

SURE START SCOTLAND



Bulletin 18: July 2004

WELCOME TO SURE START SCOTLAND'S 18TH BULLETIN



Dear readers,

This issue of the Sure Start Scotland bulletin will focus on post and peri-natal support for parents. We've had a very good response on this subject and this issue includes some really diverse and interesting projects. As ever, I'd like to say a big thanks to all those who put their hard work into words and contributed articles for this edition.

There are two subjects to choose from as the main theme of the next issue. These are:

Child safety

or

Children affected by parental substance misuse.

Please email your preferred topic to me at joseph.leftwich@scotland.gov.uk

Hope you enjoy issue 18

STAFF

The Children and Families Division which has responsibility for Sure Start Scotland is headed by Maureen Verrall. Maureen's staff who work with Sure Start Scotland are:

| | |
|-----------------|---------------|
| Elena Groll | 0131 244 0253 |
| Margaret Tod | 0131 244 7024 |
| Joseph Leftwich | 0131 244 7583 |
| Gareth Mould | 0131 244 7028 |

Our postal address is:

Area 2B North Victoria Quay

Edinburgh EH6 6QQ

To email any member of staff:

firstname.surname@scotland.gsi.gov.uk

NEWS AND INTERESTING BITS AND PIECES

CHILDREN & YOUNG PEOPLE CABINET DELIVERY GROUP AND INTEGRATED PLANNING LETTER

A letter issued jointly by Scottish Executive Departments in May updated on the work of the Children and Young People Cabinet Delivery Group, chaired by the Minister for Education and Young People and involving the First Minister, Deputy First Minister and all relevant portfolio Ministers. The Delivery Group is leading the integration agenda for children's services across 5 priority areas – ensuring a clear Vision for Children and Young People; Improving Integrated Planning & Delivery; Assessment & Information Sharing, Joint Inspection and Workforce Development. These themes will be reflected in the Integrated Early Years Strategy – due to publish shortly. The letter also indicated that revised guidance on integrated Children's Services planning will also issue this summer – drawing together existing planning requirements for education, child health, youth justice and other children's services, including Sure Start. Copies of the letter are available on the Scottish Executive web page. <http://www.scotland.gov.uk/about/ED/CnF/00017842/Planning.aspx> or from Children & Families Division (tel: 0131 244 0977).

INTEGRATED EARLY YEARS STRATEGY

Many of you will have been looking out for the publication of the Integrated Early Years Strategy. We had hoped that the strategy would be published in the early summer, but it had not been completed by the time we hit the summer recess period. It is now likely that it will be published in September. Some of you have indicated that you are awaiting publication to help inform the planning process for the next couple of years on how to bring about or improve integrated services for young children and their families. We appreciate this and apologise for the delay. It may be useful to underline that the main principles are still as outlined in the draft strategy that went out for consultation last year (www.scotland.gov.uk/library5/education/isey.pdf). You could, therefore begin the process of bringing partners together to discuss the principles and how these might translate into local circumstances, with the finalised version becoming available at a point when you might be considering actual plans in more detail. Please feel free to contact Elena Groll on 0131 244 0253 or Shuna Cant on 0131 244 7852 if you would like to discuss this issue further.



BREASTFEEDING: AN OPPORTUNITY TO IMPROVE THE HEALTH OF SCOTLAND'S CHILDREN

BREASTFEEDING: AN OPPORTUNITY TO IMPROVE THE HEALTH OF SCOTLAND'S CHILDREN

A healthy diet and lifestyle are key to improving the health of the Scottish people and it is becoming increasingly clear that healthy eating should start in infancy. Breastfeeding is the optimal method of infant feeding, has major health advantages for both mother and baby, and, for the baby, continues to confer health gain into childhood and beyond. Cognitive gain in breastfed children is still measurable at the age of 15 years. Considerable cost benefits are also to be gained from increased breastfeeding. In deprived communities where there are higher levels of premature births and multiple social problems, breastfeeding has an even greater potential to impact positively on the community through health and psychosocial benefit.

Health benefits of breastfeeding for mother and baby.

Breastfeeding reduces the infant's risk of:

- Gastrointestinal infection
- Lower respiratory tract infection
- Ear infection
- Urinary tract infection
- Childhood onset of diabetes
- Childhood obesity
- Atopic illness (eczema and asthma)

Additional benefits for premature babies:

Reduced risk of Neonatal enterocolitis
Improved vision

Improved cognitive development, and reduces maternal risk of:

- Breast cancer
- Ovarian cancer
- Hip fracture (in later life)

Breastfeeding rates in Scotland remained amongst the lowest in Western Europe until the early 1990s. In 1990 only 50% of mothers initiated breastfeeding and many of those mothers gave up breastfeeding within the early weeks after birth. Since the early 1990s government policy has increasingly supported breastfeeding with a target set for 50% of mothers to be still breastfeeding their babies at six weeks of life by 2005. The government appointed Scottish Breastfeeding Group has maintained a focus on breastfeeding and health professional knowledge and practice have improved. In the last five yearly Infant Feeding Survey in 2000, the initiation of breastfeeding had increased to 63% and from 6 weeks onwards Scottish mothers were found to be more likely to continue breastfeeding than mothers elsewhere in the UK. Breastfeeding mothers have also had increased support through NHS Health



Scotland information and resources and from NHS Board breastfeeding strategies. However it is clear that the benefits of breastfeeding are not experienced equally across the social classes with 60% of mothers from higher occupational groups still breastfeeding at six weeks compared with only 28% of mothers in lower occupational groups.

CULTURAL INFLUENCES

Cultural and social attitudes have an important influence on how people feel about breastfeeding. In Scotland, negative attitudes can be detected not only in the lower incidence and duration of breastfeeding but also in the negative response of partners, family, friends and the general public towards breastfeeding mothers. In addition, mothers often perceived breastfeeding as embarrassing, confining, painful and problematic. The media represent bottle feeding as normal, unproblematic and associated with 'ordinary' families whilst breastfeeding is represented as problematic, humorous and associated with middle class or celebrity mothers. For these and other reasons, mothers from the lower socioeconomic groups are much less likely to initiate breastfeeding and more likely to give up in the early weeks.

Mothers who formula feed are more likely to

- Live in deprived circumstances.
- Be very young.
- Have left full time education at the age of 16 years.
- Smoke.
- Have family and friends who formula fed.
- Have a partner who is negative towards breastfeeding.

SUPPORT THROUGH SURE START SCOTLAND

Sure Start Scotland has an overall aim to provide the best possible start in life for children and to achieve better outcomes for children, parents and communities. In England, many breastfeeding related projects have been funded through Sure Start. However, in Scotland, we are only aware of four breastfeeding related projects that have been directly funded through Sure Start Scotland in the four years since the inception of the programme. The reasons for this are unclear as one of the objectives of Sure Start Scotland is to improve children's health. There is even more reason now breastfeeding will feature as one of the outcome measures of the upcoming Integrated Early Years Strategy. There is no doubt that the mothers, babies and families who have most to gain from the benefits of breastfeeding are those who are least likely to breastfeed. At a recent conference, Dr Stewart Forsyth, who leads the longitudinal Dundee infant feeding study stated that "babies in social class 5 who are breastfed are healthier than babies in social class 1 who are bottle-fed". Given the known major health deficits suffered in deprived communities, breastfeeding clearly has much to offer in improved health and well being both in the short and long term. NHS Board strategies which promote and support breastfeeding have recognised this and a small number of innovative and effective programmes have been implemented in deprived communities around Scotland. However, competing for funding within the NHS has been a challenging and difficult process where breastfeeding support has, with some notable exceptions, been poorly funded.



FURTHER BENEFITS

Breastfeeding peer support projects in deprived communities have been shown to increase breastfeeding, but they have also found that mothers who are supported to breastfeed successfully have increased self esteem and breastfeed for longer than they would otherwise have done. Comments such as “It was good to be good at something” demonstrate a real sense of achievement. Where these mothers have gone on to become peer supporters themselves, the knowledge, skills and experience they have gained has been shown to have a positive impact on their lives. Experience in the rest of the UK has shown that a wide variety of innovative infant feeding related projects can have a very positive impact on the women and families they support. The peer support projects are the best known of the Sure Start funded projects in England but others such as

equipping mothers with breast pumps to provide breast milk for their premature and ill babies have shown very positive outcomes.

CONCLUSION

The protection, promotion and support of breastfeeding in deprived communities has the potential to improve the health of mothers and babies. In addition, there are cognitive, social and cost benefits and in the longer term a positive impact in the health and well being of the whole community. Funding through Sure Start Scotland could increase the opportunities for supporting breastfeeding in deprived communities.

Jenny Warren
National Breastfeeding Adviser.

For further information about breastfeeding in Scotland visit www.show.scot.nhs.uk/breastfeed Contact: Jenny Warren, 37 Bothwell Road, Hamilton ML3 0AS. Tel 01689 429429.
e mail jenny.warren@scotland.gsi.gov.uk

CHILDREN'S CHARTER AND FRAMEWORK FOR STANDARDS LAUNCH

Earlier this year the Children's Charter and Framework for Standards were launched by the First Minister. The Charter sets out what children and young people need, and should be able to expect, when they have problems or are in difficulty and need to be protected.

The Framework for Standards for child protection provides clear guidelines for all agencies, whether health, social services, education, police or justice.

Regional seminars to raise awareness about the Charter and the Framework were held across Scotland in May. We are happy to talk to groups about the child protection reform programme, please email us at CPRP@scotland.gsi.gov.uk

You can obtain copies of the Charter and the Framework by contacting Hazel Warne on 0131 244 3735. You can keep up to date with developments of the child protection reform programme at www.scotland.gov.uk/childprotection.



ANTE AND POST-NATAL SUPPORT FOR SPECIAL GROUPS IN WEST LoTHIAN

MUMS AND DADS TO BE.

Sure Start West Lothian have recently initiated several innovative projects, which are meeting with significant success. Working with young mothers, and with expectant and new fathers, the projects are proving to be an exciting opportunity to engage with groups who have traditionally been reluctant to attend existing groups and services. Helen Yewdall, Health Development Practitioner, AND Peter Johnstone, Early Years Development Worker discuss.

YM2B (YOUNG MUMS TO BE)

YM2b is a pilot antenatal course aimed at young women under twenty. Run jointly by Sure Start and midwives, the course provides pregnant young women across West Lothian with antenatal information, support, and the chance to meet with others.

YM2b is 12-week rolling programme young women can join at any time during their pregnancy. Local midwives offer information sessions on labour and pain relief every six weeks, and there are regular tours of the labour ward. In addition to providing information on antenatal issues and baby care, participants are encouraged to engage in activities affirming them as individuals. The course offers crafts, relaxation, benefits and careers advice. Physical health is also emphasised with sessions on healthy eating and exercise.

A healthy lunch is provided each week and fresh fruit and fruit smoothies are freely available. Following the birth, the young mothers are encouraged to attend the Young Mum's groups running across West Lothian to help maintain the social networks built up at YM2b.

The programme has now almost completed the first twelve week block, and preliminary evaluation indicates that the participants feel their knowledge of labour, birth and baby care issues has significantly increased, and they would recommend the course to a friend who was pregnant.

SUPPORT FOR YOUNG MOTHERS AT SCHOOL

In addition to providing antenatal support and education, Sure Start West Lothian offers individual provision for pregnant teenagers to continue in education. A specialist worker gives home-based support, and funded childminders allow mums to attend lessons and exams.

DADS2B

Dads2b is a four-week antenatal course run by men, for men. Devised in partnership with midwives, the course is facilitated by a male Early Years Development Worker in the Sure Start team



The first week of the course includes a discussion on fatherhood, aimed at exploring the myths surrounding being a first time father. The participants are encouraged to articulate the hopes and fears they may have found difficult to express elsewhere.

A local midwife and the Sure Start health visitor provide information on labour, birth and healthcare, but a large part of the course involves practical sessions on baby care, including coping with a crying baby.

The course is open to all expectant fathers, but there is a special emphasis on vulnerable and very young fathers who can be referred by health or social work professionals. The course has been designed to be flexible, adapting to the needs of any client group.

POST-NATAL WARD INFORMATION VISITS

In partnership with the local maternity unit, a Sure Start worker visits post-natal wards weekly, informing new mothers of services available in their area, and building up links with particularly vulnerable mothers who can then be encouraged to attend local groups.

DADS N BABIES CHILLOUT ZONE

Fathers can access this service after their baby is six weeks old. The group aims to provide dads with an environment where they can relax and enjoy time with their baby. Parenting support is provided through opportunities for activities and play with babies using age appropriate toys and equipment.

Baby massage sessions are also offered, developing confidence in handling, communication and relaxation for father and child.

For more details on any of these initiatives, contact Helen, Peter or Denise at Sure Start West Lothian on 01506 775 836.

THE EDINBURGH REAL NAPPY PROJECT

LOTHIAN AND EDINBURGH ENVIRONMENTAL PARTNERSHIP

Eight million disposable nappies are used every day in the UK most of which are thrown into landfill sites. Each nappy takes between 200 and 500 years to biodegrade, due to the plastic content.

LEEP Recycling (an environmental charity) is managing a 2 year project called The Edinburgh Real Nappy Project in partnership with the Edinburgh Real Nappy Network and the City of Edinburgh Council.

The aims of the project are to increase awareness of reusable nappies to parents and health professionals in Edinburgh and of course to increase the use of reusable nappies - and thus decrease the amount of nappy waste reaching landfill. One of the most important aims is for parents to understand that disposable nappies are not the only choice.

Apart from the environmental benefit, reusable nappies have many other benefits for parents and babies.

- Cost Saving – Over £500 could be saved by using reusable nappies rather than disposable nappies and even more if the same nappies are used again on 2nd and 3rd babies.
- Easy to use – Gone are the days of pins and complicated folding. Modern reusable nappies are remarkably easy to use and usually fasten with Velcro or poppers. Even washing them is easy - there is no need to boil wash or soak reusable nappies. If you prefer not to buy or wash your nappies at all then a laundry service can bring clean nappies and take away the dirty ones every week.
- Reliability – Shaped nappies and wraps tend to have a snug fit around the waist and legs proving very reliable against leaks even through the night.
- Stylish – There is a huge range of reusable nappies on the market and you and your trendy tot can choose from zebra prints, stripes, zingy shades of orange and lime or traditional white.

Although it took much time and effort to research, organise and gain funding for the project, the structure of the project is fairly simple.

- We operate an incentive scheme to parents living within Edinburgh who have a young baby or are expecting a baby.
- We promote reusable nappies in a variety of ways mainly targeted at parents and health professionals, as health professionals are an excellent source of advice for new parents.

We appreciate the fact that many parents have not even considered using reusable nappies and may be reluctant to spend money on something with which they are not familiar. It is for this reason that we developed the incentive scheme as it gives parents the opportunity to try reusable nappies without spending any money.

The incentive scheme consists of 2 options:

- A free trial nappy pack – The trial pack is aimed at parents trying reusable nappies for the first time and provides an excellent starting point for anyone wanting to use reusable nappies. It consists of 3 different nappies, 2 waterproof wraps and a few liners, everything you need to try reusable nappies. A cash-back incentive of £30 – The cash back incentive is aimed at those parents who know a little more about reusable nappies and have maybe decided which type of nappy they would like to try. The applicant has to provide proof of purchase of at least £50 worth of reusable nappies



and the project refunds £30. The cash back incentive can also be used against registering with a nappy laundry service.

In addition to the incentive scheme, the Edinburgh Real Nappy Project provides an information pack providing an in-depth user guide to reusable nappies and a list of local suppliers. Our partner, the Edinburgh Real Nappy Network, has an advice line available to anyone living in Edinburgh and the project employs one part time officer who is available for advice and queries.

The project also runs free demonstrations and information sessions providing lots of information on the types of reusable nappies on the market, using and caring for them and the opportunity to ask questions to

an active user of reusable nappies. All parents applying for nappy packs are offered the chance to attend an information session/demo and we work with health professionals providing information and demonstrations so that reusable nappies can be knowledgeably promoted as a choice in ante-natal and post-natal groups.

There are examples of this type of scheme working in England, although as of yet there are not any others in Scotland.

The Edinburgh Real Nappy Project is funded by WREN (Landfill Tax Credit) and The New Opportunities Fund (a lottery fund). We are not linked to any manufacturer or supplier and the contents of the pack have been chosen on the basis of quality and reliability.

If you require any further information on the project or if you are a parent living in Edinburgh interested in using reusable nappies, please contact Joanna Friedli, Real Nappy Development Officer, LEEP Recycling, 0131 538 5381, realnappies@leep.org.uk

PERI & POST-NATAL SUPPORT FOR PARENTS WITH LEARNING DISABILITIES

ENABLE

ENABLE is the largest voluntary organisation in Scotland for children and adults with learning disabilities and carers. In May 2002 we held a round table seminar to look at the issues which face people with learning disabilities who are, or who want to become, parents.

ENABLE has always campaigned for the right of people with learning disabilities to participate in society like any other citizen with appropriate support and assistance. ENABLE has, also, always worked from a practical perspective. People can only exercise their rights if they have the practical means to do so.

In this context, we must accept that some people with learning disabilities will want to form sexual relationships and some will wish to have families. We must find means to support and develop their capacity – and that of professionals – to do this and to turn our back on traditional responses which have been discouraging, discriminatory and self-fulfilling. Statistics on the number of parents with learning disabilities in Scotland is limited but we strongly suspect that numbers are on the increase due to increasing independence.

We know that all too often the immediate approach towards this area is that of child protection issues rather than providing support for the family. We also know that with the right amount and kind of support, people with learning disabilities can be effective parents.

We know that there is a lack of intervention for parents with learning disabilities at the pre-natal stage. We also know that parents with learning disabilities are more likely to have their parenting skills judged more harshly than other parents once their child has been born. Services tend to emphasise parents' deficits rather than focusing on their abilities and presume that they are incapable of parenting because of their learning disabilities.

Support for parents is still sporadic but some very good projects have been established which allow families to remain intact by offering practical and psychological support.

Peri and ante natal support was identified by people with learning disabilities themselves as vital in terms of making the whole experience as exciting, safe and fulfilling as it can be for anyone else. Training for health care staff, in particular midwives and health visitors, is crucial to help people with learning disabilities provide the proper parenting skills required. There must be more joined up working among health professionals, social work and support providers. We all need to look at how we promote the rights of people with learning disabilities, provide accessible written and verbal information and how we support families in a truly person centred way.

ENABLE is currently looking at ways in which we can do more to support people with learning disabilities to be parents. Our work will be led by parents with learning disabilities, whose experiences and input will be the most beneficial.

For more information please contact Lena Gillies, ENABLE, 6th floor, 7 Buchanan Street, Glasgow G1 3HL or email lena.gillies@enable.org.uk



NATIONAL PARENT SUPPORT NETWORK

CAPABILITY SCOTLAND

The National Parent Support Network (NPSN) is funded by Capability Scotland and is an extension of the Parent and Children's Services Network (Clackmannanshire).

The Network will facilitate a consultation within one rural and one urban NHS Trust. The aim of the consultation is to identify emotional, practical and information support offered to parents during the diagnostic process. Health practitioners and parents will be jointly involved in the consultation, through focus groups and interviews and the key objectives are:

- to evaluate the quality of support parents receive from evidence gathered through two contrasting NHS Trusts
- to highlight and disseminate the good practice and perceived

gaps in delivering support to parents during the diagnostic process

- to listen to parents and health practitioners and clarify expectations around delivery of emotional, practical and information support

The NPSN consultation will offer parents the opportunity to highlight their experiences of support during this very difficult time and, hopefully, it will also offer Health Practitioners the opportunity to reflect and evaluate their current practice.

A report will be written early next year which will disseminate the findings of the consultation, looking at the good practice which has been evidenced and reflecting on any areas of concern voiced by parents and practitioners.

For further information please contact Kathryn Storey, NPSN Co-ordinator
Capability Scotland, Fairfield School, Pompee Road
Sauchie, Clackmannanshire FK10 3BX
Tel: 01259 217381
Email: kathryn.storey@capability-scotland.org.uk



ONE PARENT FAMILIES SCOTLAND

HELP AVAILABLE FROM ONE PARENT FAMILIES SCOTLAND

"I've just found out that I'm pregnant and I'm wondering how on earth I will cope"

"I had a baby two months ago and I'm due to go back to work, but I just don't feel I can manage it because my partner has left me and I don't know where I stand financially or where I can get help"

"My ex-girlfriend had a baby last year, but I've only just found out. How could I go about seeing my child?"

"I had a child a year ago on my own and now I would like to consider getting into college"

"My female partner and I are having a baby together and we would like to meet other lesbian mothers and find out what children's books are available"

The above quotes are a sample of the kinds of enquiries which One Parent Families Scotland can help people to deal with. The key services we have are:

FREE HELP-LINE: (0800-018 5026)

This is available during office hours, with specialist advisers giving detailed financial information and support at the following times:

Tuesday/Friday: 11am-1pm, 2-3pm

Thursday: 12.30pm-3.30pm

YOUNG MUM'S GUIDE

We have a glossy, magazine format Young Mums Guide, compiled with the involvement of young mums from throughout Scotland. This is available at the following prices:

Statutory and Public Organisations

Up to 10 copies £2.50 each

10 or more £2.00 each

Voluntary organisations:

Up to 25 copies free

25-50 postage and packing costs

Local areas can also order their own print run and Lothian have already agreed to do this.

Contact lisarobertson@opfs.org.uk (0131 556 3899) to request copies (invoices will be sent) or ianmaxwell@opfs.org.uk (0131 557 7892) to request your own printing.

OTHER PUBLICATIONS

We have a wide range of publications for lone parents which give detailed information on financial matters, with worked examples of calculations, plus information on housing, childcare, legal issues and sources of help with parenting.

WEBSITE (www.opfs.org.uk)

Information about our work and a help-desk for lone parents is available on our web site.



DIRECTORY OF LOCAL SERVICES

We have a Directory of Voluntary Organisations relevant to lone parents throughout Scotland which can be purchased in hard copy for £10, but can also be downloaded from our web site. If you find that your own organisation is not listed and you would like to be included, please get in touch with Lisa Robertson (0131-556-3899): lisarobertson@opfs.org.uk

YOUNG PARENTS PARTICIPATION WORK

We currently have funding for supporting the involvement of young parents in youth participation structures and in influencing services in Edinburgh. This work will be rolled out nationally from February. Anyone interested in getting their young parents involved should contact Meggan Jameson on 0131-556-3899 or megganjameson@opfs.org.uk

LONE AND CONTACT FATHERS

We have a Dads activity Project in Edinburgh jointly with Gilmerton Child and Family Centre funded by Surestart. The worker, Tom Carroll, is available on Mondays and Tuesdays at 0131-664-1202 and on Thursdays and Friday morning at 0131-556-3899 to deal with issues, advice and support for lone Dads. Tom is also available on 0779-621-2498.

LESBIAN PARENTS

We act as the contact point for Lesbian Mothers Scotland and an Edinburgh Lesbian Mothers Group. A newsletter is mailed out free to interested parents and we also provide information to parents and women wanting to have children. Our Edinburgh office also has a selection of books for mothers and their children. Contact Sue Robertson (0131-557-7891) or our Helpline or see web site (www.lesbian-mothers-scotland.org) Help is also available

nationally through Pink Parents (www.pinkparents.org.uk)

CHILDCARE: SITTER SERVICES

One Parent Families Scotland has pioneered the development of innovative Sitter Services which provide flexible registered childcare in your own home seven days a week from early morning to 10.30pm for parents (lone and two parent families) who work unusual hours or cannot access other childcare for various reasons. Parents pay an hourly charge, depending on family income. The services are currently available only in Dundee (01382-5025094) (supported by Surestart) and North Lanarkshire (01698-250025), but we are working with a number of other authorities to develop similar services.

SERVICES FOR AGENCIES:

Training Lone Parent Issues

We can provide training for groups of lone parents or agencies working with lone parents on issues such as Working Tax Credits or more general lone parent issues. Training can be tailored to local needs and is charged on the basis of costs. Contact Susan Rew (0131-557-7893) susanrew@opfs.org.uk

SCOTLAND'S FAMILIES

Training in Supporting Changing Families: OPFS is part of this consortium which has developed a modular multi-disciplinary training programme to help agencies to support families experiencing change. Details of the programme are available at www.scotlandsfamilies.org.uk. If you would like to discuss the arrangement of training in your area, contact Ian Maxwell (0131-557-7892) ianmaxwell@opfs.org.uk.



USEFUL LINKS AND FURTHER READING

READING

POSTNATAL DEPRESSION

by Heather Welford (Harper Collins, 1998) £5.99.

A practical and sympathetic text explaining exactly what postnatal depression is in all its forms, why it occurs and what to do. It contains useful case studies from mothers, friends and families.

FATHERHOOD

The Complete Idiots Guide to Fatherhood by Kevin Osborn (Alpha Books, 1999) £10.99.

A comprehensive guide with information to help new fathers cope with the changes a baby makes in their life.

USEFUL WEB LINKS

www.babyworld.co.uk

An informative site covering all aspects of pregnancy. Useful information on conceiving, expecting and the birth; as well as common questions answered. From diet advice to fashion tips, if the site does not cover the topic, users can register with site to share thoughts with other parents and expecting.

www.nctpregnancyandbabycare.com

Information and practical support on all aspects of pregnancy, childcare and early parenthood with antenatal classes and postnatal support groups.

www.parentzonescotland.gov.uk

This site offers a broad range of information for parents, carers and others responsible for school age children. The website also provides a comprehensive list of links to useful organisations and recent publications.

www.funwithspot.com

Full of games and activities that help children to develop basic literacy, numeracy, ITC skills and much more. Also includes advice and resources for parents and teachers.

The Scottish Executive is not liable for the contents of any external internet sites listed, nor does it endorse any commercial product or service mentioned or advised on any of the sites.



LOCAL AUTHORITY CONTACTS

Aberdeen City
Pam Simpson
psimpson@education.aberdeen.net.uk
(01224) 523 364

Aberdeenshire
Karen McGraw
karen.mcgraw@aberdeenshire.gov.uk
(01224) 664 271

Angus
Peter Pope
swd_strathmore@angus.sol.co.uk
(01307) 461 767

Argyll and Bute
Margaret Lauder
margaret.lauder@argyll-bute.gov.uk
(01369) 708 544

City of Edinburgh
John Haywood
john@childcarepartnership.org
(0131) 270 6065

Clackmannanshire
Sharon Easton
seaston@clacks.gov.uk
(01259) 452 470

Comhairle nan Eilean Siar
Bernard Chisholm
b.chisholm@cne-siar.gov.uk
(01851) 709 436

Dumfries and Galloway
Anne Macfarlane
annemac@dumgal.gov.uk
(01387) 260 405

Dundee City
Christine Riach
christine.riach@dundeecity.gov.uk
(01382) 433 950

East Ayrshire
Janie Allen
janie.allen@east-ayrshire.gov.uk
(01563) 576 185

East Dunbartonshire
Debbie Smith
debbie.smith@eastdunbarton.gov.uk
(0141) 578 8705

East Lothian
Alan Ross
aross@eastlothian.gov.uk
(01620) 827 881

East Renfrewshire
Ian Fraser
fraseri@eastrenfrewshire.gov.uk
(0141) 577 3252

Falkirk
Jim Duncan
jim.duncan@falkirk.gov.uk
(01324) 506 631

Fife
John Pease
john.pease@fife.gov.uk
(01592) 413 070

Glasgow
Marian Hodgson
marian.hodgson@education.glasgow.gov.uk
(0141) 287 8306

Highland
Sam Brogan
sam.brogan@highland.gov.uk
(01463) 711 176

Inverclyde
Sandra Wilson
sandra.wilson@inverclyde.gov.uk
(01475) 712 812



LOCAL AUTHORITY CONTACTS CONTINUED

Midlothian
Norman Glennie
norman.glennie@midlothian.gov.uk
(0131) 271 3640

Moray
John Carney
john.carney@moray.gov.uk
(01343) 563 552

North Ayrshire
Johanna Brady
jbrady@north-ayrshire.gov.uk
(01294) 32 4447

North Lanarkshire
Jane Liddell
liddellj@northlan.gov.uk
(01236) 812 609

Orkney Isles
Peter Diamond
peter.diamond@orkney.gov.uk
(01856) 873 535

Perth and Kinross
Helen Smout
hjismout@pkc.gov.uk
(01738) 477 847

Renfrewshire
Kathleen McDonagh
kathleen.mcdonagh@renfrewshire.gov.uk
(0141) 842 5613

Scottish Borders
Linda Davidson
ldavidson@scotborders.gov.uk
(01896) 757 230

South Ayrshire
Carol Taylor
carol.taylor@south-ayrshire.gov.uk
(01292) 612 232

South Lanarkshire
Jackie Kerr
jackie.kerr@ics.s-lanark.org.uk
(01555) 892 251

Stirling
Linda Kinney
kinneyl@stirling.gov.uk
(01786) 442 667

West Dunbartonshire
Lillian Goldie
lillian.goldie@west-dunbarton.gov.uk
(01389) 738 728

West Lothian
Rosemary Howe
rosemary.howe@westlothian.gov.uk
(01506) 775 836



