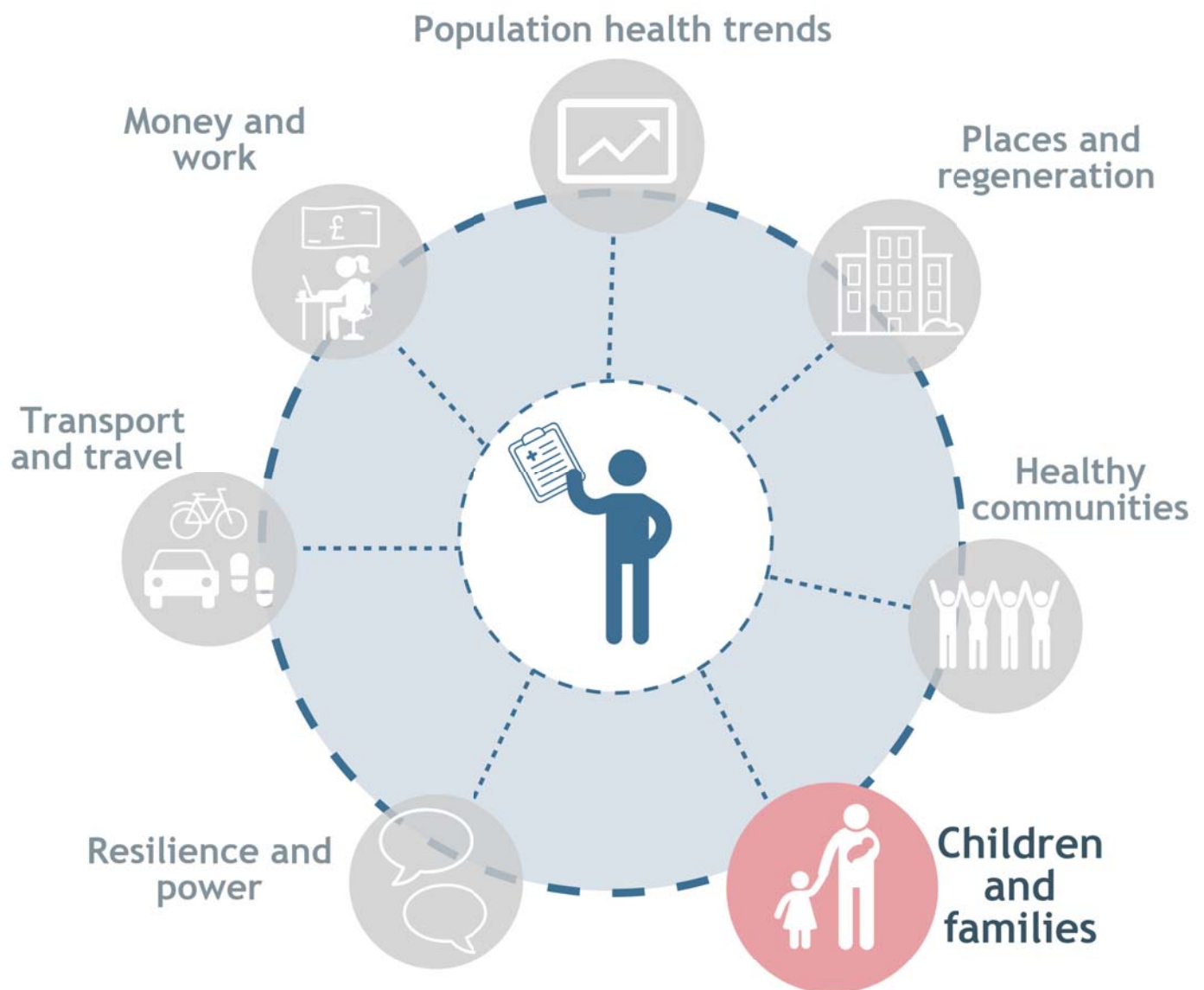


# Children and families

Early years and childhood experiences have a profound influence on health and wellbeing throughout a person's life. These experiences strongly influence our physical, intellectual and emotional development.

Many factors shape these experiences including our social and material circumstances; family structure and household health; parenting; childcare and early education; and our connections and relationships.



# Adverse Childhood Experiences (ACEs)

## WHAT ARE ACEs?

ACEs are stressful events during childhood and include:



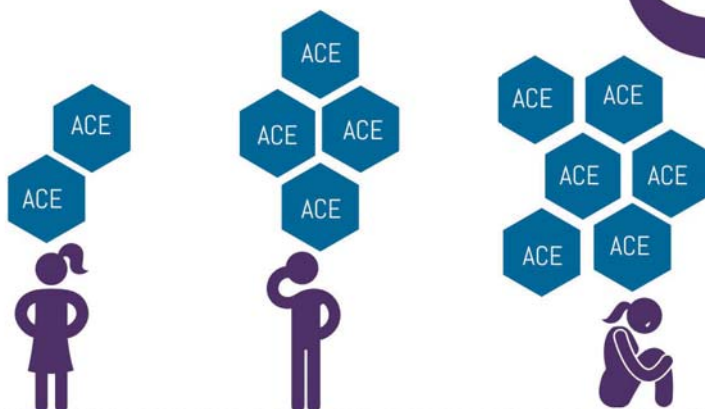
ACEs can affect us all

## IMPACTS OF ACEs

Greater risk of poor physical, mental and emotional health throughout the life-course, including:



ACEs have a cumulative effect - the more childhood adversity experienced, the greater the risk of harmful effects later in life



However, harm is not inevitable and with the right support, people can overcome adversity



Find out more: search 'ACEs' at [www.gcph.co.uk](http://www.gcph.co.uk)



# ACEs - what can we do?

IMPORTANT TO LOOK AT THE WIDER CONTEXT

Poverty

Inequality

Quality  
of  
environment

Household  
adversity

## HELPFUL APPROACHES AND ACTIONS

Suggested actions by UCL Institute of Health Equity,  
ScotPHN and others, include:

Take  
preventive  
action



Improve the physical,  
social and economic  
environments in which  
families live



Work locally to tackle  
social isolation



Address low wages  
and insufficient social  
security support

Reduce  
household  
adversity



Provide integrated  
service responses  
that recognise  
multiple strengths  
and needs



Incorporate  
principles of early  
intervention,  
prevention and  
partnership working  
in all policies

## CHANGING OUR LANGUAGE

Need to  
ask

What  
happened  
to you?

NOT

What is  
wrong with  
you?

Find out more: search 'ACEs' at [www.gcph.co.uk](http://www.gcph.co.uk)



# MAKING A BIG NOISE IN TORRY

Since 2013, the Glasgow Centre for Population Health has been researching the impacts of Big Noise programmes. Our latest report looks at delivery and impacts of Big Noise Torry in Aberdeen City.

The programme was established in **2015**

Big Noise Torry after school delivers up to **5 and a half hours** of music tuition per week

There are around **522** children engaged with Big Noise Torry, aged between

**6 months**  
and  
**9 years old**



130 Big Noise participants taking part in this evaluation expressed feelings of



**HAPPINESS**

**FULFILMENT**

**ENJOYMENT**

**PRIDE**



in developing musical skills, playing their instrument and being part of Big Noise



Pupils from disadvantaged areas



of ethnic minority background



with English as a second language



and 'looked after' pupils

are all equitably represented within Big Noise Torry

School attendance rates are higher among Big Noise after-school participants than for other pupils



FIND OUT MORE: search 'Big Noise Torry' at [www.gcph.co.uk](http://www.gcph.co.uk)



# Cost of childcare: the CHANGE project

CHANGE is a project working with communities in the East of Glasgow to develop childcare services in the area



Families have childcare needs not just in the early years but throughout their child's primary school years and into secondary school for many



Families have told us that cost is a huge barrier to using childcare and that, for some families, paying for childcare costs can place them in in-work poverty

"I was just working to pay for childcare."

Childcare fees are increasing in both local authority provision and in the private and third sectors



Families can often face additional costs on top of childcare fees



Deposits or registration fees between £100-£200



Public transport to get to and from a childcare service

Charges for food like lunch or snacks



Toy funds

Providing special clothing



Childcare costs to families are a very significant household cost. As a society do we accept this needs to be the case or can we do something collectively to change it?

Find out more about the CHANGE: Childcare and Nurture Glasgow East project at [www.change-childcare.org](http://www.change-childcare.org) and follow on Twitter @CHANGEChildcare



# Cost of childcare: the CHANGE project

Local authority nurseries are the least expensive provider on a per hour basis, with Glasgow residents paying a discounted rate of £3 per hour



However, there is significant demand on local authority places and other providers find it difficult to lower costs for families due to the costs of running a service

Although some families may receive benefits to help pay for childcare, we know this can be a complex system to navigate and eligibility criteria applies



This family has two parents in full time work and two children, a 2 year old and a 6 year old

The children's ages mean they are outside of the criteria for funded Early Learning and Childcare provision

The children need childcare for **50 weeks** of the year

The youngest couldn't get a local authority place and the average cost of a non-local authority nursery is **£3.76 per hour**



The oldest is at school and needs out of school care for 3 hours per day at **£4.58 per hour** (less in the school holidays)

The family spend  
**£12,218**  
just on childcare for the year

Childcare costs to families are a very significant household cost. As a society do we accept this needs to be the case or can we do something collectively to change it?

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# CHILD HEALTH IN GLASGOW

The good news is that in many ways children and young people in the city are healthier than in the past and many overall improvements continue.



Breastfeeding rates are slowly increasing



Rates of smoking in pregnancy are falling



The bad news is that not all of Glasgow's children and young people are benefitting from these improvements.

Children and young people living in the most deprived areas are:

**18** times as likely to have a mother who smoked during pregnancy

Almost **twice as likely** to be of low birth weight and **50%** more likely to be born prematurely

**70%** more likely to have a hospital admission due to an unintentional injury in the home

Almost **10** times as likely to have a hospital admission due to an assault

compared to those living in the least deprived areas.

## WHY IS CHILD HEALTH SO IMPORTANT?

Physical damage sustained as a child is not always reversible - for example poor dental health causing tooth loss, diabetes developing in adolescence, or a permanent disability due to injury.

Experiencing control over one's own life at a young age can lead to positive health behaviours with long term effects.

If poor health results in poor educational attainment and disengagement, this can affect lifelong wellbeing.

Poor health in a child causes strain in the family, affecting parents'/carers' health, relationships and employment.

Check out further information on this topic, as well as lots more on Glasgow's population health here: [www.understandingglasgow.com](http://www.understandingglasgow.com)

powered by



# CHILD POVERTY

in Glasgow and Scotland

**1 in 3**

One third of all children in Glasgow were estimated to be living in poverty in 2017



**That's over 37,000 children living in poverty in Scotland's biggest city**

The distribution of child poverty and vulnerability to child poverty varies dramatically across the city (data from 2015)

**59%**

**Parkhead and Dalmarnock**

**Carmunnock**

**5%**

**Overall, 1 in 5 Scottish children (210,000) are growing up in relative poverty**



**In-work poverty in Scotland has been rising**

**In 2015/16**



**of children enduring poverty come from a household where at least one adult is in work**

Check out further information on this topic here:  
[www.understandingglasgow.com](http://www.understandingglasgow.com)

powered by

 **PIKTOCHART**



# CHILD POVERTY



AN ISSUE THAT AFFECTS US ALL

Early years are important for future health and wellbeing



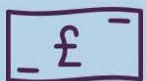
Living in poverty as a child takes away many opportunities and chances for development, and this disadvantage can follow a person through his or her life

**1 in 3 CHILDREN IN GLASGOW CURRENTLY LIVE IN POVERTY**



**THIS IS UNJUST AND IT AFFECTS THE FUTURE OF OUR CITY BUT IT CAN BE CHANGED**

**WHAT CAN WE DO TO STOP CHILD POVERTY?**



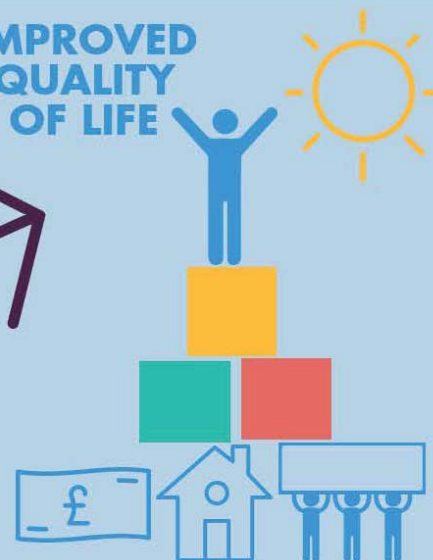
**QUALITY WORK THAT PAYS DECENTLY**

**SOCIAL SUPPORT**



**STABLE HOUSING**

**IMPROVED QUALITY OF LIFE**



**SEARCH 'CHILD POVERTY' AT [WWW.GCPH.CO.UK](http://WWW.GCPH.CO.UK)**



# Early years, children and young people: What is needed to support a healthy start in life?

Adequate family income and actions to mitigate impacts of poverty and inequalities

Strong bonds and positive relationships with caregivers and across schools and communities

Nurturing to help children heal from adverse experiences

Involving children and young people in decisions affecting their lives

Safe home, school and neighbourhood environments which enable learning and play

