

Families, parents and carers: 3 Reviews



1. Improving the **physical and mental health** of parents and carers

2. Strengthening **couple relationships**

3. Supporting **mothers, fathers and carers**





Improving collection of consistent and accurate **data** and **monitoring and evaluation** is essential to assess **effectiveness** and **cost-effectiveness** of parental support

Physical and mental health: the numbers

1.7 million parents have a disability

50,000 young carers have a parent with a mental health problem

300,000 children live with a parent who has a drug problem

3.3 million children have a parent who binge drinks

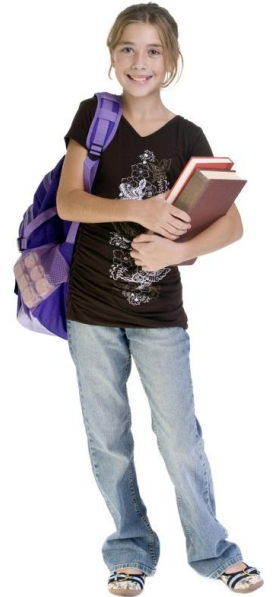


Parental health and child outcomes: the relationship

Influences **safety, health and well-being** of children

Characteristics of both **parents and children** influence outcomes

Children's **resilience** is key



Physical and mental health of parents and carers: what to do

Identify and intervene **early**

Provide **flexible, personalised** support that bridges child and adult services

Avoid **stigmatisation**



Strengthening couple relationships: the challenge



High incidence of **family breakdown**

Disadvantages for **children**

The most negative outcomes often stem from **adverse conditions pre-dating relationship breakdown**

Strengthening couple relationships: impact

Social taboos and reporting biases

Adverse outcomes are particularly evident:

- where children experience **persistent, unresolved conflict** between parents
- where they **witness domestic violence**
- where parental **conflict continues post-separation**



Strengthening couple relationships: what works

- School/community-based projects and telephone help-lines;
- Multi-agency, holistic interventions;
- Easy access, confidential services;
- Support and training on domestic violence for ALL relevant professionals



Supporting parents and carers: needs

Advice and emotional support

Having their needs recognised and responded to

Services that don't stigmatise

Services that are well publicised and stable



Supporting parents and carers: impact



Support for parents can **improve outcomes** for children

School-based programmes improve behaviour, educational attainment, attendance and family relationships

Community-based programmes improve welfare outcomes, reducing time spent in care and juvenile crime

Supporting parents and carers: what works

Joined-up, **multi-agency** working

Having a **well trained** and **well supported** workforce

Combining **practical** and **therapeutic** approaches

Multiple services at each location



Providing **support** to **parents**



can **improve** outcomes



for **children**



Fear of **stigmatisation**
is a significant **barrier** to
uptake of services

Interventions are **more effective**
when informed by **thorough**
needs assessment

