, safety and hygiene issues all observed. Problems identified and addressed.	<i>Scale of depression and self esteem. I seem to be coping better/ about the same/worse than most. Did you breastfeed? Do you still? Stopped because(options) Has child suffered bout of diarrhoea and vomiting? Had an accident? Health visitor measurement... Significant actual impairment / likely impairment / no impairment.</i>

<u>Education and Employment</u>	<p>Parents</p> <p>Advice on best practice in parenting</p> <p>Advice, information and support regarding return to work and/or courses available.</p> <p>Babies</p> <p>Early stimulation</p>	<p>No development of parenting or employment skills</p> <p>No education or courses taken.</p> <p>No employment found.</p> <p>Poor pre-school learning leading to impaired ability to learn.</p>	<p>Improved parenting and employment skills</p> <p>Parents taking part in courses.</p> <p>Employment found (If that is what parent wants.)</p> <p>Enhanced ability to learn.</p>	<p>Questions concerning the use of services available.</p> <p>What courses?</p>
<u>Social and Anti-social behaviour</u>	<p>Babies</p> <p>Need to learn rules of social interaction.</p>	<p>No learning to interact.</p>	<p>Some learning.</p>	<p>Health visitor observations.</p>

Early Days Form 1

As we want to ensure that our services are beneficial to their users, we would be grateful if you could spend five minutes to complete this form. The information you give will be anonymised, and will be viewed only by the person responsible for analysing the responses.

Identification (name or family number).....

Section 1

1. How old is your baby?
2. Are you still in a relationship with the baby's father? Y / N
(If no, please go to next section)
3. Do you live together? Y / N

Section 11

Please indicate the extent to which you agree with the following statements by circling the number which best describes how you feel.

1 = strongly disagree, 2 = disagree, 3 = neither agree nor disagree,
4 = agree 5 = agree strongly

- | | | | | | |
|--|---|---|---|---|---|
| 1. I often feel isolated. | 1 | 2 | 3 | 4 | 5 |
| 2. I have people I can turn to in a crisis. | 1 | 2 | 3 | 4 | 5 |
| 3. If I need a favour, I can easily find someone to help. | 1 | 2 | 3 | 4 | 5 |
| 4. I have good friends with babies and young children. | 1 | 2 | 3 | 4 | 5 |
| 5. I have people I can talk with about baby related issues. | 1 | 2 | 3 | 4 | 5 |
| 6. I have people I can talk with about my feelings relating to motherhood. | 1 | 2 | 3 | 4 | 5 |
| 7. I think I am coping with being a parent at least as well, if not better, than most. | 1 | 2 | 3 | 4 | 5 |

(You only need to answer the following questions if you have a partner)

- | | | | | | |
|--|---|---|---|---|---|
| 8. My partner has been understanding and supportive since the baby was born. | 1 | 2 | 3 | 4 | 5 |
| 9. We seem to argue more since the baby was born. | 1 | 2 | 3 | 4 | 5 |

Section 111

- | | |
|--|-------|
| 1. Before your baby was born, did you plan to breastfeed? | Y / N |
| 2. Did you actually manage to breastfeed? | Y / N |
| 3. Are you still breastfeeding? | Y/N |
| 4. If yes, how long do you hope to continue? | |
| 5. Do you feel that you have had enough help, support and information about breastfeeding? | Y / N |
| 6. Has your baby suffered any of the following? | |
| Diarrhoea and vomiting? | Y / N |
| Respiratory Infection? | Y / N |
| An accident? | Y / N |

Section 1V

- | | |
|---|-------|
| 1. Are you hoping to take part in any further/adult education in the next year? | Y / N |
| 2. Are you planning to return to work in the next year? | Y / N |
| 3. Have you attended any other SureStart groups? | Y / N |
| If so, which? | |
| | |
| 4. Do you plan to go to any other SureStart groups? | Y / N |
| If so, which? | |
| | |

Thank you for taking the time to complete the questionnaire. We appreciate your help.

Early Days Form 11

As we want to ensure that our services are beneficial to their users, we would be grateful if you could spend five minutes to complete this form, designed to be completed when your baby reaches 9 months old. The information you give will be anonymised, and will be viewed only by the person responsible for analysing the responses.

Identification (Name or family number).....

Section 1

1. How old is your baby?
2. Are you still in a relationship with the baby's father? Y / N
(If no, please go to question 4)
3. Do you live together? Y / N
4. Have you moved houses since your baby was born? Y / N
5. Do you see this as a positive move? Y / N

Section 11

Please indicate the extent to which you agree with the following statements by circling the number which best describes how you feel.

1 = strongly disagree, 2 = disagree, 3 = neither agree nor disagree,
4 = agree 5 = agree strongly

- | | | | | | |
|--|---|---|---|---|---|
| 1. I often feel isolated. | 1 | 2 | 3 | 4 | 5 |
| 2. I have people I can turn to in a crisis. | 1 | 2 | 3 | 4 | 5 |
| 3. If I need a favour, I can easily find someone to help. | 1 | 2 | 3 | 4 | 5 |
| 4. I have good friends with babies and young children. | 1 | 2 | 3 | 4 | 5 |
| 5. I have people I can talk with about baby related issues. | 1 | 2 | 3 | 4 | 5 |
| 6. I have people I can talk with about my feelings relating to motherhood. | 1 | 2 | 3 | 4 | 5 |
| 7. I think I am coping with being a parent at least as well, if not better, than most. | 1 | 2 | 3 | 4 | 5 |
| 8. I have made new friends as a result of attending the Early Days group. | 1 | 2 | 3 | 4 | 5 |
| 9. I can contact and meet up with friends I have met through 'Early Days'. | 1 | 2 | 3 | 4 | 5 |

(You only need to answer the following questions if you have a partner)

10. My partner has been understanding and supportive since the baby was born.

1 2 3 4 5

9. We seem to argue more since the baby was born.

1 2 3 4 5

Section 111

3. Are you still breastfeeding?

Y/N

5. Do you feel that you have had enough help, support and information about breastfeeding? Y / N

6. Has your baby suffered any of the following;

Diarrhoea and vomiting? Y / N

Respiratory Infection? Y / N

An accident? Y / N

Section 1V

1. Are you involved in any adult/ further education at the moment?

Y / N

2. Are you doing any paid work at the moment?

Y / N

3. Are you happy with your present situation?

Y / N

4. Has availability of child care deterred you from working or enrolling on a course?

Y / N

5. Has the cost of child care deterred you from working or enrolling on a course?

Y / N

6. Are there any other factors which might deter you from doing paid work?

.....

.....

7. Do you feel you have access to the career information you need?

Y / N

8. Are you happy with your present situation?

Y / N

9. Have you attended any other SureStart groups?

Y/N

If so, which?.....

Do you plan to go to any other SureStart groups?

Y / N

If so, which?.....

Thank you for taking the time to complete this questionnaire. We appreciate your help.

Short Interview Schedule

Early Days - Some questions for parents.

1. How old is your baby?
2. Is s/he your first?
3. When did you start coming to the group?
4. How regularly do you come?
5. How did you feel the first time you came - how were you welcomed?
6. Did you know many/any other mums at the group?
7. Has the group helped you get through the early days with your baby?
8. If so, in what way?
9. Have you made friends through attending the group?
10. Have you been able to seek advice from the staff at the group?
11. What kind of advice?
12. Did you manage to breastfeed your baby?
13. Are you happy with the support and advice you received about feeding?
14. Have you got any further comments you would like to make about the group?