



# **Trauma, Resilience and Recovery Conference**

## **Keeping it Real**

### **The Importance of the Early Years**

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# Key Messages-Provocations

- There is some excellent practice but we can/need to do better
- If we were getting it right why do we have more and more young children and young people with mental health issues

**What should we be doing individually and collectively?**

- Where is our **OUTRAGE?**



History can remind us that it is worth working for the things you believe in and the study of history shows how important it is to record ideas and practices for those who follow to ponder.



Though much remains to be learnt about how to lay necessary foundations during the pre-school years, which will enable children to achieve eventually the fullest measure of their potential, yet enough is known to take some action now...

promoting optimal emotional, social and intellectual development; preventing neglect and deprivation; and, most difficult of all, for breaking into the vicious circle of the emotional or intellectually deprived children of today becoming tomorrow's parents of yet another generation of deprived children.





Those who suffer multiple adverse childhood events achieve less educationally, earn less, and are less healthy, making it more likely that the cycle of harm is perpetuated, in the following generation (Davies, 2013:2).

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# And Another...





# A Profound Insight

I would like to take this opportunity to thank everyone who was not there for me, everyone who couldn't or wouldn't listen to me and everyone who failed to protect me....

Cherry, 2013.





Private

Personal

Professional





# Values

Spend a couple of minutes reflecting on your values-personal and professional:

- *Why do you do what you do ?*
- *What is your primary driver ?*
- *What has influenced you ?*
- *What will you compromise on and what will you **NOT** compromise on ?*





# Key Message

All children have the right to experience a professionalised early years/children's workforce that supports, challenges and inspires those working within it, works in partnership with others and draws on inter-disciplinary knowledge to address inequality and promote all aspects of children's care, health, development and learning.....





and most importantly that professionals working with children and young people in the margins of society realise and act upon the fact that:

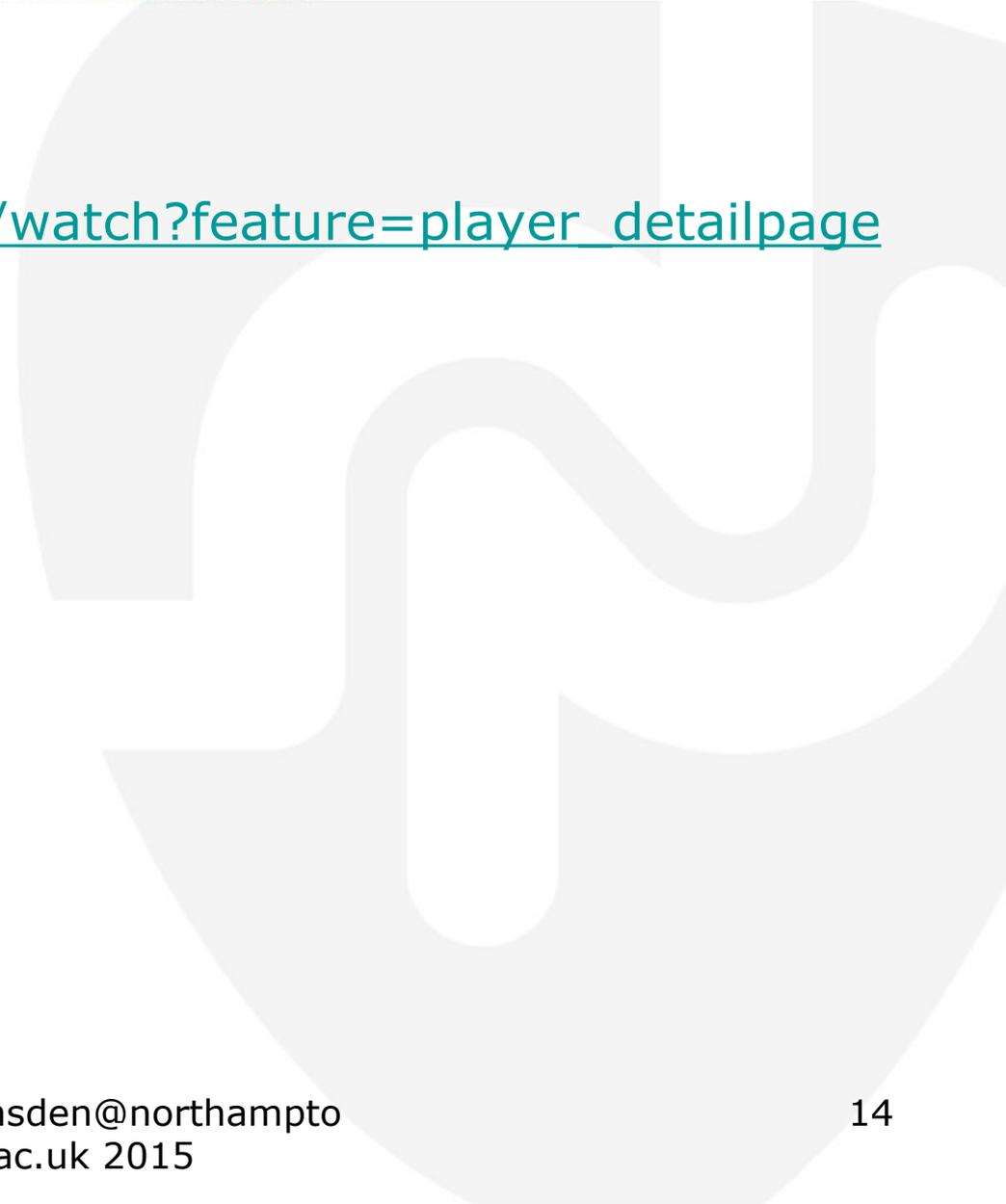
# Every Interaction Counts

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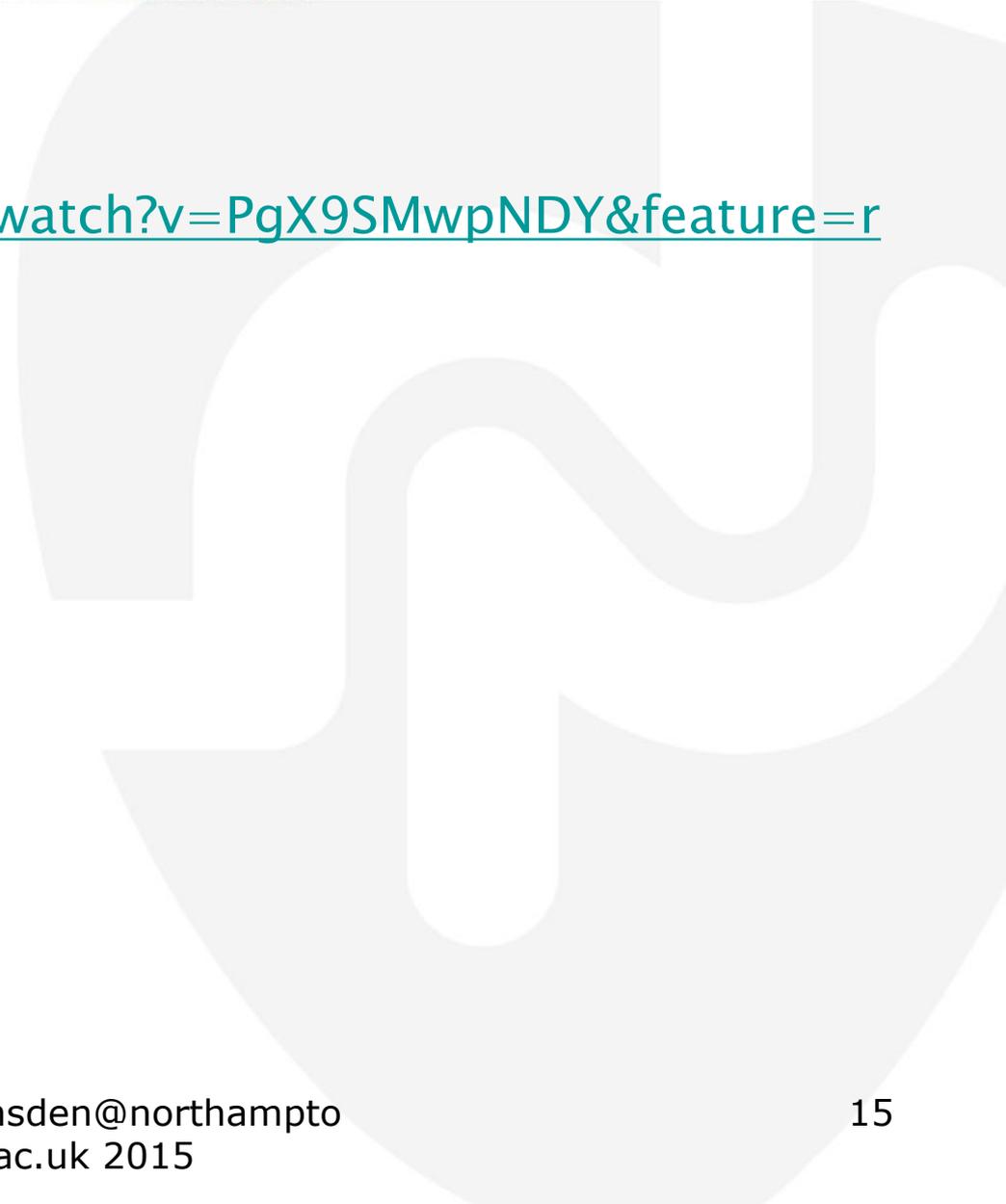


- [http://www.youtube.com/watch?feature=player\\_detailpage&v=4wt824D1Bqg](http://www.youtube.com/watch?feature=player_detailpage&v=4wt824D1Bqg)





- <http://www.youtube.com/watch?v=PgX9SMwpNDY&feature=related>





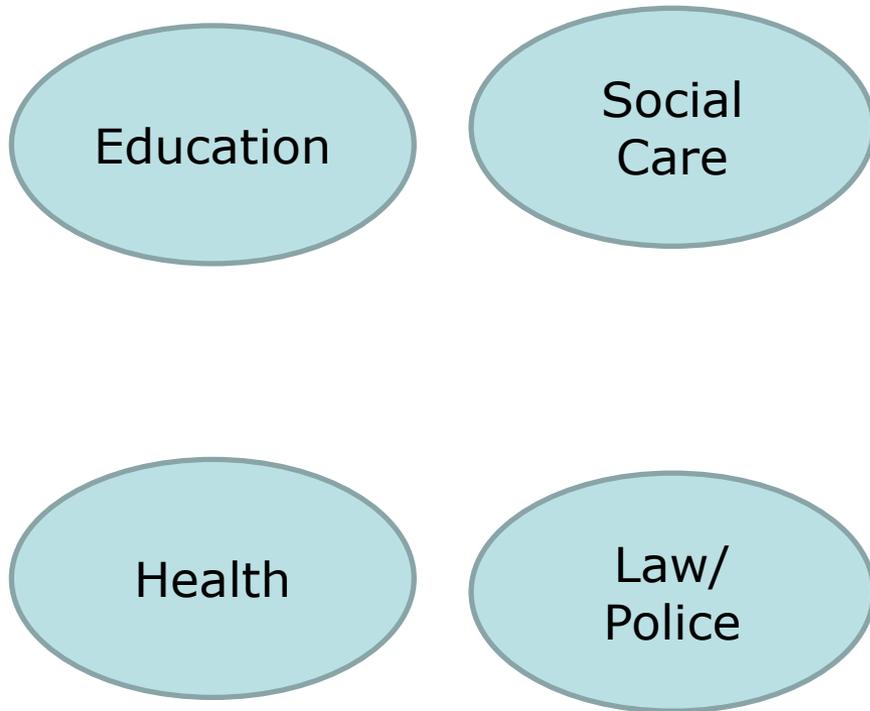
**Because:**

Those who have  
had adverse  
experiences have  
to.....

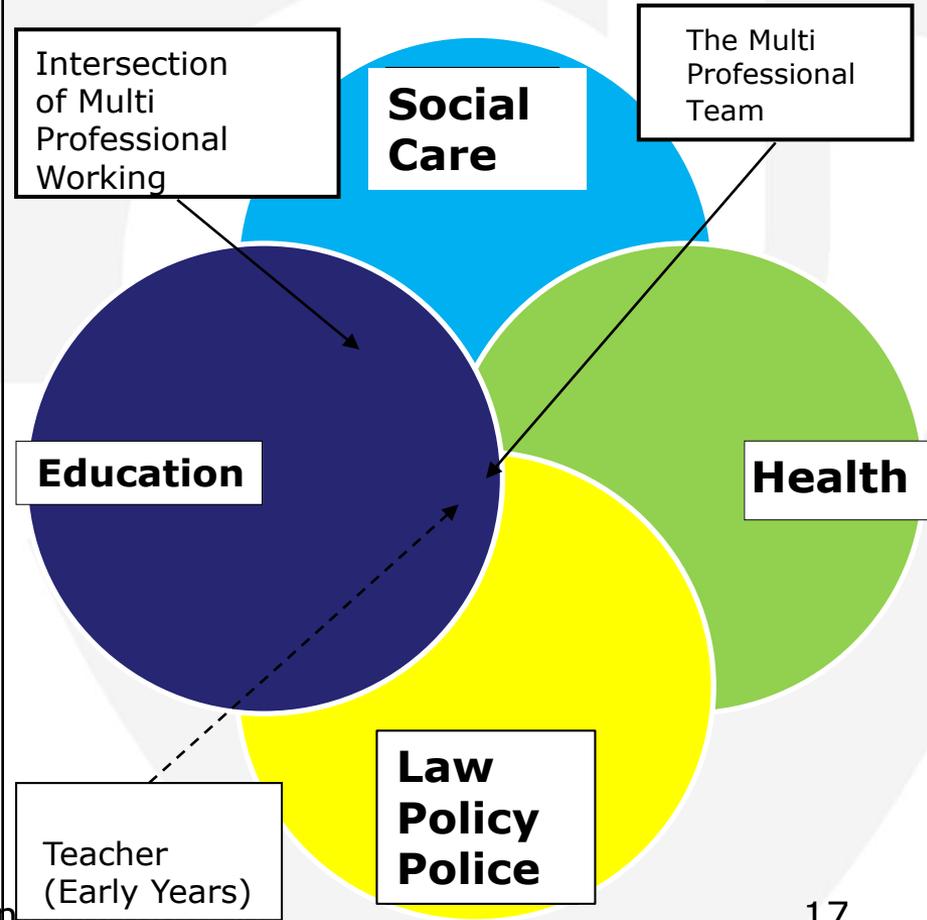


# Separatist and Integrated Professions in Children's Services: Why we find it so difficult

## Separatist Professions



## Integrated Professions





Our work needs to  
be more than a...

In reality it is often  
a stitch too late





Our work needs to stop being marketed in how much money has been spent...

**Today, as I speak to you, there are more than 3,470 children waiting to be adopted.... That's why, from 1 May, following a successful pilot in 10 areas, the Adoption Support Fund (worth £19.3m) will be rolled out across the country enabling adopters who could benefit from therapeutic services to get the help they need when they need it.**

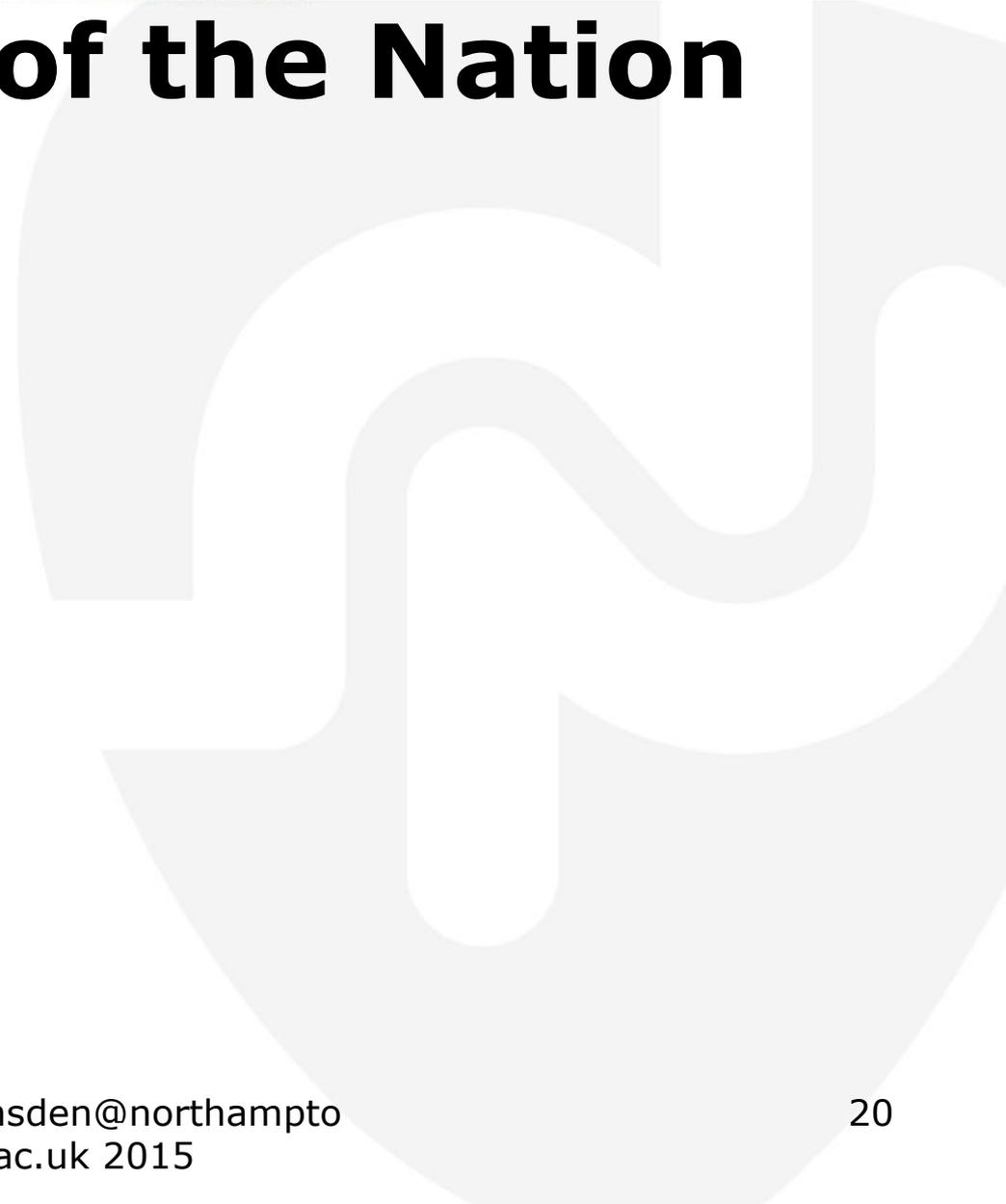
Mr Timpson, 2015



[enice.lumsden@northampton.ac.uk](mailto:enice.lumsden@northampton.ac.uk) 2015

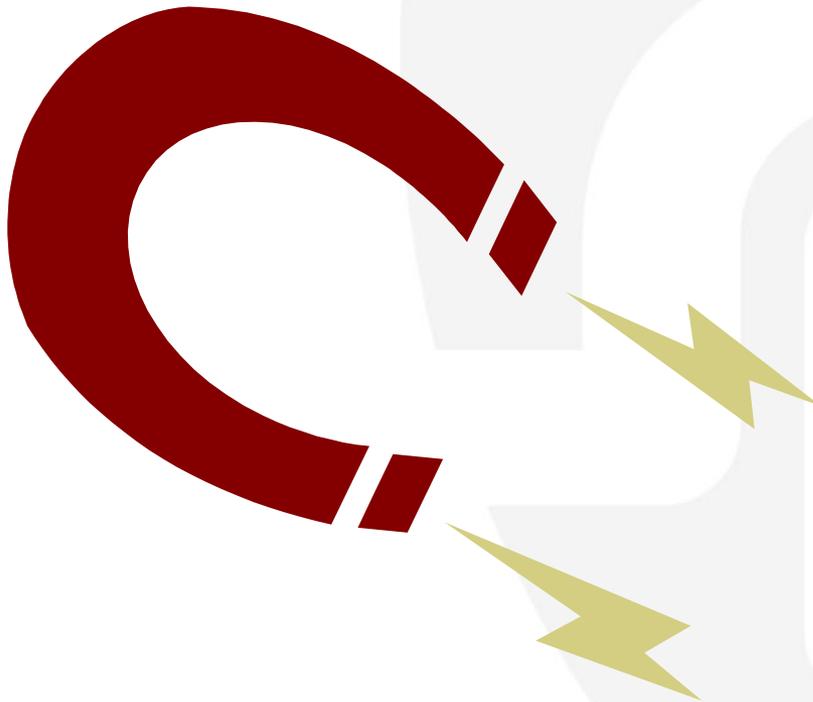


# The State of the Nation





# Education



# Early Intervention



# Theoretical Framework

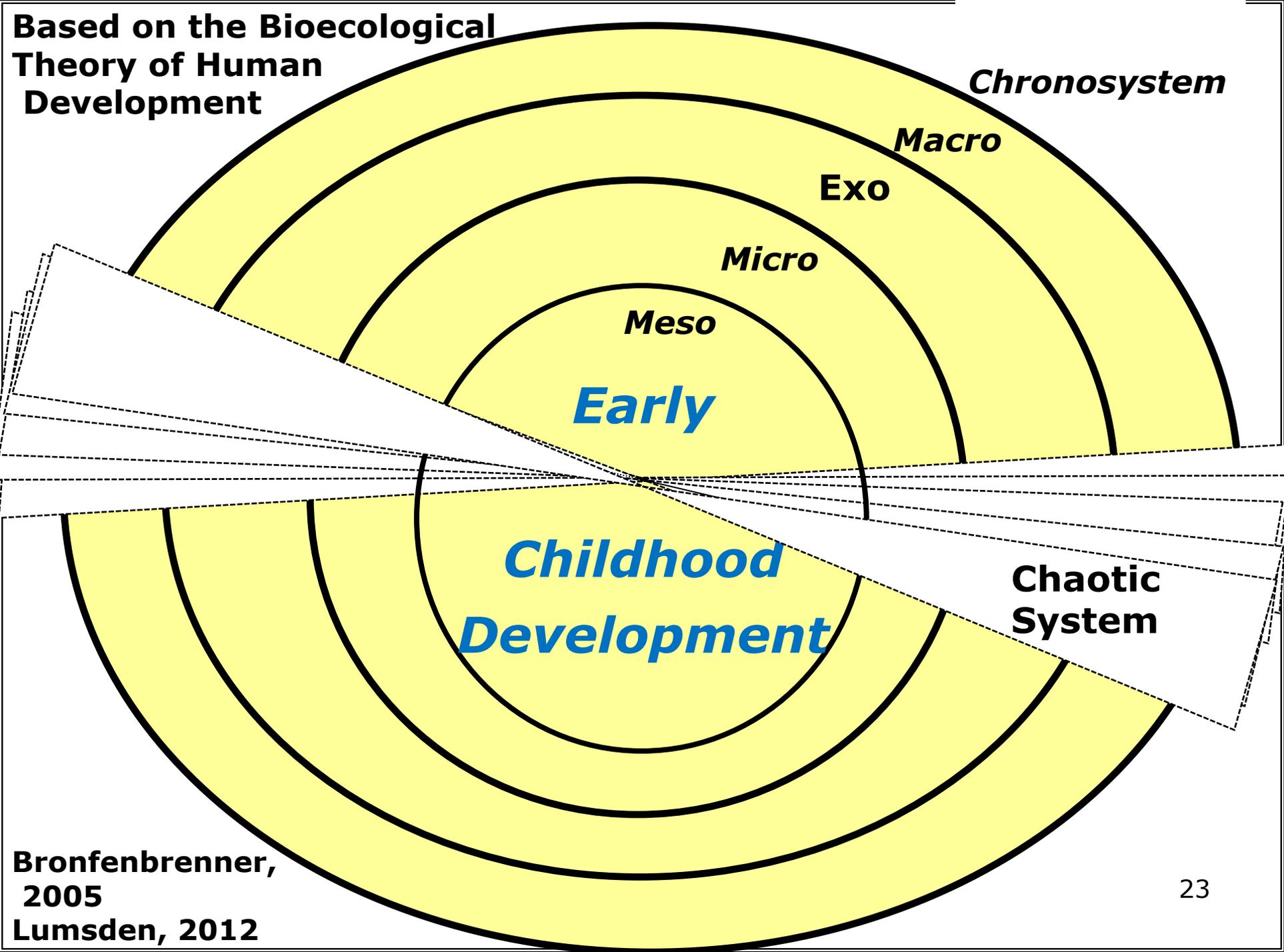
The contemporary significance of the ecological model cannot be overstated. It has provided a major starting point for understanding the link between children and their community.

Pierson (2008:87).

## *Bioecological Theory of Human Development*

I offer to the prologue now, in advance, in the hope that others too maybe moved to get into the act. 'The play's the thing'.

University of Northampton  
n.ac.uk 2015  
Bronfenbrenner, (2005:124).

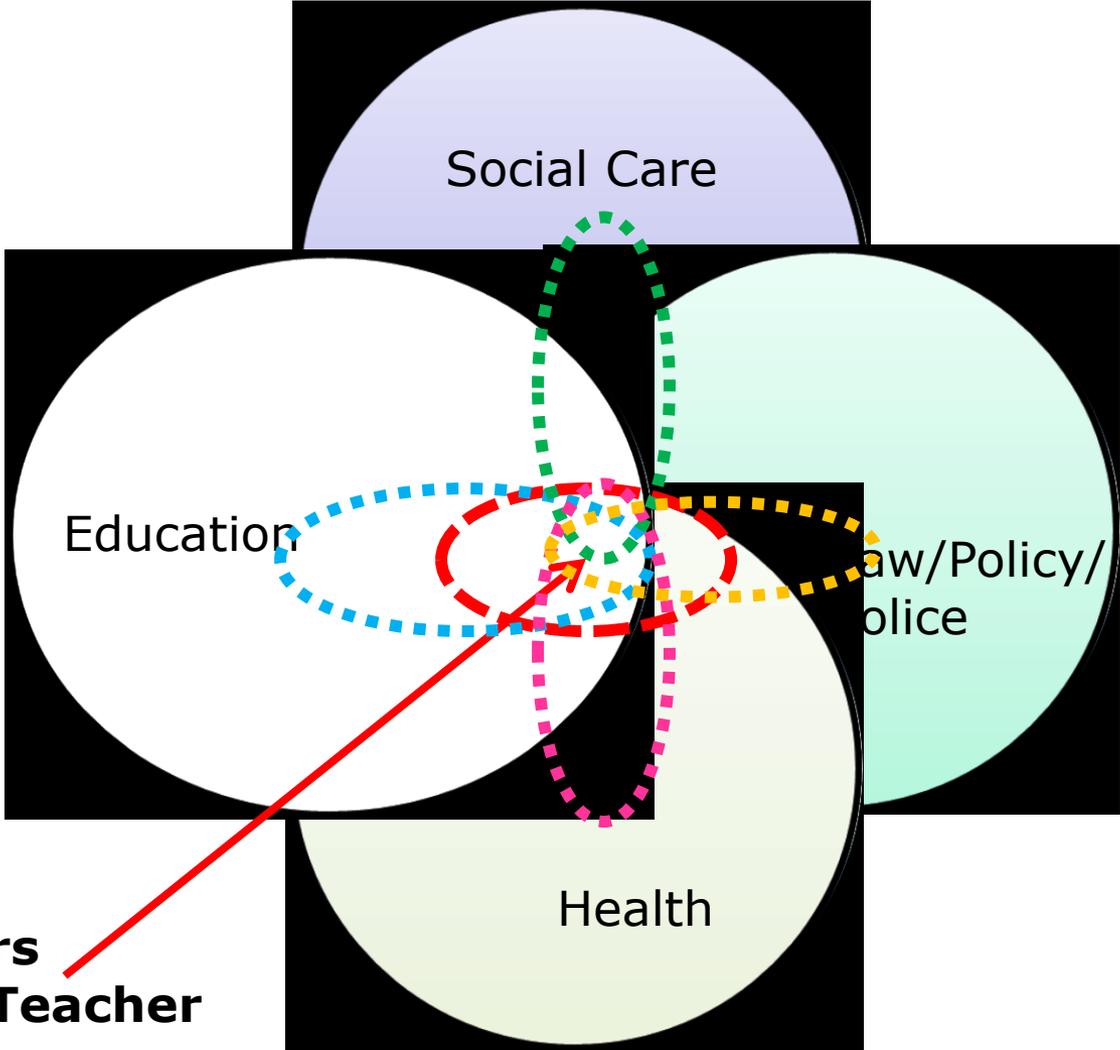




# Why are the Early Years Important?



# Early Years: so many professionals coming together



**The Early Years Professional/Teacher**



# ECD Interventions Yield Higher Returns than Investments Later in Life



Source Heckman and LaFontaine, 2007



# Three lessons from Heckman

- Develop the whole child concept – focus on the multiplicity of human abilities
- Invest in early childhood development – as inequalities open up early
- Early remediation is far more effective than later re-mediation and low cost

Slide courtesy of Dr Ulkuer





# Some important facts and figures

National Society of Cruelty for Children (NSPCC):

**For every one child who has a Child Protection Plan because they are at risk of abuse, approximately eight cases go undetected** (*Harker et al., 2013*).



# In the early years...

National Statistics on 31 March 2012 indicate that:

**880 unborn children and 4850 under the age of one in England were subject to a Child Protection Plan because of concerns about their carers' ability to protect them from harm** (NSPCC, 2013).





- 26.1% of the 382,400 children deemed in need of social care services, mainly because of abuse, were under five years old (DfE, 2012).
- Another 39,000 children under the age of one were reported as living in families with domestic violence in 2012 (Wave Trust, 2013).





## **Cuthbert, Rayns and Stanley (2011:5) report that:**

- 19,500 babies under one year old are living with a parent who has used Class A drugs in the last year
- 39,000 babies under one year live in households affected by domestic abuse in the last year
- 93,500 babies under one year live with a parent who is a problem drinker
- 144,000 babies under one year live with a parent who has a common mental health problem





# Impact of Neglect in the Early Years

Neglected children have:

- less stimulation
- fewer neuron connections
- impeded brain and gene development.





## This can lead to a lack of:

- sense of 'self',
- low self-esteem,
- learning disabilities,
- attention and focus difficulties,
- poor academic achievement
- passivity,
- lack of enjoyment,
- inability to regulate emotion,
- disassociation





## Verbal Abuse

Has been found to impact on brain development in particularly size and the area responsible for processing language and speech (Doyle and Timms, 2014).





# Stress

- Impacts on brain development and, while stress is experienced by all, it is when it reaches toxic levels that brain development is impacted upon (Gerhardt, 2015).
- Child maltreatment increases stress levels and can alter the physiology of the body. This includes increased adrenaline and hormonal changes, which can influence the long term health and wellbeing of the child. For example, prolong increases in cortisol can lead to weight gain and diabetes (Doyle and Timms, 2014).



# Obesity

Hemmingsson, Johansson and Reynisdottir (2014) reviewed 23 studies into the relationship between child maltreatment and adult obesity.

They concluded that there was a significant relationship between the two and the greater the severity of the maltreatment the higher the significance.

There is also evidence that neglect may increase the risks of obesity and that there is a significant correlation between child maltreatment, obesity and mental health (Whitaker, Phillips, Orzol and Burdette, 2007).





# Mental Health

The impact of abuse on the mental health of a child through the life course and the impact of the mental health of the mother can have the infant is well documented (Wave, 2013; Plane *et al.*, 2013; Norman *et al.*, 2012). The impact can include:

- Drug and alcohol abuse
- Suicide
- Sexualised behaviour and sexually transmitted diseases
- Depression
- Anxiety





# So if we ponder history...

None of this information is a surprise, empirical research is evidencing professional knowledge and wisdom.

## So what do we need to do?



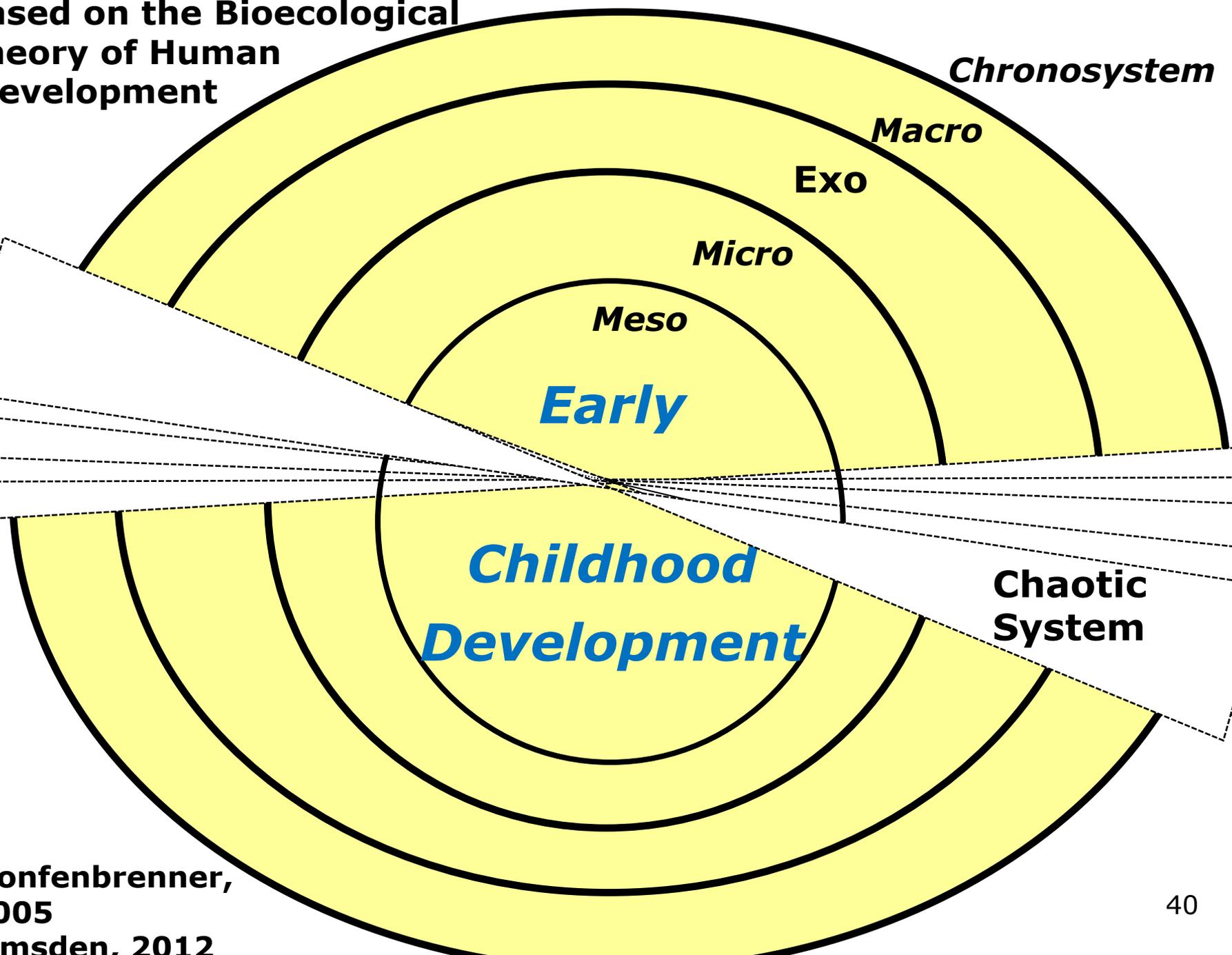


**Remember.....**

**What will you  
compromise on and what  
will you NOT compromise  
on ?**



**Based on the Bioecological  
Theory of Human  
Development**



**Bronfenbrenner,  
2005  
Lumsden, 2012**



## Embed change in policy

- Political recognition and commitment to a prevention agenda across the life course that supersedes political ideology and puts empirical research and the needs of children and families at the heart of policy direction.
- Policy that integrates public health, social care and education in the early



- One government department that is responsible for children and family life
- Increased investment in the early years, early identification and support
- Integrated not segregated provision
- Greater multi professional training





We need to.....

# Change the Script





# The time is always right to do the right things

Martin Luther King



## Thank you for listening



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