Early Intervention and the First Thousand Days of Child Development

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Murdoch Childrens Research Institute and The Royal Children’s Hospital
Melbourne Children’s Campus Partners

- Partnership between three organisations
- Combines research, education and clinical services
- Located at *The Royal Children’s Hospital Melbourne*, Parkville - Australia
Our vision

All children have the best possible health and development opportunities, within the context of their family and community.
Presentation overview

• The emerging new evidence

• The response so far

• What else needs to happen

• Role of CCCH, with partners
Prenatal and postnatal development
Postnatal learning and development

Children come out of the womb primed to engage with their caregivers and parents are primed to engage with them.

Learning starts from birth and that learning and development are cumulative, with later development building upon earlier development.
Long term impacts of early childhood experience

Early experiences have life long impacts including effects on the later achievements, social adjustments, mental health, physical health and longevity of individuals

Processes identified:

• biological embedding
• accumulation processes, and
• developmental escalations of risk over time
Neurological development and plasticity
Neurobiology of interpersonal relationships
Social climate change
Economic analysis

Figure 1: Rate of return on investments by age

<table>
<thead>
<tr>
<th>Investment Type</th>
<th>Rate of Return</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 early years programs</td>
<td>High</td>
</tr>
<tr>
<td>4-5 preschool programs</td>
<td>Medium</td>
</tr>
<tr>
<td>School</td>
<td>Low</td>
</tr>
<tr>
<td>Post-school job training</td>
<td>Low</td>
</tr>
</tbody>
</table>

Returns per annum to a unit dollar invested

Rate of return to investment in human capital

Source: Heckman (2008b)
Social inequalities
Repeated measurement of key indicators

**SOCIO-ECONOMIC STATUS**

<table>
<thead>
<tr>
<th></th>
<th>Developmentally vulnerable on at least one AEDI domain (%)</th>
<th>Developmentally vulnerable on at least two AEDI domains (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most disadvantaged SES communities</td>
<td>32.33</td>
<td>17.81</td>
</tr>
<tr>
<td>Most advantaged SES communities</td>
<td>16.30</td>
<td>7.18</td>
</tr>
</tbody>
</table>
What has the response been?
1,000 Days promotes action and investment in nutrition to build a strong foundation for children, their families and their nations to thrive.

State of the World’s mothers 2012

We support the importance of the first 1000 days in your baby's life. We understand that health-related decisions you make during pregnancy and early childhood can influence your little one's future health.

As your baby enters the second half of their first 1000 days, continued attention to nutrition is vital for health, both now and in the future.
Programming for a healthy life – the first 1000 Days are important

2015 CNRC Symposium 1000 days to make a difference: Preconception to toddler nutrition

The nutrition that your baby receives during their First 1000 Days of life (from pregnancy to two years) can have a positive influence on how they develop, grow and learn – not just now, but for his or her whole life.
The Australian First 1,000 Days

The First 1000 Days

Goal of the First 1000 Days:
To provide a coordinated, comprehensive intervention to address the needs of Aboriginal and Torres Strait Islander children from conception to two years of age, thereby laying the foundation for their future health and wellbeing.

To maximise the potential of all children, Cemnita has been developing the First 1000 Days Framework to focus attention on the nutritional, social, environmental, educational and family supports available for the developing infant and child. The strength of having an Australian Model is that it can address the social and cultural wellbeing, education and nutrition needs of Aboriginal and Torres Strait Islander children, and is able to involve all levels of government and community partnerships.

Throughout 2015, four Symposia were being held to inform the development and implementation of the Model, and to ensure that it is an informed process encompassing the values of spirit and integrity, reciprocity, respect, equality, survival and protection, and responsibility. The role of the Symposia is to come up with a Model that has a shared plan for action with a clear evidence-based strategy to support all vulnerable parents and their children in Australia, but with a focus on Aboriginal and Torres Strait Islander communities.

To date, we have generated several resources – Symposium reports and programs, presentations and flyers – and media interest in the First 1000 Days Australian agenda. These can be accessed by clicking on the links below.

Symposiums | Resources | Media
A key challenge

**Experts**
- Quality education and care
- Reciprocal interactions
- Commonalities
- Interact
- Can derail development
- Part of the solution
- Quality
- In the future
- Childcare
- Developmental process
- Developmental problems
- Genes and environment
- Stress
- Science
- Information
- Where solutions are found

**Public**
- Safety for workforce participation
- Passive absorption (sponges)
- Differences
- Separate influencers
- Not something children experience
- Part of the problem
- Quantity
- In the past

**A key challenge**

**Key gaps**

**Where solutions are found**
What needs to happen?

Continue to generate and translate convincing evidence

Raise public awareness

Raise awareness of government and service providers

Improve conditions under which families are raising kids

Join up local services at a place level – incl antenatal, universal, family support etc

Increase quality, access and affordability of universal services: MCH, ECEC

Co-design services with service users

Evidence informed information for parents
Centre for Community Child Health (CCCH)

Celebrating 21 years of the Centre for Community Child Health

The Centre for Community Child Health is 21! Watch our new video to hear about our origins, achievements and future plans.

More...

CCCH News

In the media: ‘Invest early in children rather than play catch-up’
Professor Sharon Goldfeld spoke on the ABC’s Life Matters program about the latest Australian Early Development Census results.

Third snapshot of Australian children’s development released
More than 95% of Australian schools took part in the 2016 Australian Early Development Census. Results now available.
National campaign

Technical paper

Investment mapping

Economic analysis

Policy round tables
Reframing the early childhood development story

**Amplifier**

*A metaphor to explain the function and importance of child care centres*

The story you're telling:

“Like an amplifier takes an incoming signal and makes it stronger and clearer, quality child development centres can help Australia's children reach their full potential.”

Strategic way to redirect thinking away from patterns such as:

- Bubble Wrap
- Child Care = Babysitting
- Context is Key
- Environments = People
- Family Bubble
- Information is Everything
- Threat of Modernity
ONE IN FIVE

That’s how many Australian children are considered developmentally vulnerable. This means they’re missing out on some of the things they need early in their lives.

THRIVING CHILDREN

Kids who thrive grow at the material basics they need. They are loved and safe, healthy, learning and actively participating in a community filled with aspiration and hope, where their voices are heard. These children and their families also have access to positive, supportive systems and environments.

Missing out means some kids experience health, learning and developmental delays which will have a serious impact on their lives as they grow up.

If we can enable these kids to thrive, they’ll grow into thriving adults. That’s the best and simplest way to disrupt the cycle of social issues that affect all Australians.

The problems may be big and complicated, but we don’t accept that they are impossible. We just can’t solve them working on our own.

OUR PURPOSE

We want to change the sense of what’s possible. to deliver the vision that all of us have of Australia – as a country where everyone has the opportunity to thrive.

OUR SHARED GOAL IS TO DRAMATICALLY IMPROVE THE LIVES OF

65,000 VULNERABLE CHILDREN IN AUSTRALIA

How did we arrive at this number? According to the Australian Early Development Census (AEDC), 65,000 five-year-olds start school each year in Australia with big challenges in learning and in life. This is not acceptable. Our bold goal is to dramatically change this – because every child deserves the opportunity to thrive.
right@home

Tiered system of care

High need
2%-7%

2-5%

10-15%

100%

Targeted: high intensity

Low need

A research collaboration between the Australian Research Alliance for Children and Youth (ARACY), the Centre for Health Equity Training Research and Evaluation (CHETRE) and the Centre for Community Child Health (CCCH)
Restacking the Odds

Drivers of performance gaps in a given community

1. Quantity
- Are the five services available and accessible locally in sufficient quantity, relative to size of the target population?

2. Quality
- Are the services delivered effectively, relative to evidence-based performance standards?

3. Participation
- Do the targeted children and families participate, at the right dosage levels?

Contributing factors
(and levers for improvement)

Policy settings
Local leadership and skills base
Awareness

Funding and resources
Agreed standards
Affordability

Supply and demand dynamics by location
Incentives and enforcement
Appeal and approachability

Visibility, evidence and measurement

Outcomes
Outcomes in target populations
Workforce development

The Learning Hub provides training and professional development designed for those working in child health, education, care and research.

The Learning Hub is a social, collaborative, online space to support knowledge exchange and learning. Our training is based on the best available evidence, research and clinical work to support the health, development and wellbeing outcomes of children, adolescences and their families.

The Learning Hub will provide you with access to a range of courses, events and resources including our newsletter.

Latest Seminar

Engaging with parents - from consultation to co-production

Date: Tuesday 30th September, 2014

This half-day in-conversation seminar with Margy Whalley from Pen Green in the UK will explore the intricacies of engaging with parents in ways that empower them to play a real role in the design and delivery of services. Margy will provide commentary on promising practices emerging in Australia, drawing on her research and long experience in working with parents in Northamptonshire, UK.

Active participation of parents in child learning, and in the design and delivery of services, is a key feature of a modern child health care system.
Professional tools: PEDS and PER
Evidence summaries
Share rhymes, songs and stories every day

Let's Read has been designed to encourage and support you to share rhymes, songs and stories with your child from birth.

Reading with your child from birth gives them a great start to life and helps them become better readers. Together you can read, play and learn with books. Sharing stories from birth is a really important way to help your child develop the skills they will need when it's time to start school.

This DVD has lots of simple and practical tips on how to enjoy books with your baby from four months of age right up until they start school.

Watch and learn from other parents reading with their child. See a range of books being read aloud in different and fun ways that you and your child will both love.

So Let's Read!

Acknowledgments:
Children, families and staff that participated in the DVD
- Goodstart Early Learning Centre, Brunswick
- North Melbourne Library, City of Melbourne
- The Royal Children's Hospital, Early Learning Centre
- Yarrava Children's Service Cooperative LTD

Produced by the Educational Resource Centre, The Royal Children's Hospital, Melbourne

For more information about Let's Read visit: www.let'sread.com.au

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Concluding comments
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