



The All-Party Parliamentary Group on a Fit and Healthy Childhood

Chair: Steve McCabe MP Co-Chair: Baroness Floella Benjamin OBE. Vice-Chairs: Julie Elliott MP, Diana Johnson MP, Lord McColl of Dulwich, Adam Holloway MP

Formal details of the Group on the Parliamentary website are available

at: <https://publications.parliament.uk/pa/cm/smallparty/191105/fit-and-healthy-childhood.htm>

APPG Meeting 2nd November 2021 Chat Stream

Time	Name	Comment
00:17:26	Alison Murray:	Afternoon all. ;)
00:17:53	University Educator-Pamela:	Hi everyone. Nice to see you all.
00:18:54	Alison Murray:	Not mine.
00:28:31	Keith Godfrey:	The National Institute for Health Research are setting up Health Determinants Research Collaborations to address inequalities, but this investment in public health is TINY compared to the need
00:30:50	Jackie Musgrave The Open University:	The Early Years Foundation principles has many aims that will help to improve babies and children's physical and mental health - but as you say Helen, qualifications need to be improved, as do CPD opportunities and of course, improved pay and status to attract high quality and well educated practitioners to be able to support health and wellbeing
00:31:14	Sara Keel:	As well as dietary, early years oral health also being impacted by ongoing issues regarding accessing dental services, exacerbated by covid-19 restrictions and access does not yet appear to have recalibrated,
00:31:26	Keith Godfrey:	There is an excellent economic assessment of SureStart centres led by the Institute for Fiscal Studies, which showed substantial cost-effectiveness, let alone the societal benefits
00:31:29	Jackie Musgrave The Open University:	and the recent EYFS update in September 2021 states that oral health must be addressed in settings
00:33:09	Alison Murray:	Agree Helen, and all points shared. What with the school related child assessment in key stage 2, many problems from preconception may have gone unchecked across the breadth of issues. A holistic approach; crossing and connecting borders/disciplines of areas, is required from early years onwards.
00:33:47	Jackie Musgrave The Open University:	Absolutely agree re the workforce Helen
00:34:40	Sara Keel:	Hear, hear Helen. Thank you



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00:34:44	Kieran James:	Can we clarify what we mean from early years settings. Are we referring to nursery and childcare? Or including locally ran volunteer/commercial/3rd sector organisations who are not classed as childcare?
00:34:47	University Educator-Pamela:	Thank you Helen.
00:38:01	Keith Godfrey:	It is worth emphasising the Heckman studies in the US, showing that investment in infant/toddler family support gives the greatest financial return on investment of almost any public health intervention, e.g. reducing offending, improving school attainment and adult health outcomes
00:40:57	Alison Murray:	The Healthy Start Scheme sounds incredibly valuable, as do the others mentioned. Are there misconceptions around any of these schemes which may hinder family uptake Edwina, or is it simply about sharing the known value?
00:42:34	Sara Keel:	Thank you Edwina
00:42:47	Alison Murray:	Inclusion of oral health through the curricular system is a superb accomplishment.
00:53:23	Keith Godfrey:	A recent publication evaluating long term effects of the US Perry Preschool Programme to age 50 showed no evidence of fade out in individuals who were part of this programme in their early years
00:55:06	Alison Murray:	The early years sounds complex across multiple levels and dimensions Carrie. As related to families in need and service uptake, has there been any inquiry into the why and why nots of uptake? Are there any preconceptions around these; for instance quality, stigma and or other potential reasons to be understood and addressed ? If not, what reasons do you believe to be central around uptake of the valuable services?
00:57:44	Jyles Robillard-Day - NCS:	Thank you to the great speakers. Unfortunately I have to leave early today.
01:00:42	University Educator-Pamela:	I coach skating and I see three generations without their respective front teeth, that's today in Birmingham.
01:02:04	Jackie Musgrave The Open University:	but settings will need to be resourced if they are expected to support babies and children's oral health especially for those living in poverty who may not have access to brushes and toothpaste and don't live in families where tooth brushing is part of their daily routines



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01:03:05	Jackie Musgrave The Open University:	and yes Steve, you are quite right, children are being subjected to general anaesthetics which are an avoidable risk because they are being admitted to hospital to have their decayed teeth extracted
01:04:11	Alison Murray:	Agree Jackie. As I recall this was the case in Scotland- and again- to avoid stigma- it was toothpaste, toothbrushes and tooth care class for all. Pamela and I did a placement with a Glasgow oral health educator and we visited schools and sang tooth-care action songs.
01:05:14	Jackie Musgrave The Open University:	@alison - as we are saying, early years are well placed to fill the gap (!) in oral health, but there needs to be resourcing and CPD opportunities
01:06:04	Sharon Smith:	The impact of COVID and changes to the Dental Contract / Access has affected increase in Dental Decay and subsequent extraction, supported by Royal College of Paediatric Child Health
01:06:06	Keith Godfrey:	Sadly there is insufficient emphasis that poor quality diets fed to infants and toddlers have real consequences for dental health
01:06:11	Jackie Musgrave The Open University:	and poor oral health can lead to speech communication and language difficulties
01:07:11	University Educator- Pamela:	Yes Jackie, a lot of 'the kit' is costly. We have run 'whole person coaching' and been funded supporting the skaters with a community café- that was for 'good food'; received well as about performance so ego sensitive and appreciative. Always well attended.
01:08:04	Jackie Musgrave The Open University:	@pamela - that sounds really interesting
01:09:22	Ben Sutcliffe - Caudwell Children:	Is it possible to share any suggestions of how we can all use the report now it has been published and ensure it receives the attention it deserves?
01:09:59	Alison Murray:	Superb idea. Do you have one to share Ben?
01:10:30	Alison Murray:	Thanks for this point Helen- yes equitable and empowering access.
01:11:17	Paul Wright:	Here is a link to the EYs Report by Children's Alliance to share: https://childrensalliance.org.uk/wp-content/uploads/2021/10/WG1-EarlyYears-Oct2021.pdf



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01:11:51	Alison Murray:	Hear hear.
01:12:06	Kieran James (Children's Activities Association):	@Alison murray - Referring to one of your previous points. There is some research on the physical activity side of things to show that parents didn't know about guidelines of 3 hours of physical activity per day for under 5's and when told about it, they didn't think it was relevant to their children. This is obviously only one part of the picture, but could provide some insight. into the importance of educating parents.
01:12:14	Ben Sutcliffe - Caudwell Children:	We could have a defined date and time to all share the same message on social media to try and get it trending
01:12:50	University Educator- Pamela:	Sadly this weekend our site was closed (Birmingham Wheels) despite its being an occasional yet reliable (ie when they wanted/turned up) refuge for children and their parents/carers as well as a place where we have developed the children in themselves, development of identity, active habits, socialising and being active. Many have gone on to being champions in skating. But we look for another home and renew our community spirit.
01:12:55	Alison Murray:	That's most insightful Kieran.
01:13:18	University Educator- Pamela:	Yes Carrie that struck me.
01:14:34	Alison Murray:	And very sad news Pammie for community access to safe and healthy exciting activity for traumatised children- LAs giving up such opportunities ought to be revisited.
01:15:04	Chris Williams (Chatta):	Thank you to all speakers. Thank you also for this valuable discussion and vital report- this urgent voice for early childhood must be heard and has never been more essential.
01:16:15	Eunice Lumsden:	Roots of Empathy is excellent we have embedded in schools in Northampton. Wales are just funding the new Seeds of Empathy programme for early years..I just need £46,000 to start the Seeds programme in Northampton and there is a the challenge...😊
01:16:27	Nicola Calder:	Sorry I have to leave, thank you for the insightful presentations and discussion.



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01:16:41	Jackie Musgrave The Open University:	the qualifications of the workforce really need attention - we have more regulation about the training of people who work with animals and hairdressing than those for children, this is not meant to be disrespectful to those people but we do need to consider that our youngest citizens are precious and have the right to health and the workforce can help give them that right
01:16:44	Alison Murray:	Well said Chris. Agree wholeheartedly Thank you to our speakers and everyone's contribution and facilitation Steve.
01:17:30	University Educator- Pamela:	Former Easter Bloc countries achieving Olympic Gold would congratulate 'cradle to podium'- all early influences on the achiever's development - all awarded with recognition. Not a viable or wanted comparison but shows all inputs were appreciated. Carrie's awareness of the disadvantage is acutely felt across many groups, perhaps anticipated and not.
01:17:31	Alison Murray:	Ben- share idea is super fyi...
01:18:36	coppenheim@nuffield foundation.org:	Our project and the reports can be accessed here www.nuffieldfoundation.org/early-childhood
01:18:37	Kieran James (Children's Activities Association):	I think we musn't underestimate the benefit of sure start to ALL families. We are not in poverty, but my wife's closest friends were met at a sure start centre and massively helped overcome parental mental health challenges together. And parental mental health in early childhood has been proven to affects childhood mental health.
01:18:45	coppenheim@nuffield foundation.org:	Do feed back your thoughts to us
01:19:03	Alison Murray:	Yes- I love the all embracing ethos Kieran.
01:20:50	Keith Godfrey:	Carey - many thanks for the link - have downloaded!
01:20:53	University Educator- Pamela:	Thank you Steve
01:24:21	Sara Keel:	non-preachy sounds a great approach, enjoyable so all want to come, the skaters example sounds wonderful
01:25:34	Alison Murray:	Beautiful sentiments Edwina.
01:25:46	University Educator- Pamela:	Cheers Sara. Maybe a case study example- maybe we can collect the informal ones to complement the formal programmes and elicit the rich nuggets



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01:26:19	University Educator-Pamela:	Thank you everyone.
01:26:53	Sara Keel:	a 'thunderclap' on social media sounds good
01:26:58	Sara Keel:	thank you
01:26:59	Sophia O'Neill:	Thank you very much everyone