

Y 1000 Diwrnod Cyntaf

Dull Iechyd y Cyhoedd o Gynorthwyo Rhieni

11/10/23

The First 1000 Days

A Public Health Approach to Supporting Parents

11/10/23

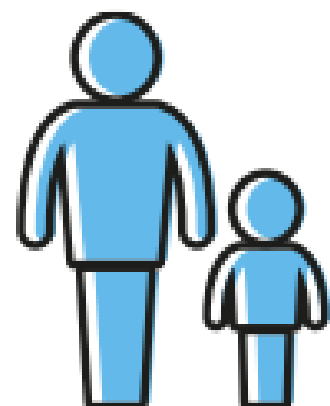
Trosolwg

- 1000 Diwrnod Cyntaf - sylfeini ar gyfer dyfodol iach, hapus
- Dull iechyd y cyhoedd o gynorthwyo rhieni
- Gwella canlyniadau yng Nghymru

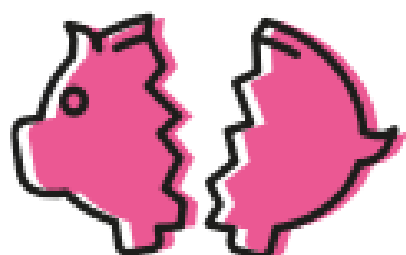
Overview

- The First 1000 Days - foundations for a healthy, happy future
- A public health approach to supporting parents
- Improving outcomes in Wales

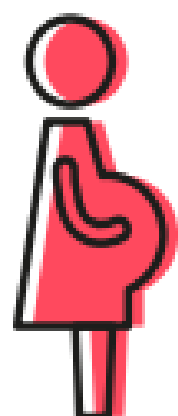
Effaith hyd oes Lifelong impact



Amgylchedd teuluol,
 cymunedol a chymdeithasol
 sy'n ddiogel a gofalgwr
 Safe & caring family,
 community & social
 environment

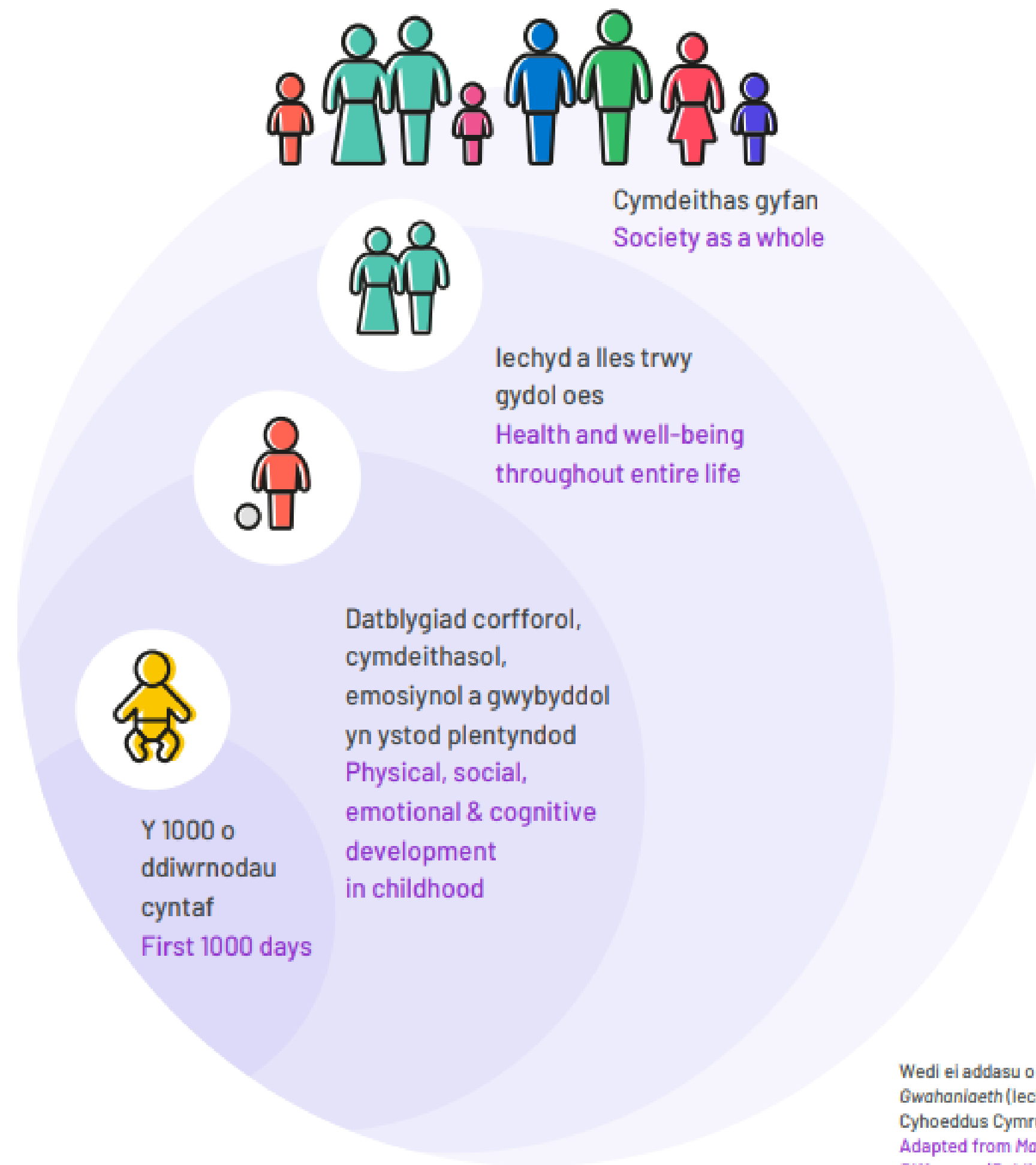


Tlodi ac amddifadedd
 Poverty & deprivation



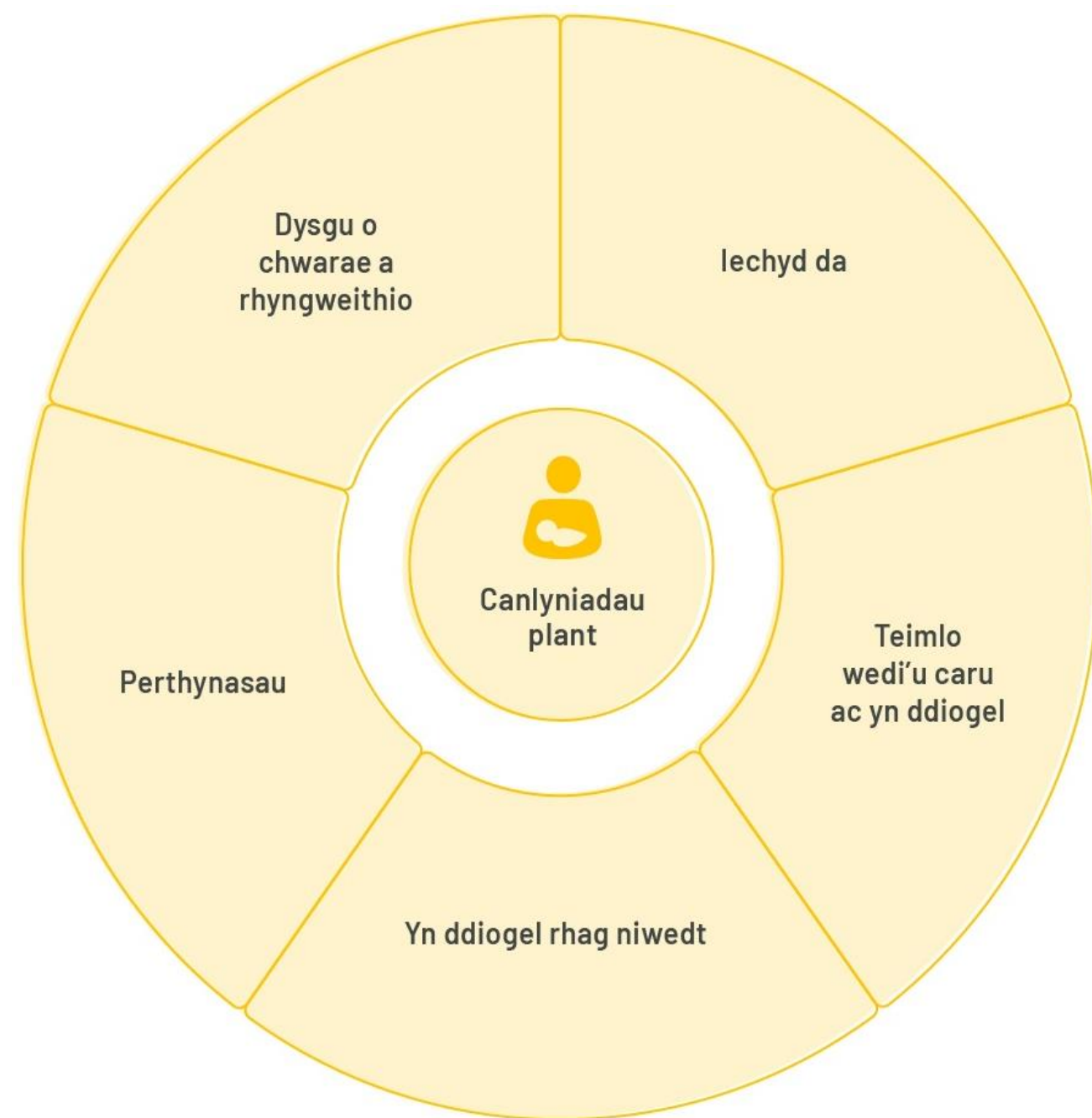
Iechyd da cyn, yn ystod ac ar
 ôl mamolaeth
 Good maternal health before,
 during & after pregnancy

Dylanwadu
 Influence



Y dechrau gorau mewn bywyd

Beth sydd ei angen ar blant



The best start in life

What children need



Datblygu'r dull

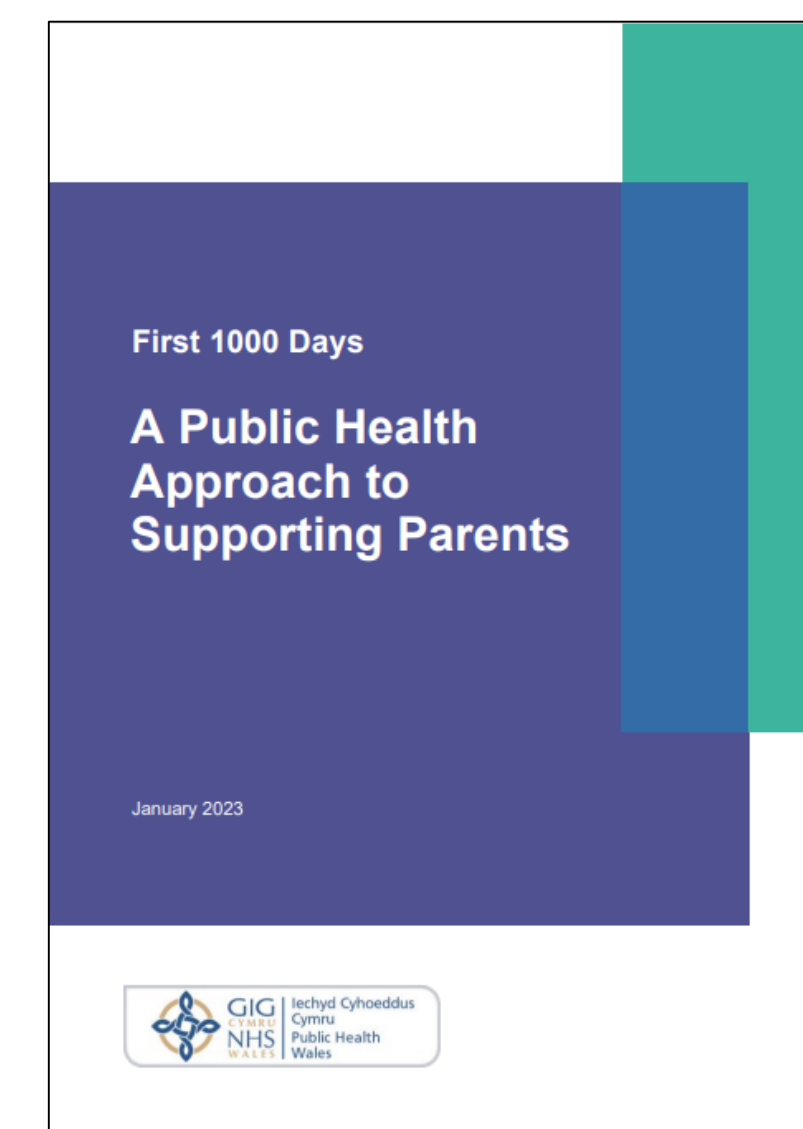
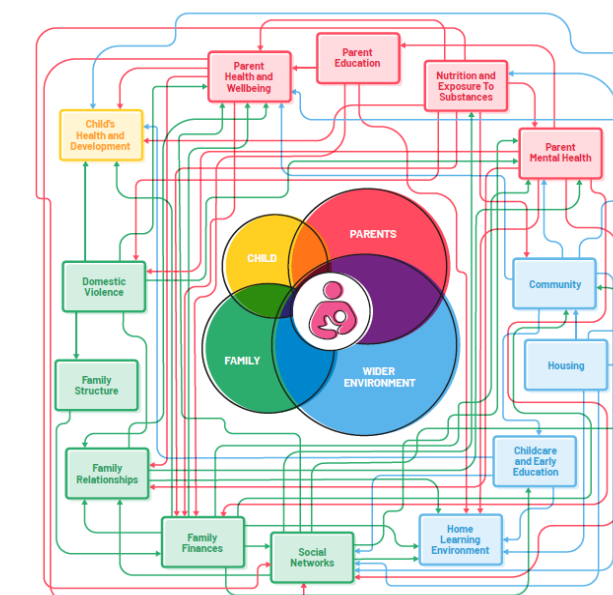
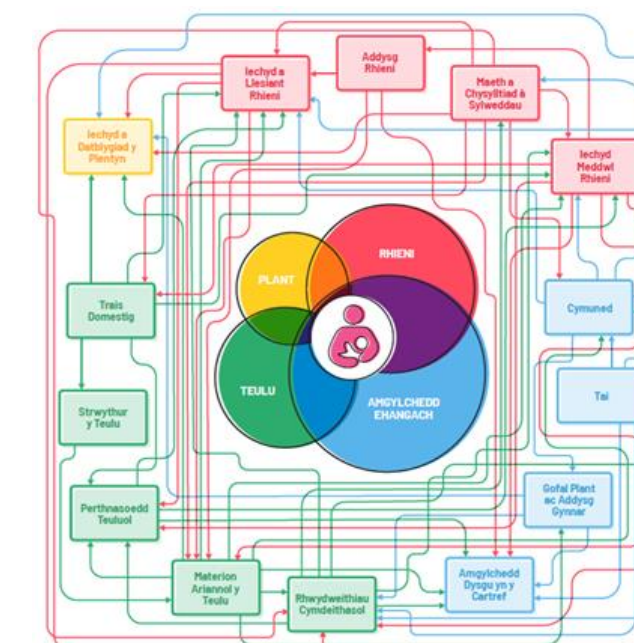
Theori, tystiolaeth a dirnadaeth

- Adolygiad llenyddiaeth – theori gyfredol
- Adolygiad o dystiolaeth – ffactorau risg ac amddiffynnol
- Pedair o astudiaethau mewnwelediad, cyfweiliadau a grwpiau ffocws gyda 169 o rieni a 105 o weithwyr proffesiynol

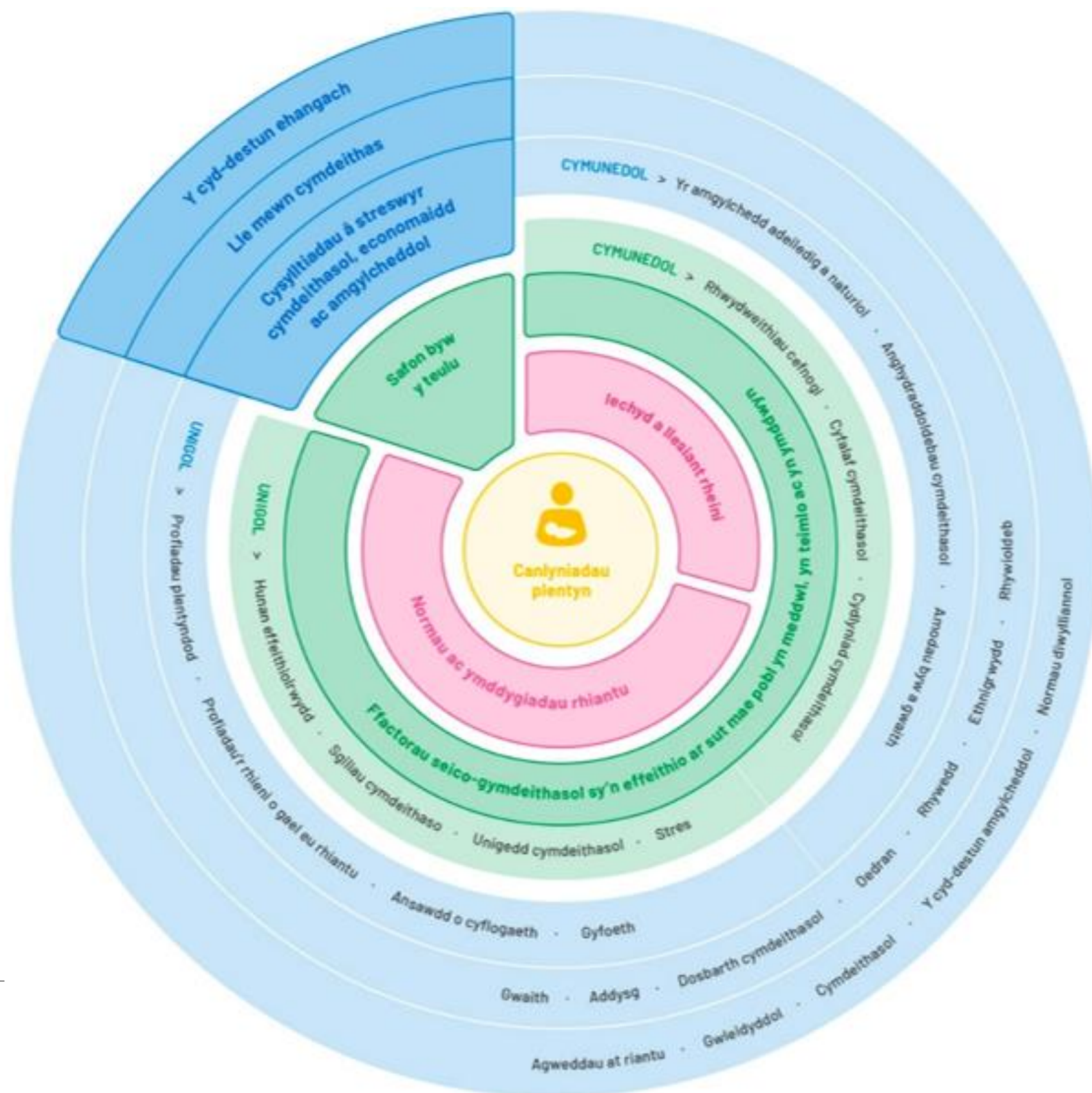
Developing the Approach

Theory, evidence and insight

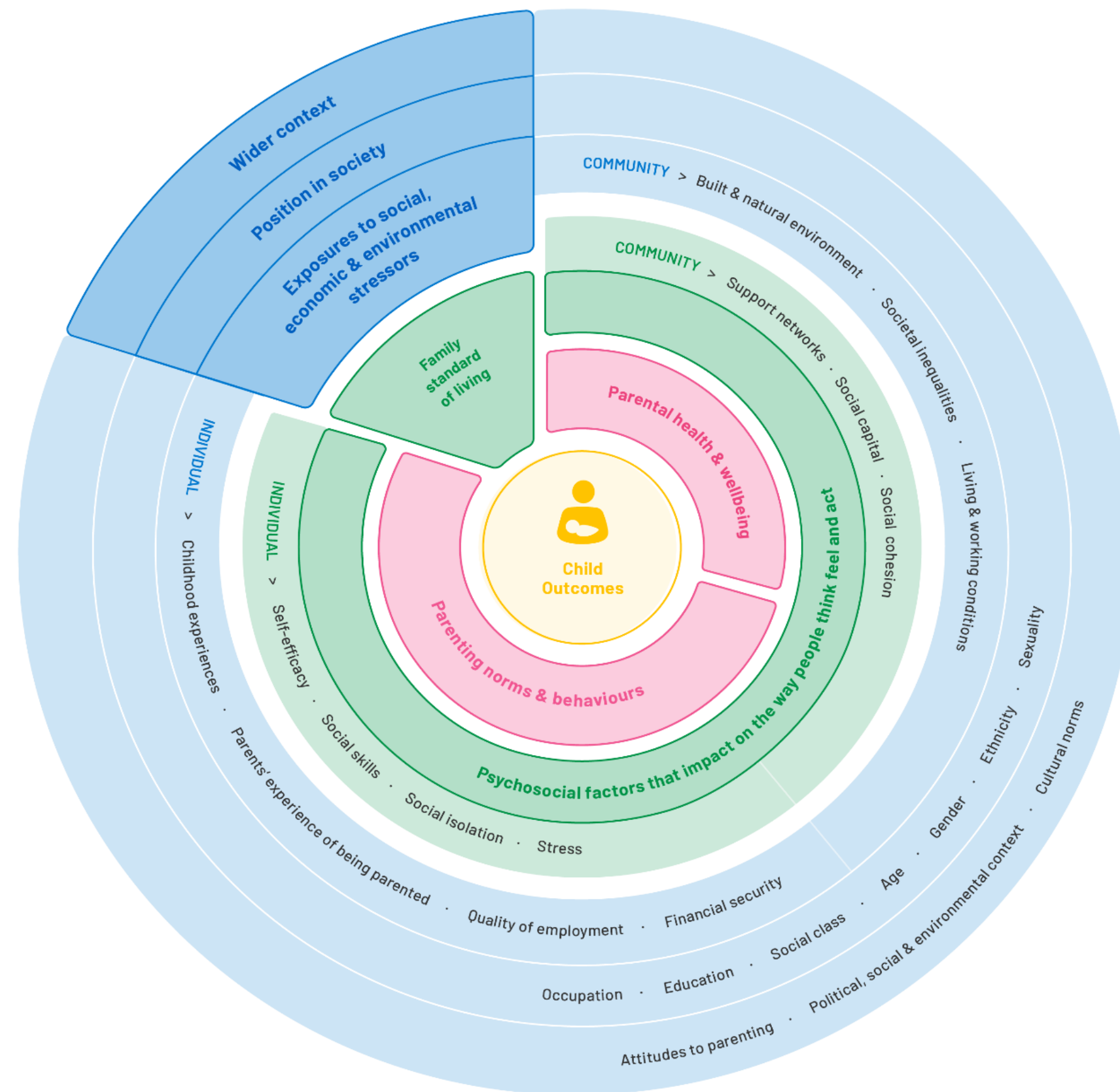
- Literature review – current theory
- Evidence reviews – risk and protective factors
- 4 insight studies - interviews and focus groups with 169 parents and 105 professionals



Llwybrau dylanwad

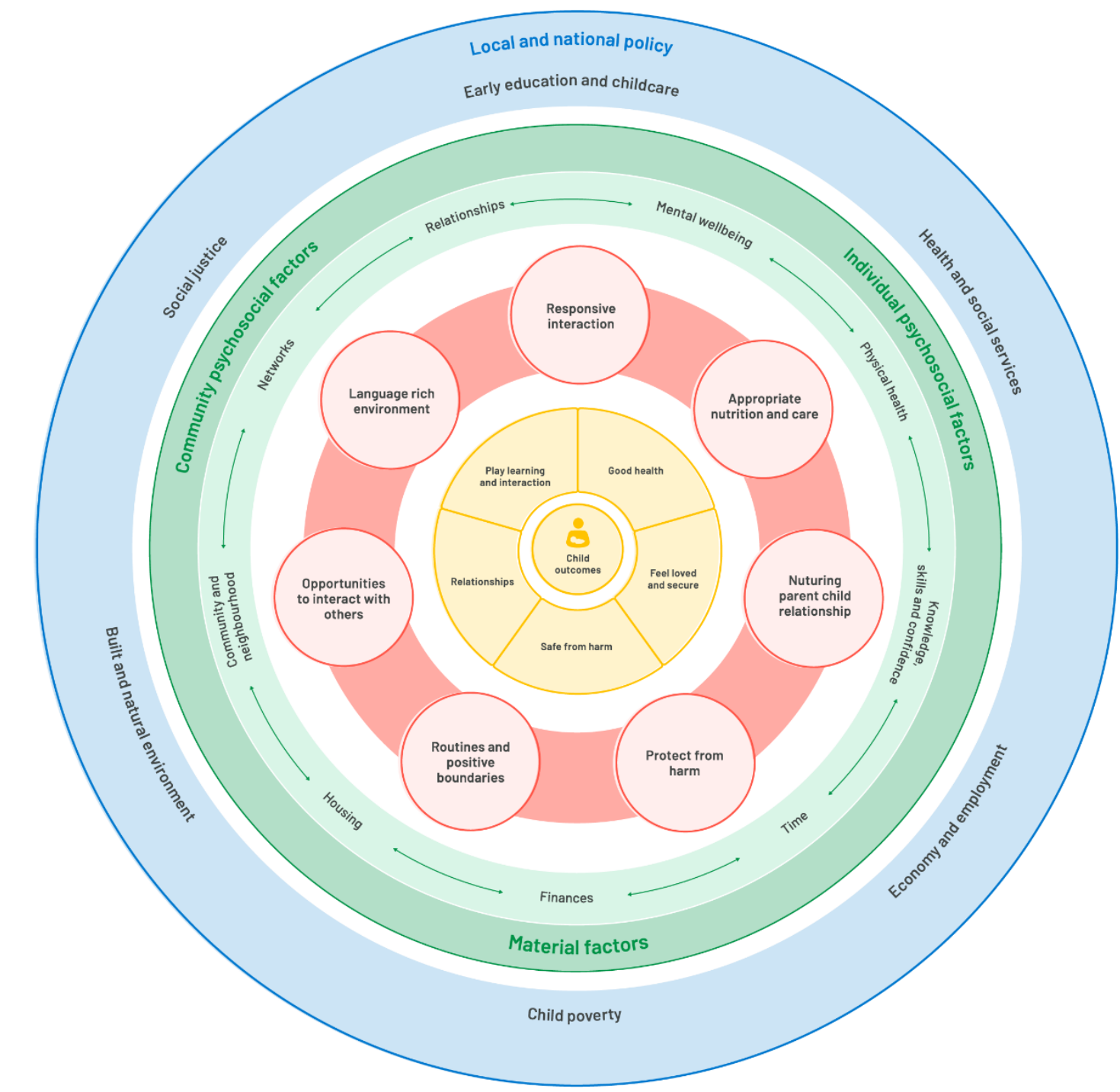
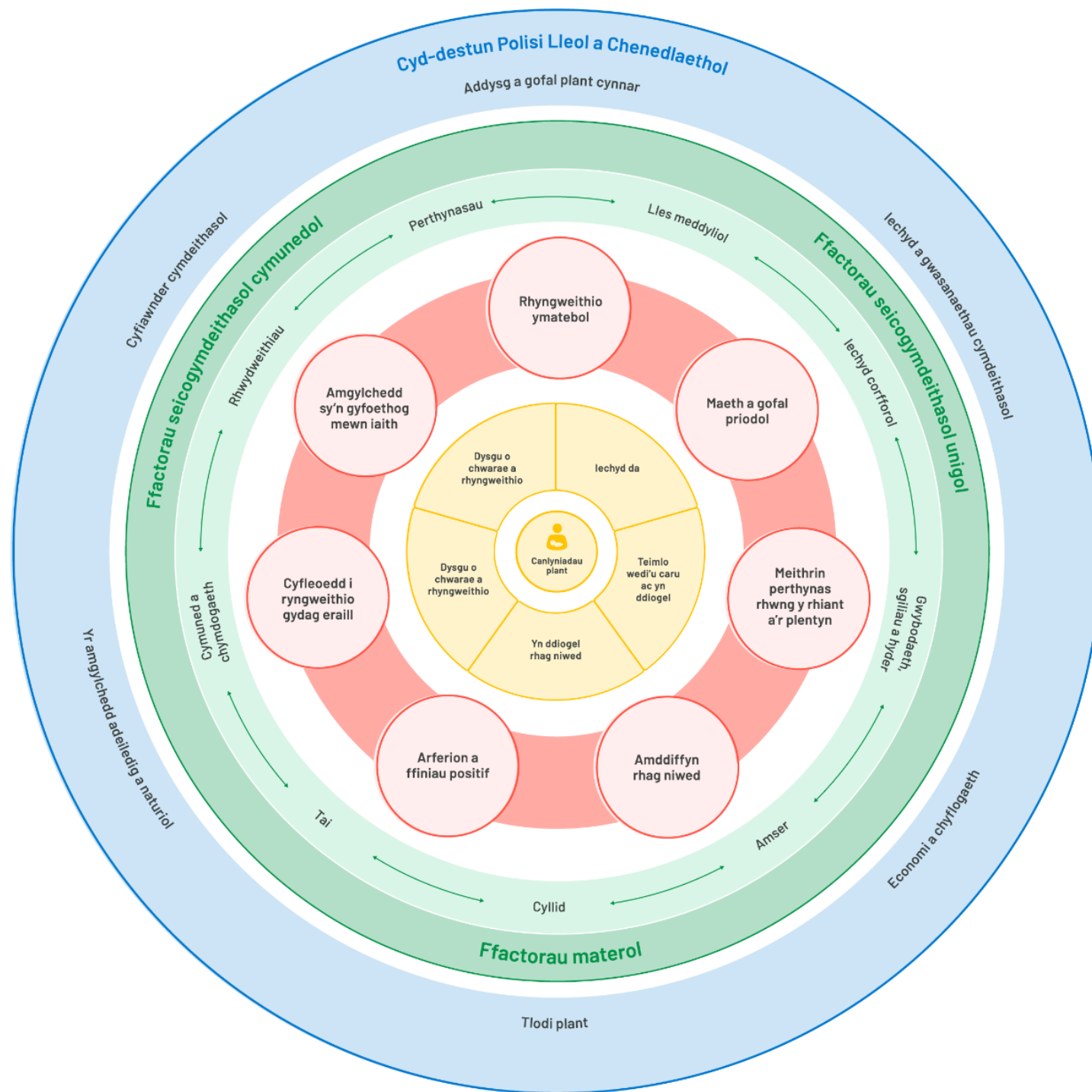


Routes of influence



Dull iechyd y Cyhoedd o Gynorthwyo Rhieni

A public health approach to supporting parents

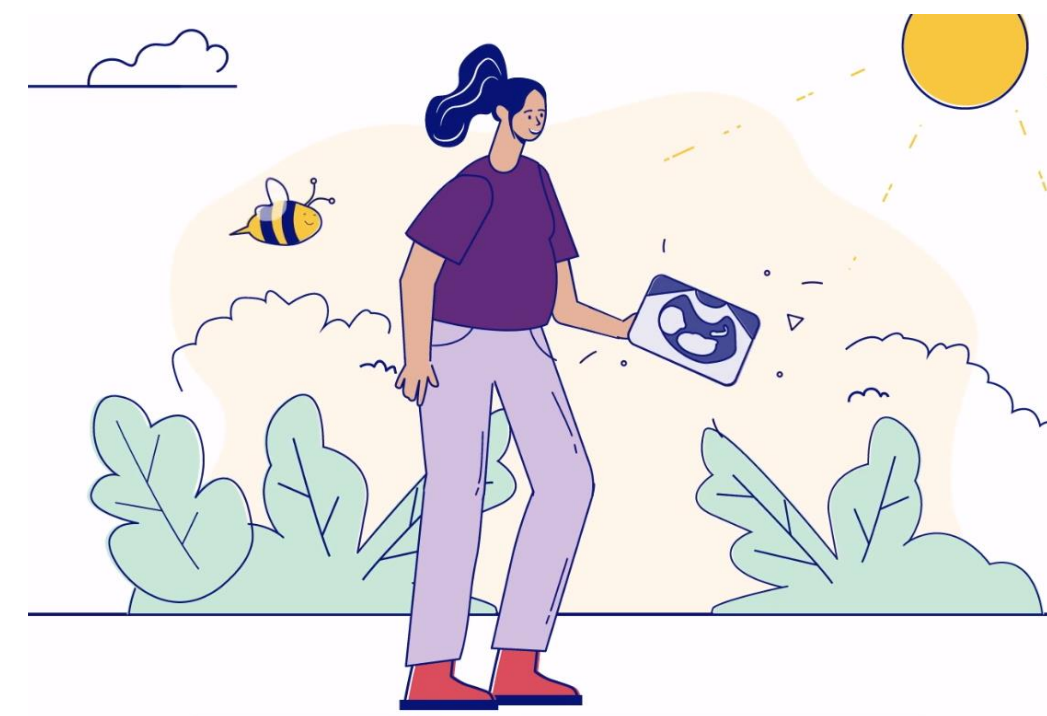


Themâu Allweddol

- Mae rhianta yn bwysig i lesiant plant nawr ac yn y dyfodol.
- Mae rhieni eisiau gwneud y gorau dros eu plant ond mae amgylchiadau yn golygu ei bod yn anoddach i rai rhieni nag eraill.
- Mae modd gwneud rhagor i helpu i greu'r amodau a fydd yn arwain at ffyniant i deuluoedd yng Nghymru.
- Mae cymorth iechyd meddwl a chymorth cymdeithasol da yn lleddfu problemau ac yn helpu rhieni i ddod i ben â heriau a lleihau'r effaith ar eu plant.

Key Themes

- Parenting matters for children's wellbeing now and into the future.
- Parents want to do the very best for their children but circumstances mean that it is harder for some parents than others.
- More can be done to help create the conditions for families in Wales to flourish.
- Good mental health and social support act as buffers, helping parents manage challenges and minimise impact for their children.



[Rhaglen 1000 Diwrnod Cyntaf - Iechyd Cyhoeddus Cymru \(gig.cymru\)](https://gig.cymru)

[The First 1000 Days programme - Public Health Wales \(nhs.wales\)](https://nhs.wales)

Negeseuon allweddol

Ar gyfer polisi ac ymarfer

- Dylai gweithredu i wella canlyniadau yn y 1000 diwrnod cyntaf a lleihau tlodi plant fod yn flaenoriaeth strategol ar draws y system yng Nghymru.
- Mabwysiadu dulliau cynhwysol sy'n canolbwyntio ar y teulu at ddatblygu polisiâu lleol a chenedlaethol
- Dylai gwybodaeth a chymorth rhianta cyson, o safon uchel, sy'n seiliedig ar dystiolaeth fod ar gael i bob teulu, a chymorth wedi'i dargedu ar gael lle nodir anghenion ychwanegol.
- Mae gwasanaethau ymwelwyr iechyd a bydwreigiaeth mewn sefyllfa unigryw i asesu anghenion teuluoedd yn systematig a hwyluso mynediad cynnar at ystod eang o gymorth. Mae'n bwysig bod cynllun gwasanaeth yn galluogi gweithwyr proffesiynol allweddol i ddatblygu perthnasoedd llawn ymddiriedaeth gyda theuluoedd.
- Nodi a mynd i'r afael â bylchau yn y cymorth a ddarperir i helpu teuluoedd i reoli straenachoswyr cyffredin mewn teuluoedd megis problemau perthynas, dyled a thai.
- Mae angen set gyffredin o ddangosyddion system gyfan i ddangos dystiolaeth well a deall yr effaith

Key messages

For policy and practice

- Action to improve outcomes in the first 1000 days and reduce child poverty should be a strategic priority across the system in Wales.
- Adopt inclusive, family centred approaches to local and national policy development
- Consistent, high quality, evidence based parenting information and guidance should be available to all families, with targeted support available where additional needs are identified.
- Health visiting and midwifery services are uniquely placed to systematically assess families' needs and facilitate early access to a broad range of support. It is important that service design enables key professionals to develop trusting relationships with families.
- Identify and address gaps in the provision of support to help families manage common family stressors such as relationship problems, debt and housing.
- A common set of system wide indicators are required to better evidence and understand the impact.



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Iechyd Cyhoeddus
Cymru
Public Health
Wales

Gweithio gyda'n gilydd
i greu Cymru iachach

Working together
for a healthier Wales

