

## **Our strategy will focus around 6 priority themes and associated programmes of work**

### **Therapy Services Strategic Priorities & programmes of work**

#### **Acute paediatric services – improve quality & outcomes through timely assessment, intervention & rehab for children and young people across a range of acute and specialist pathways**

We will work with clinical directorates, Executives and other key stakeholders to identify priority capacity deficits, share and manage risks and explore targeted funding opportunities to positively impact and improve quality & outcomes. Development work will include a joint focus across Neonates, PICU and into a number of specialty pathways including oncology, neuro-rehab, persistent physical symptoms & children's CHD to improve quality, safety and patient outcomes.

We will ensure that our teams have clear and appropriate job plans in place, identifying clearly what their job planned capacity is & how they can deliver against a defined safe staffing framework. We will implement a number of service specifications so there is transparency and oversight to what and how we deliver services in key paediatric settings.

# The Starting2Move Project

**Jemma Bell**

**Advanced Paediatric Physiotherapist**

**– Northern Counties School**

**Association of Paediatric Physiotherapist**

**Public Relations Officer**

<https://apcp.csp.org.uk/content/early-years-movement-hub-0>



# Introduction

**Moving Towards a Fairer Future**

**A Multi-Method Qualitative Study of Movement in children under 5 years old**



## Starting2Move Aims and Objectives

To share paediatric physiotherapy knowledge via an early years' movement campaign with the view to supporting population health and reducing avoidable population health inequalities.

1. Collaborate with prioritised stakeholders
2. Produce content for Starting2Move at stakeholder events: **Listen, learn and amplify voices by sharing stories**
3. Finalise and disseminate
4. Evaluate the impact of the campaign: **Review the proof-of-concept of the campaign (assessing acceptability, feasibility and potential consequences of the campaign)**



## 1. Parents

- In depth interviews and observations from internship
- Systematic qualitative literature review from masters dissertation

## 2. Specialist Groups

- RCOT, Disability Sport Networks, Early years education networks, Institute for Health Visiting

## 3. Existing Resources

- APCP, Early Intervention SMART, BBC, NHS, other local service or specialist network movement resources

## 4. Wider peer-reviewed publications

- Movement and physical activity, public health , behaviour change, complex intervention research

## 5. Professionals

- 83 professionals working with the under2s (AHPS, paediatricians, nurses, early years education)



## Progress Update

- Launched on the Association of Paediatric Chartered Physiotherapists (APCP) 50<sup>th</sup> Birthday
- 50, daily, social media posts followed to launch the campaign [#Starting2Move](#)
- Social media feedback and engagement
- Cover story/ Front cover article in the Chartered Society of Physiotherapy Magazine in April 2023
  
- Follow up conversations with other potential partner organizations:
  - GNCH
  - Youth Sport Trust – Loughborough university
  - Institute for Health Visiting
  - Royal College for Occupational Therapy



# The Early Years Movement Hub

SHARE



[Why is movement important?](#)



[Practical tips to support early years movement](#)



[Movement concerns](#)



[A-Z of resources](#)



[Early years movement blog](#)

## Starting2Move

[Starting2Move project background](#)



[For professionals](#)



[Please let us know your thoughts](#)

# Practical Tips for Early Years Movement

SHARE



General Tips [↗](#)



Ideas to Support Early Years Movement [↗](#)



Awake time Ideas for babies born prematurely [↗](#)



Holding and Carrying [↗](#)



Toys and Equipment [↗](#)



Clothing and Footwear [↗](#)

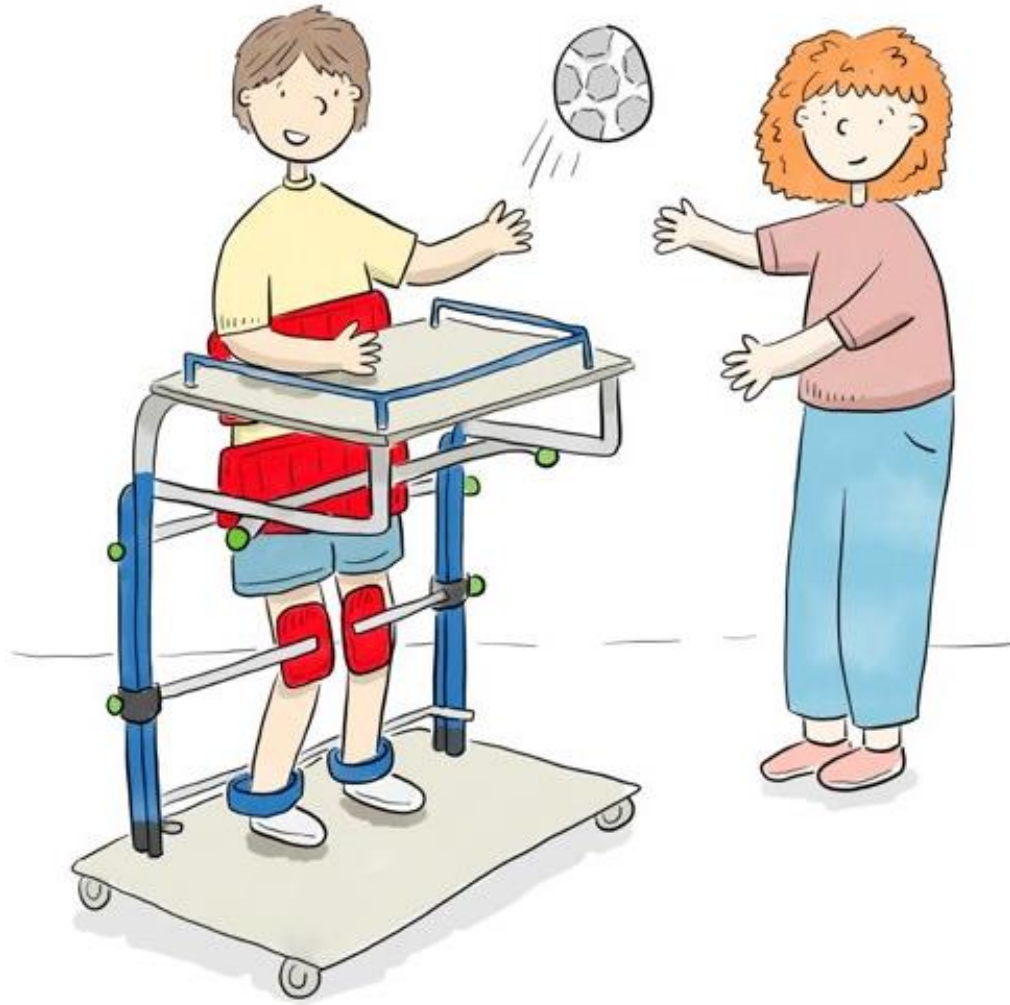


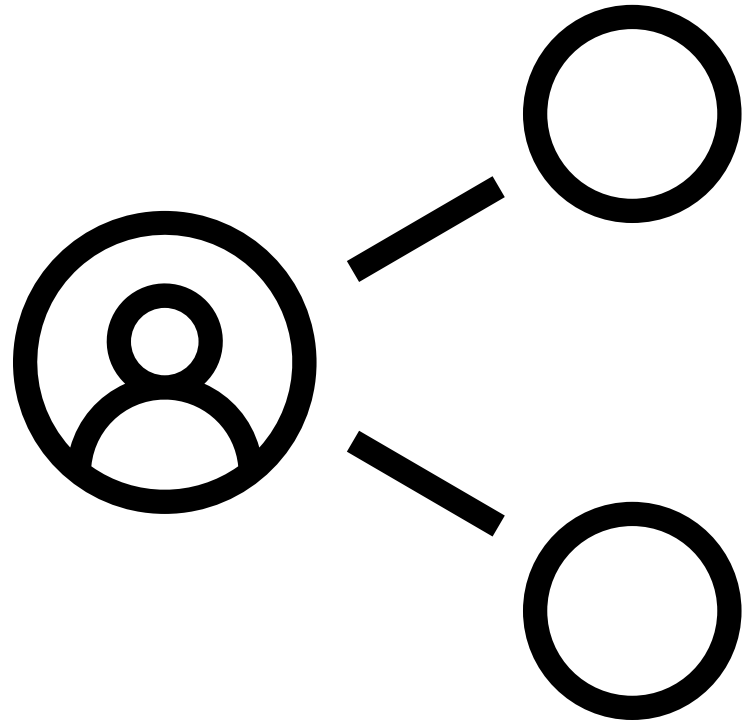
Sleep [↗](#)



Supporting Play In Hospital [↗](#)







# Toys and Equipment

CONTENT IN DEVELOPMENT MARCH 2022

## Top 10 toy safety tips

- 1 Buy toys only from reputable outlets - look for the CE symbol or a UKCA mark
- 2 Make sure the toy is suitable for the child – check the age range
- 3 Be particularly careful with toys for children under three
- 4 Be wary of young children playing with older children's toys
- 5 Check for loose hair and small parts, sharp edges and points
- 6 Ensure that garden swings and slides are robust and are not a strangulation hazard
- 7 Check toys regularly for wear and repair or dispose of them where necessary
- 8 Keep play areas tidy
- 9 Follow the instructions and warnings provided with toys
- 10 Supervise young children at play

Read more about toy safety from the [Royal Society for the Prevention of Accidents](#)

Human interaction is the most valuable ingredient to supporting childhood movement. However, to movement in many ways.

Make sure the toys are safe – [click here for more information](#)

Try to limit screen time and increase play time - [click here for more information](#)

Unless advised by a healthcare professional, avoid baby walkers and baby bouncers (see below)



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with people at our heart

# Baby Walkers - are they necessary?



## Physiotherapists and other healthcare professionals DO NOT recommend the use of baby walkers

There are two main reasons for this:

**Safety** – even under supervision there are high numbers of accidents reported every year including: falling downstairs, head injuries, burns, scalds, and trapped arms / legs.

**Delayed development** – some studies have shown that baby walkers do not encourage development and may actually delay the achievement of standing and walking. Contrary to popular belief, they DO NOT teach a child to walk. They can cause a child to walk on their toes which may continue when they walk independently.



## Play safe and encourage development without a baby walker

We recommend these alternatives:

- › Encourage your baby to play on their tummy on the floor
- › Encourage rolling and sitting up
- › Encourage crawling and pulling to stand
- › Encourage supported standing

These activities will help your child to learn about their body, explore their surroundings and progress to standing and walking.



**WARNING:** If you do use a baby walker with your child:



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## Next Steps: *Moving Towards a Fairer Future*

- Second stage of evaluation (proof-of-concept) after 'quick fix' changes from launch feedback
- Paediatric Physiotherapy Early Years Movement Hub → **Paediatric Physiotherapy Movement Hub**
- Collaboration with other projects and organizations – Youth Sport Trust, Activity Alliance, Institute for Health Visiting, Royal College for Occupational Therapy, Charities, Early years task forces...
- ? Place ?People ?Pace



Thank you :)

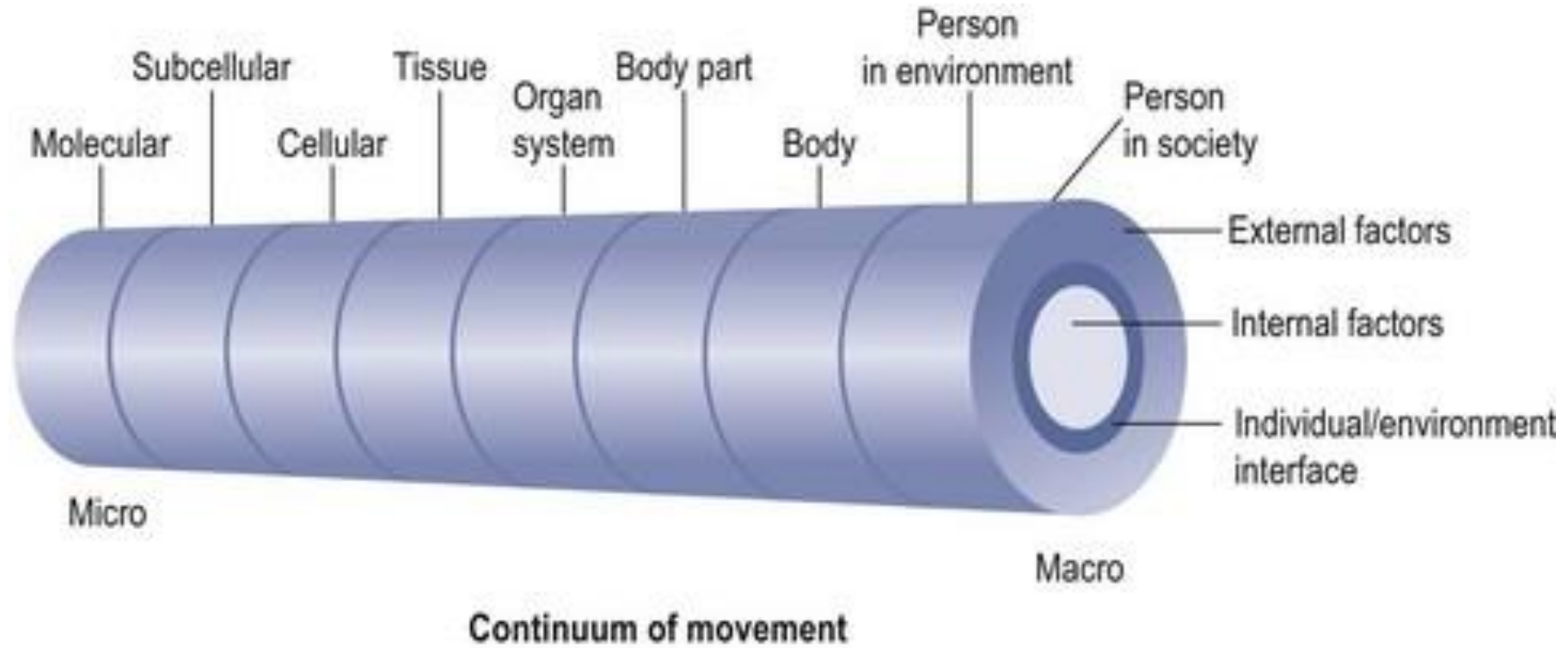
<https://apcp.csp.org.uk/content/early-years-movement-hub-0>



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## References





*Movement Continuum Theoretical Model by Cott et al. (1995).*



# People living with disabilities can gain substantial health benefits through physical activity, and more must be done to facilitate their participation



About 1.5 billion people worldwide live with a physical, mental, sensory, or intellectual disability

Because of tremendous health inequities, people living with disabilities (PLWD) face challenges in meeting physical activity guidelines, and are at greater risk of related health problems than the general population



Greater risk of developing conditions such as cardiovascular disease, diabetes, and obesity



Up to 62% less likely to meet physical activity guidelines than the general population

A true population and public health approach is needed to empower people living with disabilities to participate in physical activity

Targeted interventions to remove barriers to access



Explicit action plans, coauthored with PLWD



Better research and meaningful guidelines



Physical activity can have important health benefits, such as:

➤➤ Improved cardiovascular fitness  
➤➤ Better mental health and wellbeing

➤➤ Improved musculoskeletal fitness  
➤➤ Lowered cardiometabolic risk factors

Read the full paper: Martin Ginis KA, van der Ploeg HP, Foster C, et al. Participation of people living with disabilities in physical activity: a global perspective. *The Lancet* 2021. Published online July 21.

THE LANCET

The best science for better lives



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HM Government

# The Best Start for Life

A Vision for the 1,001 Critical Days

The Early Years Healthy Development Review Report



## Government Response to the Health and Social Care Select Committee report on 'First 1000 days of life'



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The Newcastle upon Tyne Hospitals  
NHS Foundation Trust

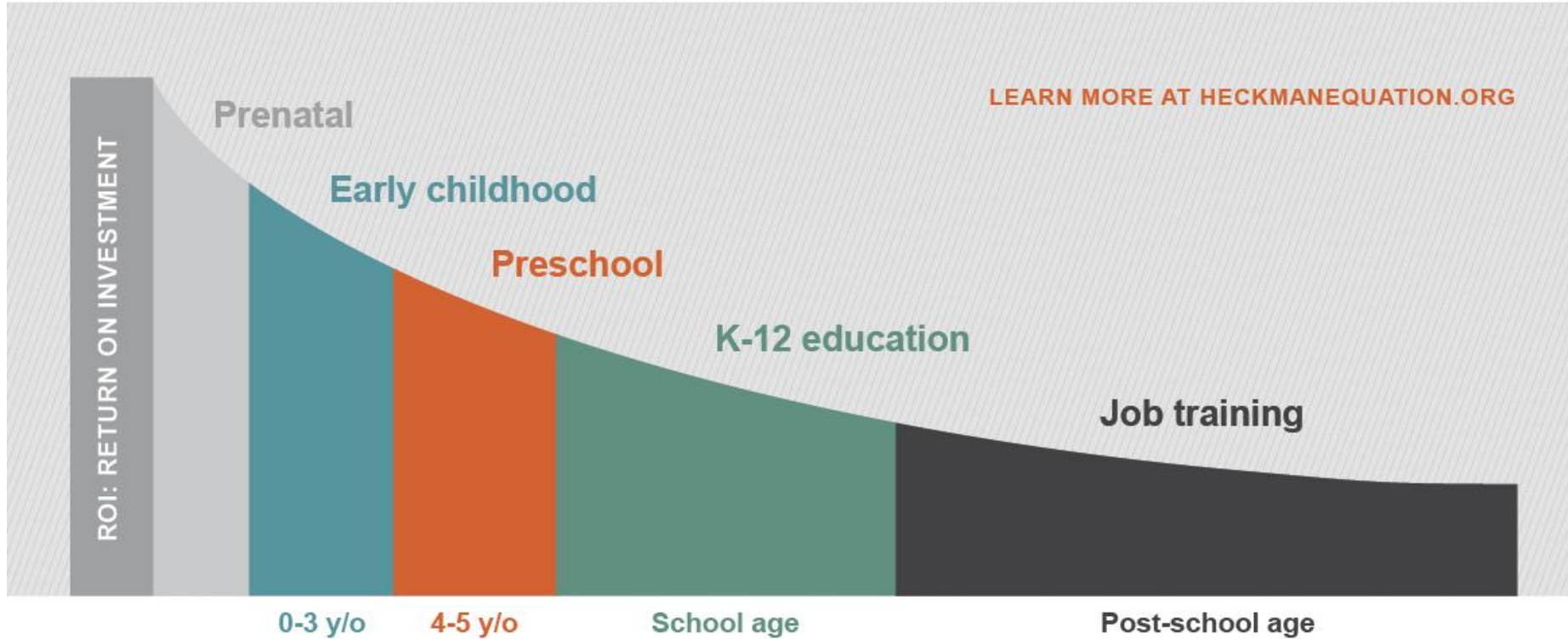


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Return on Investment

# Economic impact of investing in early childhood learning.



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