

Health visiting as collaborative action research: Improving conversations with parents about early relationships

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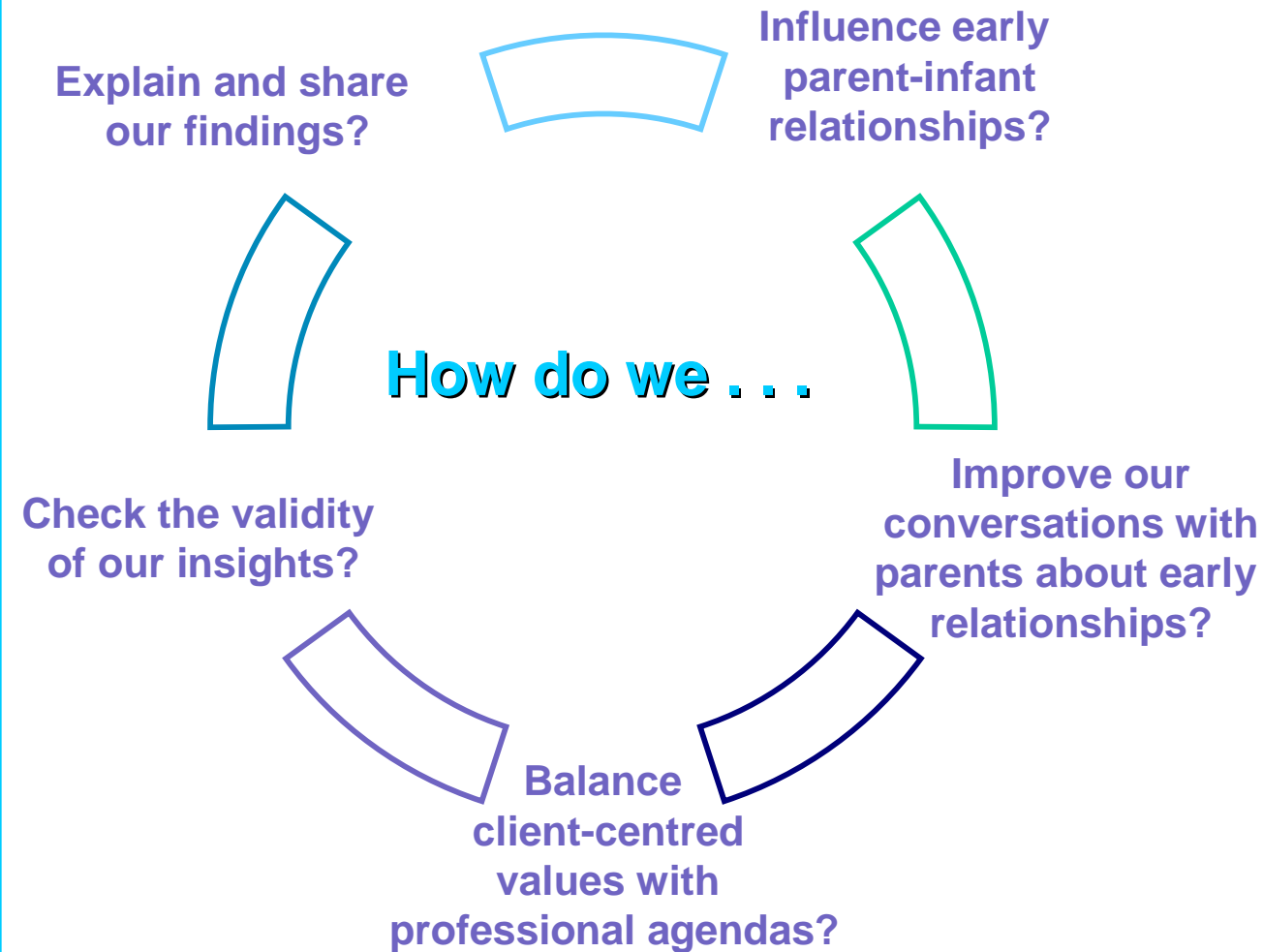
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Health visiting as collaborative action research

Explain collaborative enquiry
using a worked example and
share our way of working

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Method informed by:

- Our practice styles
- Our intention to develop our skills
- Our intention to include parents in the enquiry
- Our wish to promote learning together

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What did we want to do?

- Use action research
- Share our enquiry with colleagues and parents
- Develop ideas about what works
- Check our conclusions
- Use further action - reflection cycles
- Check that we actually do as we claim

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What turns reflection into research?

- Collect evidence of our learning -> validation
- Develop our values
- Search for contradictions -> further enquiry
- Values become explanatory principles
- Explanatory principles -> standards of evaluation
- Account for our influence

Why collaborative action enquiry

What is good practice?

- Explore parents' points of view
- Bear in mind our professional view point
- Develop relationships for promoting conversations
sensitivity, reciprocity, encourage their contributions
- Share our assumptions and invite questions

In other words co-enquiry action research
and practice become the same

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PARENT-CHILD RELATIONSHIP QUESTIONNAIRE

This questionnaire is designed to help parents and professionals to talk together about parent child relationships. It may be helpful in the first 6 months following the birth of your baby.
Please tick the answer that applies to you.

Feeding and playing with my baby makes us both feel good

- ☐ Always
- ☐ Sometimes
- ☐ Occasionally
- ☐ Never

I try many different ways to comfort my baby

- ☐ Never
- ☐ Occasionally
- ☐ Sometimes
- ☐ Always

I keep myself calm around my baby

- ☐ Always
- ☐ Occasionally
- ☐ Sometimes
- ☐ Never

I think my baby knows me well

- ☐ Never
- ☐ Occasionally
- ☐ Sometimes
- ☐ Always

I respond quickly to my baby's needs

- ☐ Always
- ☐ Sometimes
- ☐ Occasionally
- ☐ Never

I would recognise my baby's cry anywhere

- ☐ Never
- ☐ Occasionally
- ☐ Sometimes
- ☐ Always

I position my baby so he/she can see my face

- ☐ Always
- ☐ Sometimes
- ☐ Occasionally
- ☐ Never

I change my tone of voice to help soothe my baby

- ☐ Never
- ☐ Occasionally
- ☐ Sometimes
- ☐ Always

I change the look on my face to help to soothe my baby

- ☐ Always
- ☐ Sometimes
- ☐ Occasionally
- ☐ Never

I encourage my baby to copy the look on my face

- ☐ Never
- ☐ Occasionally
- ☐ Sometimes
- ☐ Always

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What did we do?

- Used questionnaire with parents -> their opinions
- Colleagues used it -> their opinions
- Parents involved in re-design
- Continued use and development
- Discussion about questionnaire and the conversations

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Talking together about you and your baby



Feeding and playing with my baby makes us both feel good

- o Always
- o Sometimes
- o Occasionally
- o Never

It is OK to have mixed feelings about your baby – talking helps

We can't always respond straight away and that's OK!

I respond quickly to my baby's needs

- o Always
- o Sometimes
- o Occasionally
- o Never

Linking with your baby's moods helps them develop their feelings

I change the look on my face to help soothe my baby

- o Always
- o Sometimes
- o Occasionally
- o Never

Singing and chatting to your baby helps them learn new things

I change my tone of voice to help soothe my baby

- o Always
- o Sometimes
- o Occasionally
- o Never

Baby's learn about feelings this way

I encourage my baby to copy the look on my face

- o Always
- o Sometimes
- o Occasionally
- o Never

I try many different ways to comfort my baby

- o Always
- o Sometimes
- o Occasionally
- o Never

Sometimes babies just need a cuddle and to feel close to you

Babies love faces especially yours – they help them learn about feelings

I position my baby so he/she can see my face

- o Always
- o Sometimes
- o Occasionally
- o Never

I keep myself calm around my baby

- o Always
- o Sometimes
- o Occasionally
- o Never

Keeping calm helps babies to feel safe

I would recognise my baby's cry anywhere

- o Always
- o Sometimes
- o Occasionally
- o Never

As parents we don't always get it right and that's OK!

Babies have their own personality right from the start – just like us!

I think my baby knows me well

- o Always
- o Sometimes
- o Occasionally
- o Never

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We found:

- Some conversations without questionnaire -> targeted use
- Ongoing reflection journey -> refreshed practice
- Seeing families as co-enquirers
- Collaborative enquiry invites multiple influences
 - to develop practice (not just published evidence)
- Clarifying our values enables us to question our practice
- Our insights are always tentative and open to question
- Generalisability -> We claim to be improving our practice

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Conclusion:

Collaborative action research using co-enquiry helps us to improve our health visiting practice in ways that are meaningful to us and to our families

Reading

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