

Nationally there has been renewed discussion of the important role of holistic family support with keeping the Promise and whole family wellbeing prompting family wellbeing and averting family breakdown. This is in recognition that provision of such services across Scotland has been variable. The range and complexity of issues facing families and those supporting them has continued to increase, poverty has not lessened, and the COVID 19 pandemic brought further and new challenges. An excellent local example is the First Steps Programme designed to reduce inequalities by taking an early intervention approach.

First Steps Programme

In 2022- 2023
300 women
were offered
First Steps
support with
an uptake of
99%

Background: First Steps programme has been established since 2009 offering vulnerable pregnant women one-to-one, home based, intensive support to assist them through their pregnancy and in the early postnatal period.

Main reasons for referral: little or no family support, mental health concerns, a parent with a physical health issue, poverty, financial inclusion and clients with history of domestic abuse.



1:1 support

Positive Parenting/
Bonding &
Attachment
Boundaries and
Routines
Foetal/Infant
Development

Oral Health
Weaning
Healthy Eating
Infant Feeding
Financial
Inclusion
Home Safety

Minimum
Standards

Play@home
Tobacco
Physical Activity
Preparation



First Steps Healthy Valleys Impact

- **100% increased their overall Outcomes Star score.**
- **Physical Health – 80% improved**
8 improved, 2 same
- **Emotional Wellbeing – 100% improved**
9 improvement (+1 ex. as reporting at max)
- **Keeping your child safe – 75% improved**
6 improved, 2 no change (+2 ex. as reporting at max)
- **Social Networks - 100% improved**
10 improved social networks
- **Boundaries and Routines – 60% improved**
6 improved, 2 no change, 2 decreased
- **Child Development – 80% improved**
8 Increased, 2 no change
- **Home, Money and Work – 78% improved**
7 increased, 1 no change, 1 decreased (+1 ex. As reporting at max)
- **82% improved their mental wellbeing (WEMWBS -18/22)**

“You can get all your nutrients without spending a fortune”

69 participated in the online pilot



“Due to Post natal depression, I didn't feel that I bonded that well with my baby at the start and now I feel that by being supported to access baby massage, it has really helped me bond with my baby. We do baby massage together every day”.