

WORKSHOP

BE THE DIFFERENCE

FOR CHILDREN AND FAMILIES



Professor Paul Ramchandani
Keynote Workshop



Early Childhood
Australia
New South Wales Branch

Preventing enduring behavioural problems in young children through early psychological intervention

Healthy Start, Happy Start





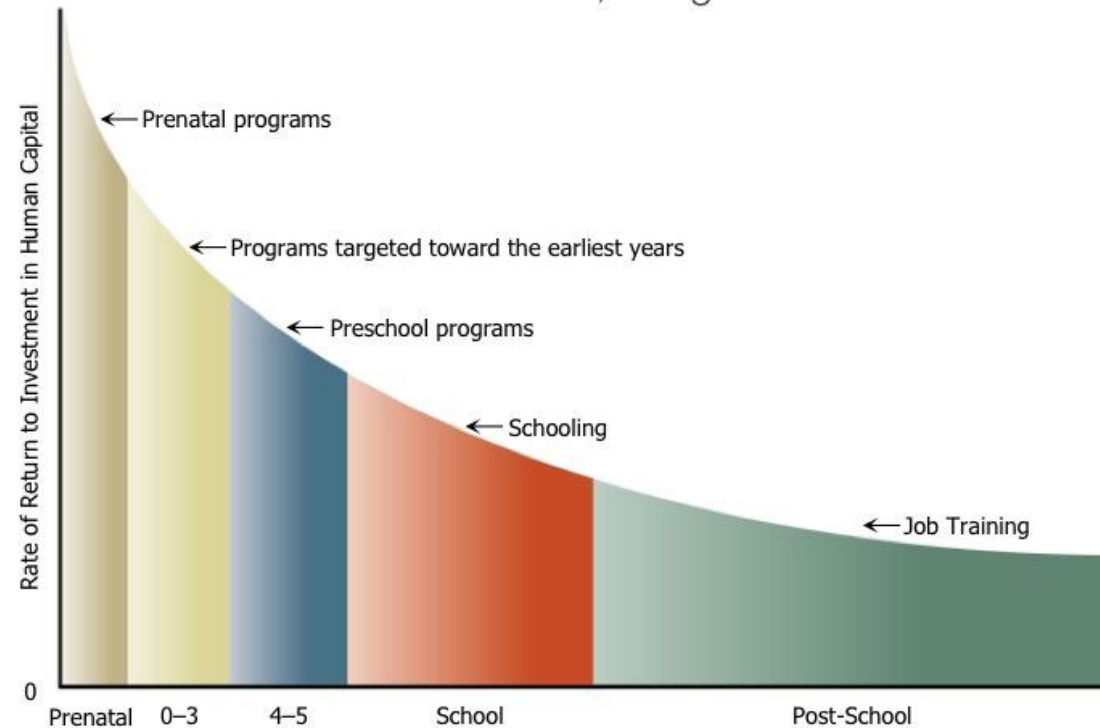
Early behavioural problems matter

- Behavioural problems emerge early in childhood and are common and important
 - Affect 5-10% of children
 - Associations with educational difficulties, antisocial behaviour, psychiatric illness, relationship difficulties
- Parenting is a key risk factor but amenable to change
- Early intervention has the potential to promote better outcomes across the life course

When should you intervene?

EARLY CHILDHOOD DEVELOPMENT IS A **SMART INVESTMENT**

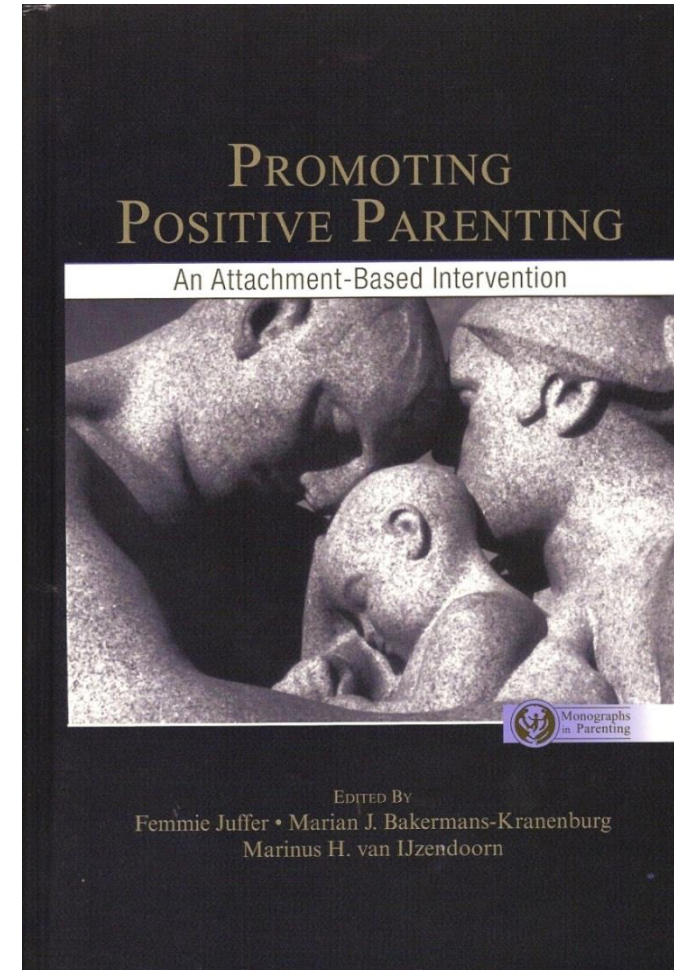
The earlier the investment, the greater the return



The intervention: VIPP

Video-feedback
Intervention to promote
Positive
Parenting

Promoting Positive Parenting, 2008, Taylor & Francis



Intervention: VIPP-SD

- Video Feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD) developed at Leiden University in the Netherlands
- Underpinned by attachment theory & social learning theory
- Evidence-based intervention shown to be effective with mothers
- First to test:
 - VIPP under real world NHS conditions
 - whether gains can be potentiated by involving a second caregiver

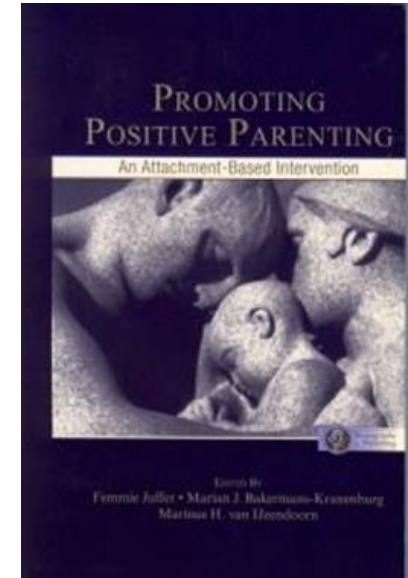
Key features of VIPP

- Short-term, video-feedback intervention to support parents and enhance sensitivity - 7 home-visits of 1-2 hours at 2-3 week intervals
- Manualised
- Based on attachment theory and social learning theory
- Focus on strengths, positive moments
- Active involvement of parent ('expert')



Key features of VIPP

- Feedback via scripts - 4 general themes:
 - Attachment vs exploration
 - Child development
 - Adequate responses to child
 - Sharing emotions
- Specific techniques to use in feedback
e.g. *speaking for the child, sensitivity chains*
- Tips about *practical strategies*



VIPP Themes

1. Children's attachment and exploratory behaviour

Technique: *'Speaking for the child'*



2. General child development

Technique: *'Speaking for the child'*

Showing the child's perspective



VIPP Themes

3. Relevance of adequate and prompt responses to the signals of the child

Technique '*Sensitivity chain*':

Child signal – Parent response – Child reaction



4. Sharing emotions and affective attunement

Summary of VIPP structure

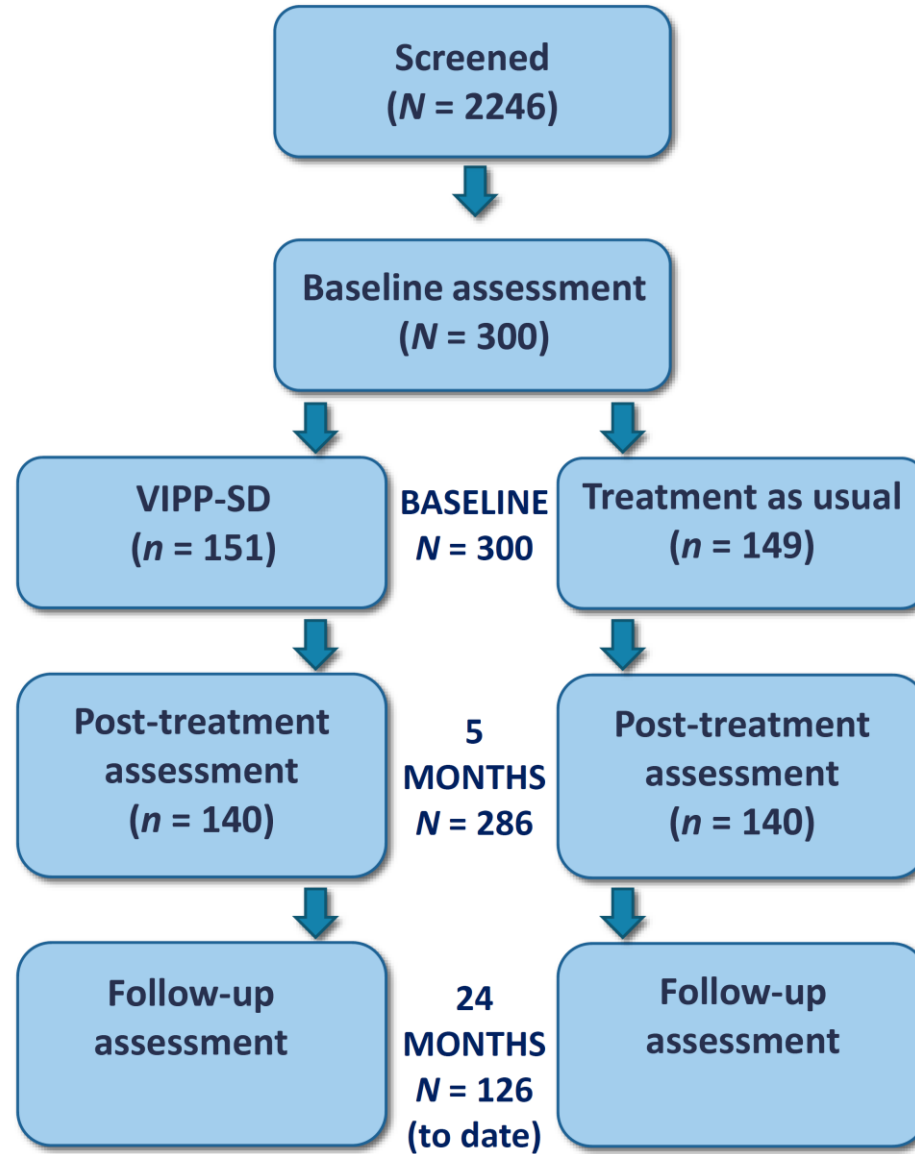
- **Session 1, 2 and 3**
 - Focusing on **child** behaviour
- **Session 4 and 5**
 - Focusing on **child and parent** behaviour
 - Sensitivity chains
 - Mild suggestions for improvements
- **Last sessions 6 and 7**
 - Booster sessions, repeat all
- Cumulative structure: later sessions (after session 1) include all previous themes and methods



Healthy Start, Happy Start

Overall aim:

“To evaluate the effectiveness and cost-effectiveness of a brief early parenting intervention (VIPP-SD), designed to prevent enduring behavioural problems in young children aged 12-36 months old”



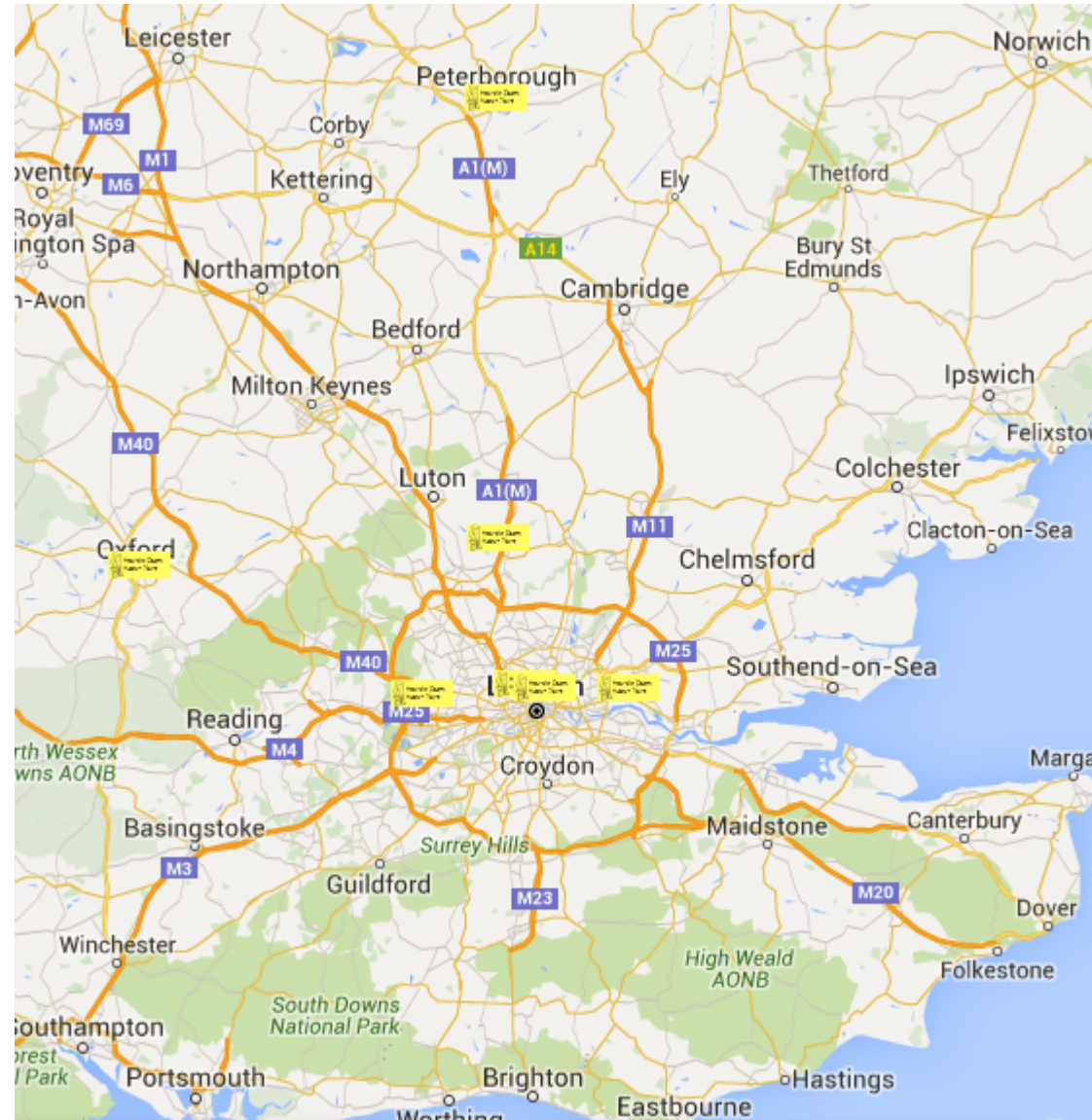
Primary Outcome	
Child behaviour problems	<i>Preschool Parental Account of Childhood Symptoms</i>
Secondary Outcomes	
Child behaviour problems	<i>Child Behavior Checklist; Strengths and Difficulties Questionnaire</i>
Parenting practices	<i>Parenting Scale</i>
Parental mood	<i>Patient Health Questionnaire 9</i>
Parental anxiety	<i>Generalised Anxiety Disorder 7</i>
Couple functioning	<i>Revised Dyadic Adjustment Scale</i>
Quality of parent-child interactions	<i>Coded Video Interactions</i>



Healthy Start,
Happy Start

Imperial College
London

- London Borough of Camden
- London Borough of Hillingdon
- London Borough of Islington
- Oxfordshire
- Peterborough
- Hertfordshire
- London Borough of Barking and Dagenham



Progress so far....

- Screened 2500+ families
- Recruitment of all 300 families is now complete
- Delivery of the VIPP intervention is complete
- 5 month post-treatment follow up assessments are complete (n = 286 (95% follow up))
- 2 year follow up visits are underway (n-126 to date). Will be completed in July 2019. Study findings reported late 2019.