

Supporting references: giving every child the best start in life

The following references provide sources for the facts presented in *Health Matters: Giving every child the best start in life*

### Section 1: Why the early years are so crucial

Data	Sources
<p>During the first two years of life the brain displays a remarkable capacity to absorb information and adapt to its surroundings.</p> <p>At age two, the connections that are being formed in a child's brain are happening about twice as fast as in an adult's brain.</p>	<p><a href="#">Lighting up young brains report – Save the Children</a></p> <p><a href="#">PHE's Best Start in Life report</a></p>
Talking and reading to a child can help stimulate language skills right from birth.	<a href="#">Lighting up young brains report – Save the Children</a>
Early attachment and good maternal mental health in early years shapes a child's later emotional, behavioural and intellectual development.	<a href="#">1001 Critical Days report</a>
This is a crucial time when parents have contact with health and early years services before, and after, the birth of their child and are especially receptive to offers of advice and support.	<p><a href="#">Chief Medical Officers annual report 2012- Our children deserve better: Prevention pays</a></p> <p><a href="#">Wave Trust: Conception to age 2</a></p>
It is estimated the failing to deal with perinatal mental health costs £8.1 billion each year.	<a href="#">Centre for Mental Health and LSE</a>
Return on investment between £1.37 and £9.20 for every £1 invested	<a href="#">Wave Trust: Conception to age 2</a>

### Section 2: The foundations for promoting child health

Data	Sources
The Healthy Child Programme	<p><a href="#">The Healthy Child Programme</a></p> <p><a href="#">PHE's Best Start in Life report</a></p>
Healthy Start	<a href="#">Healthy Start</a>

### Section 3: Fit for pregnancy - Pre-conception

Data	Sources
Women who are trying to conceive should be advised to take 400 micrograms of folic acid each day until the 12 week of pregnancy.	<a href="#">NHS Choices advice on nutrition</a>
Researchers believe that one in six (16.2%) pregnancies experienced in the UK are unplanned. Pregnancies in young, single women are most likely to be unplanned.	<a href="#">The Lancet: The prevalence of unplanned pregnancy and associated factors in Britain: findings from the third National Survey of Sexual Attitudes and Lifestyles (Natsal-3)</a>

### Section 4: Fit during pregnancy – Staying healthy in pregnancy

Data	Sources
Women who are trying to conceive should be advised to take 400 micrograms of folic acid each day until the 12 week of pregnancy.	<a href="#">NHS Choices advice on nutrition</a>
Researchers believe that one in six (16.2%) pregnancies experienced in the UK are unplanned. Pregnancies in young, single women are most likely to be unplanned.	<a href="#">The Lancet: The prevalence of unplanned pregnancy and associated factors in Britain: findings from the third National Survey of Sexual Attitudes and Lifestyles (Natsal-3)</a>
During pregnancy, women should be advised to eat a healthy diet.  Energy needs do not change in the first 6 months of pregnancy and increase only slightly in the last 3 months. This is only by around 200 calories per day.	<a href="#">NICE guidance on weight management before, during and after pregnancy</a>
In England in 2014 -15, 11.4% of mothers were recorded as smokers at the time of delivery. This accounts for 70,880 out of 622,640 maternities.	<a href="#">Health &amp; Social Care Information Centre data: Statistics on Smoking in England 2015</a>
Encouraging pregnant women to stop smoking during pregnancy may also help them stop smoking for good, and thus provide health benefits for the mother and reduce exposure to second hand	<a href="#">NICE guidance on interventions to support quitting smoking in pregnancy and following childbirth</a>  <a href="#">ASH: Smoking cessation in pregnancy</a>

smoke for the infant.	
Smoking causes 2,200 premature deaths, 5,000 miscarriages, and 300 perinatal deaths each year.	<a href="#">ASH smoking and reproduction factsheet</a>
Clinical Commissioning Groups (CCGs) and local authorities should follow the guidance and work in partnership to ensure that there is an effective and robust referral pathway for pregnant smokers.	<a href="#">NICE guidance on interventions to support quitting smoking in pregnancy and following childbirth</a>
The UK Chief Medical Officers' now state that if you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.	<a href="#">UK Chief Medical Officers' Alcohol Guidelines Review</a>
One in 4 women experience domestic violence over their lifetimes. Over a third of domestic violence starts or gets worse when a woman is pregnant.	<a href="#">1001 Critical Days report</a>
A number of studies suggest there can be an increased incidence of domestic abuse and violence during or shortly following pregnancy.	<a href="#">Refuge: domestic violence and pregnancy</a>

## Section 5: Protecting health in infancy

Every new-born baby in England should be offered screening for four additional disorders	<a href="#">NHS New-born Screening</a>
In the UK from September 2015 babies born on or after 1 July 2015 are being offered the MenB (meningococcal group B) vaccine as part of the routine immunisation schedule.	<a href="#">Department of Health: Meningitis B vaccination programme</a>
Importance of immunisation graphic	<a href="#">NHS immunisation schedule 2016</a>

## Section 6: Supporting the transition to parenthood

The UK has some of the lowest rates of breastfeeding in the world.	<a href="#">The Lancet: Breastfeeding series</a>
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Postnatal depression affects more than 1 in 10 women.	<a href="#">Mind: what is postnatal depression?</a>
The Centre for Mental Health and the Royal College of GPs highlighted that the biggest barrier to providing better support to women experiencing poor mental health in the perinatal period is the low level of identification of need.	<a href="#">Falling through the gaps report: The Centre for Mental Health and the Royal College of GPs</a>

## Section 7: We all have a role to play

As the Chief Medical Officer has stated “we need everyone in the public services to think family and children and young people at every interaction.”	<a href="#">Chief Medical Officers annual report 2012- Our children deserve better: Prevention pays</a>
Health and Wellbeing Boards are uniquely positioned to take a holistic view of the needs of children and to build settings and services around them to ensure that they are able to reach their potential.	<a href="#">Early Intervention Foundation: Getting it right for families</a>
They have a key role to play in ensuring effective leadership and making the case for investing in early years services.	<a href="#">Early Intervention Foundation: Getting it right for families</a>
Health visitors are pivotal to delivering early years services. The six early years high impact areas highlight where health visitors can have the most impact on children health and wellbeing.	<a href="#">PHE: Overview of six high impact areas</a>