



Bright Tomorrows: Strengthening Children's, Parents' and Carer's Essential Life Skills

Foster Care Association of WA

17th June 2020

Acknowledgement of country

We wish to acknowledge the traditional custodians of the land we are meeting on, the Whadjuk (Perth region) people.

We wish to acknowledge and pay our respects to the Elders - past, present and emerging and their continuing culture and the contribution they make to the life of this city and this region.





About CoLab

Partnership between Telethon Kids Institute
and the Minderoo Foundation.

Bringing together evidence with policy and
practice.

Our mission is to enhance service delivery
and building the capacity of communities
to improve child development and
learning.

Three Priorities



An economic understanding of early childhood, with a focus on where the best early investments can be made

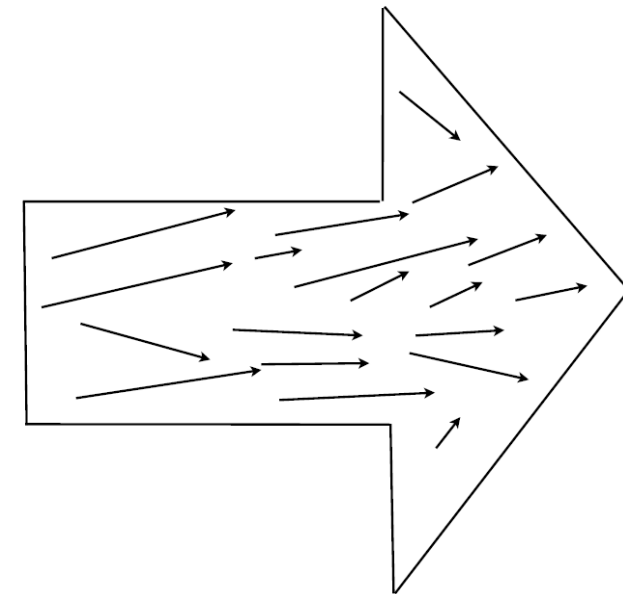
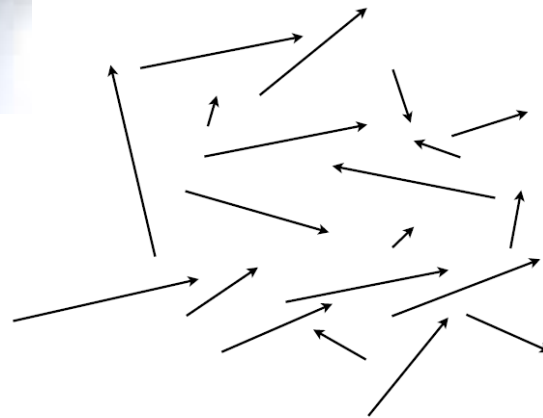


Providing better support to families experiencing adversity



Place-based approaches to improve the ways that families, services and communities work together

Communication Science





The Bright Tomorrows Project

Established in October 2017

Innovative solution to help parents support their children (aged 0 – 5) in developing the building blocks of essential life skills

Partnerships:

- Minderoo Foundation
- Vroom and the Bezos Family Foundation
- State Library of WA's Better Beginnings program
- Raising Children's Network





Collaborators

- Content Collaborators and Experts
- Behaviour change experts
- Community CoLab 'Ambassador Group'
- IT Expert Panel
- Students and Volunteers



Rationale

- Early childhood experiences are fundamentally **created and shaped by parents/carers** and the family environment
- The quality and stability of these **relationships and experiences** can have lasting impacts on young children's lives
- A **stable and supportive** relationship with an adult is integral for a child's positive developmental outcomes
- This **pivotal first relationship** establishes the basis upon which all future relationships are built





Rationale



- **Parents/carers are their child's first teacher** and they can play a critical role in supporting their children's readiness to learn and fostering positive developmental outcomes
- One of the most important ways they can do this is by engaging in **nurturing, responsive interactions** with their child and providing a positive and engaging **home learning environment**
- As part of this role, parents/carers are well placed to facilitate **executive function skill development** in their children

Rationale

- Executive function encompasses a **coordinating set of mental processes** that allow children to focus, remember and follow instructions, make decisions, control impulses and regulate their behaviour
- These skills **provide the foundation** for their future social and cognitive development, school readiness and academic success
- Parents/carers can support their child's executive function skills by **transforming everyday moments into opportunities for learning**



Rationale

A child's executive function skills **depends on having well-developed executive function skills themselves**

Essential life skills help parents/carers learn to:

- focus and attend to what's important
- be more organised and plan ahead
- feel less frustrated and overwhelmed in daily life
- set meaningful goals
- take on challenges

A inter-generational approach to provide both children and their caregivers with the opportunity to develop essential life skills by incorporating **meaningful moments** into their daily lives



Core 'Skills for Life' – Executive functions

The Bright Tomorrows (inter-generational) moments are organised into five core categories of skill development:



ATTENTION AND
FOCUS



RESPONDING TO
EMOTIONS



RELATIONSHIPS AND
COMMUNICATION



PLANNING AND
ROUTINES

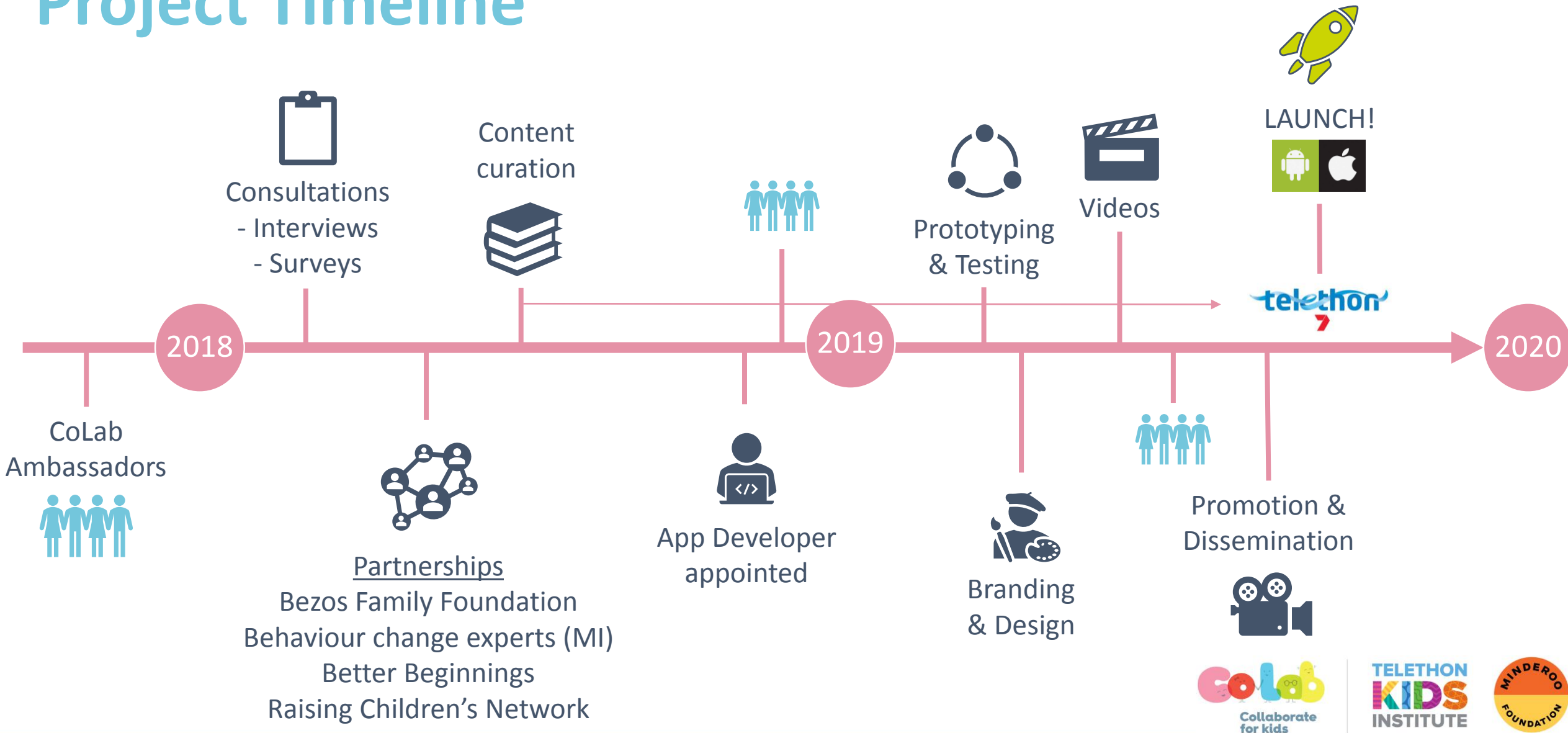


TAKING ON
CHALLENGES

Provides the foundation for future social, emotional and cognitive development, school readiness and academic success.



Project Timeline





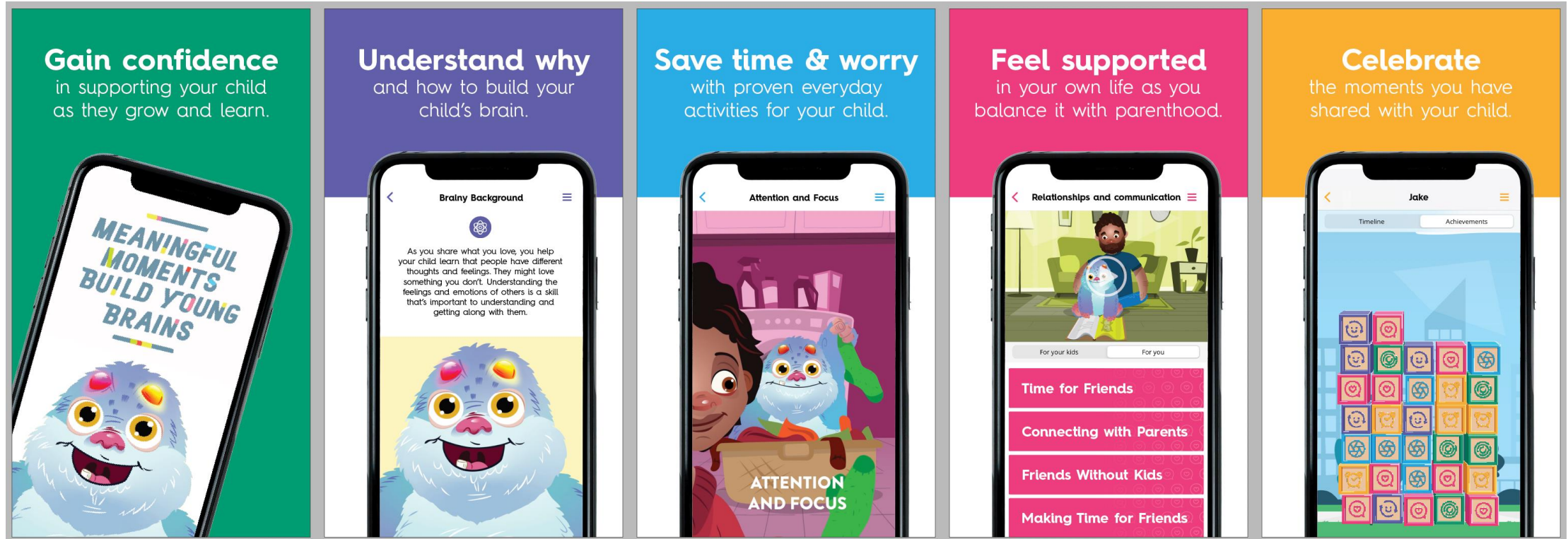
The Bright Tomorrows App



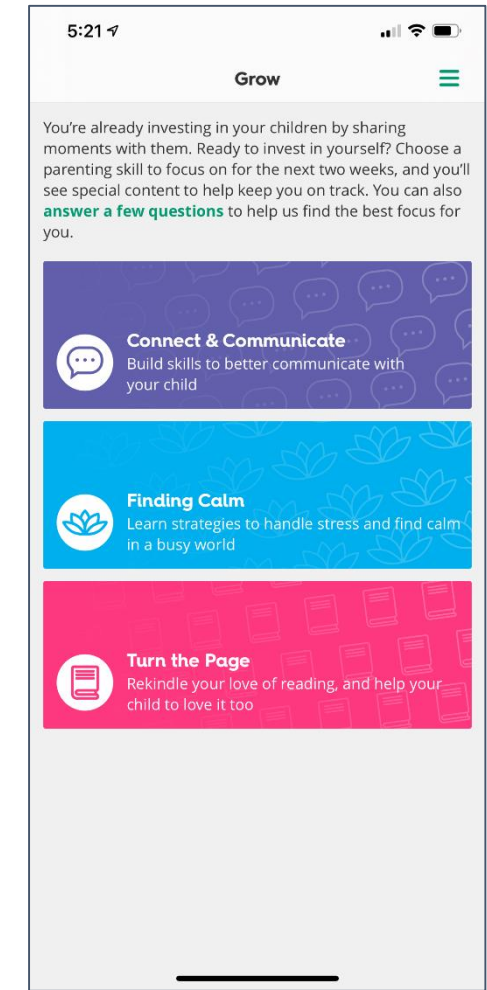
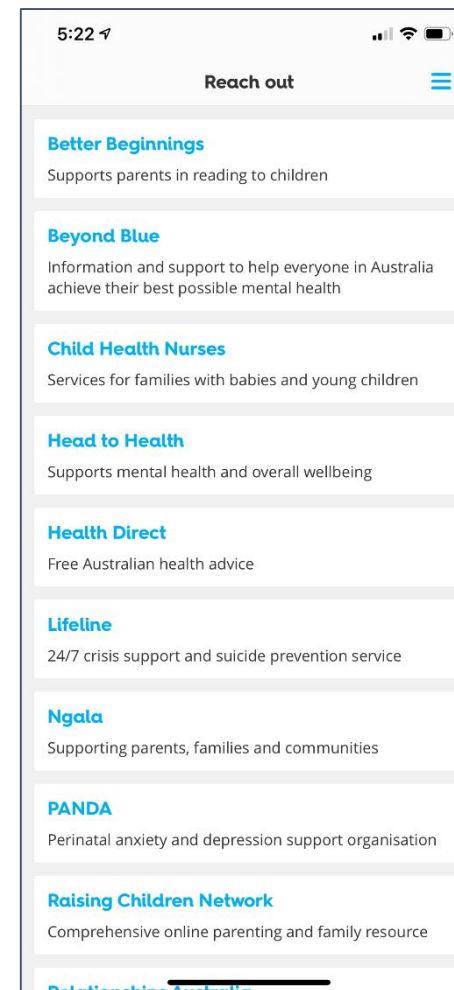
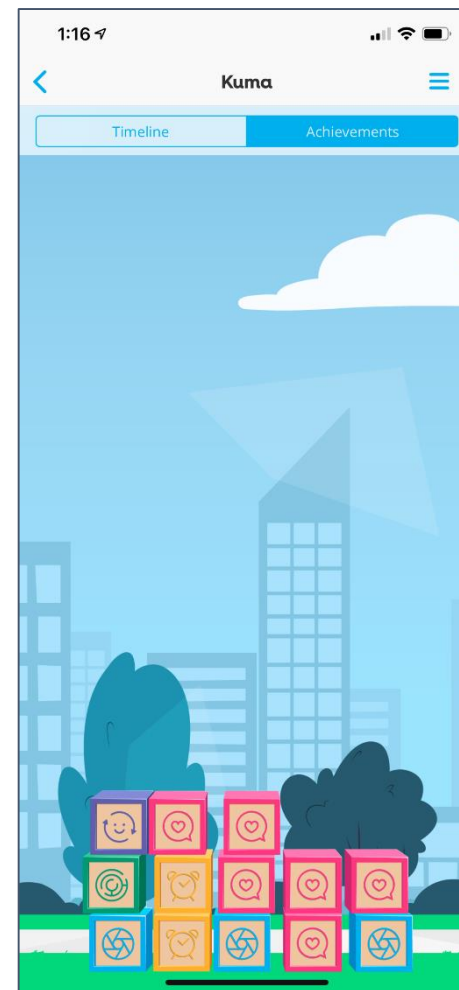
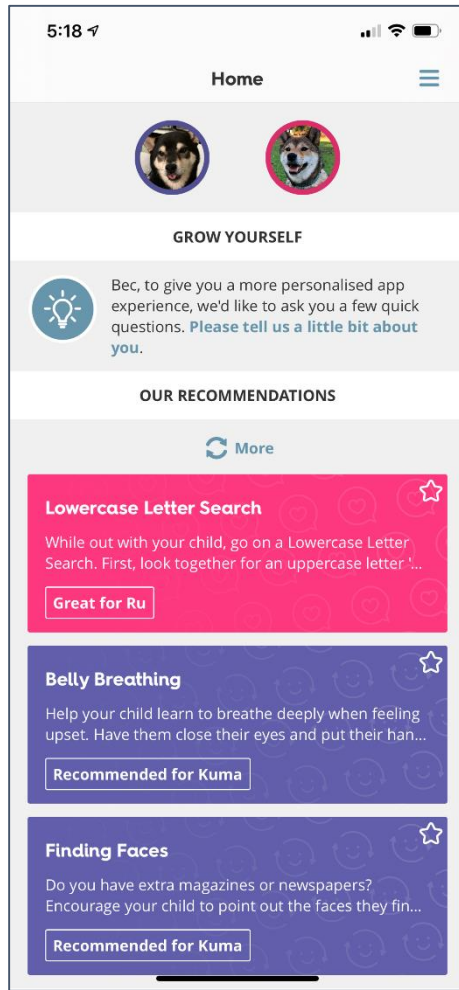
**MEANINGFUL
MOMENTS
BUILD YOUNG
BRAINS**

Bright Tomorrows

Children do their best when parents and carers feel supported



Bright Tomorrows Features



Tailored Moments
Based on your family profile

Moments
Everyday activities to help brain building

Celebrate
Awarded badges for achievements

“Reach Out”
Support Services

“Grow”
with Motivational Interviewing coaching

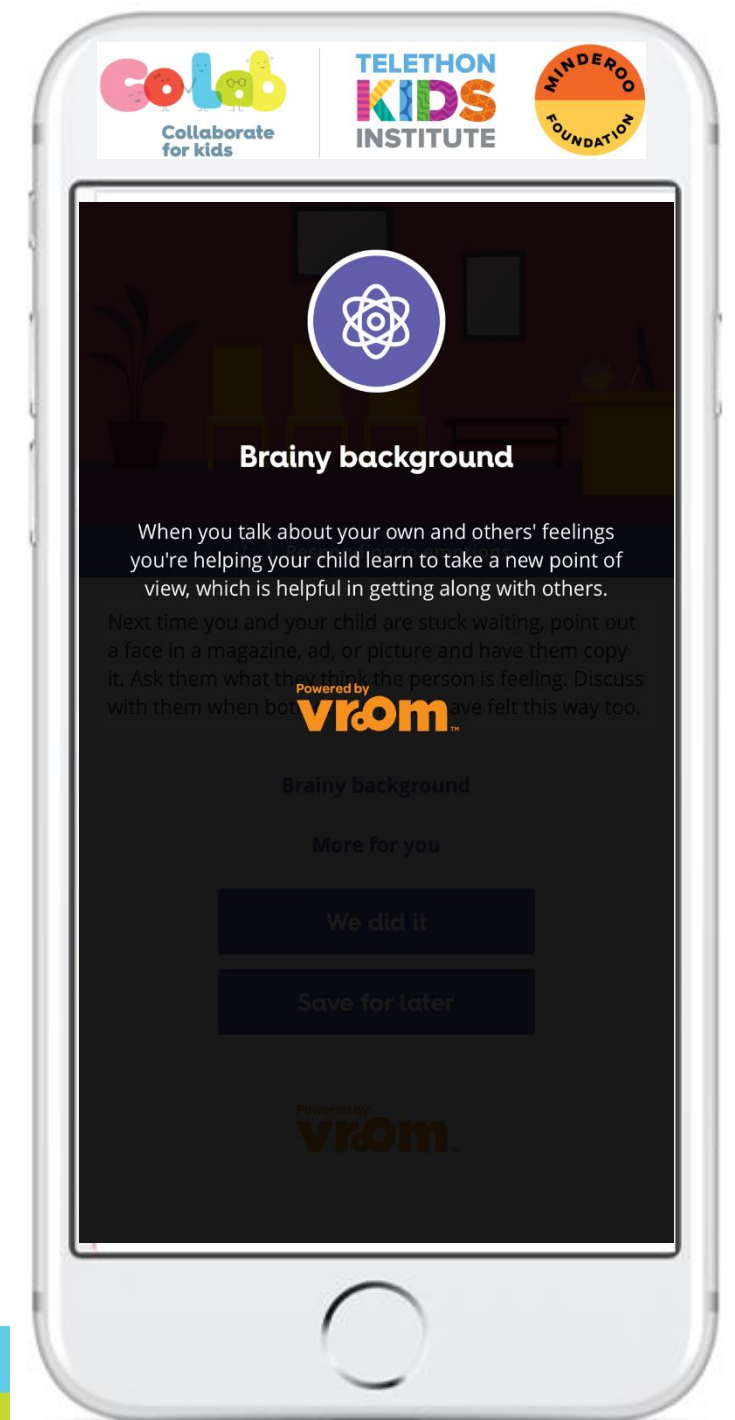
Responding to Emotions

“Face and Feelings”

Next time you and your child are stuck waiting, point out a face in a magazine, ad, or picture and have them copy it. Ask them what they think the person is feeling. Discuss with them when both of you might have felt this way too.

Brainy Background

When you talk about your own and others’ feelings, you’re helping your child learn to take a new point of view, which is helpful in getting along with others.

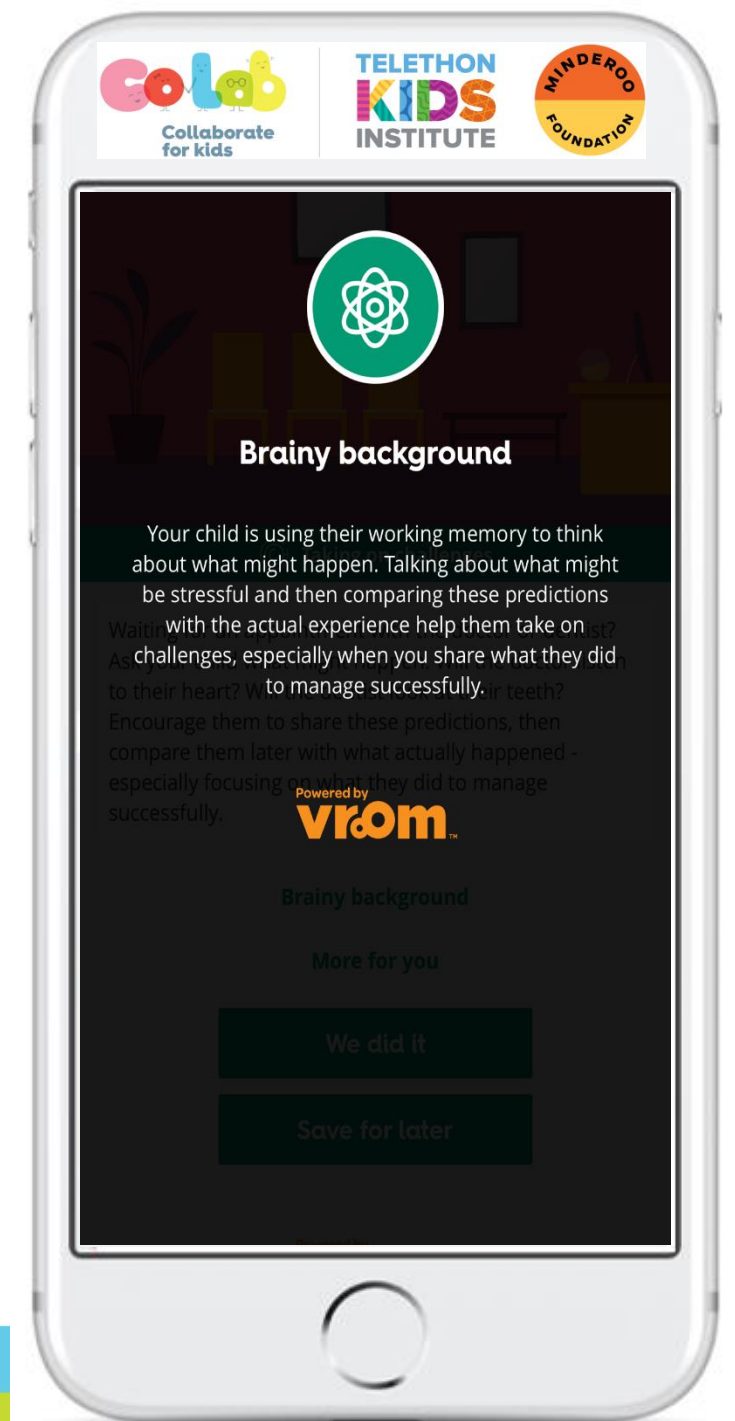


Taking on Challenges “Appointment Predictions”

Waiting for an appointment with the doctor or dentist? Ask your child what might happen. Will the doctor listen to their heart? Will the dentist look at their teeth? Encourage them to share these predictions, then compare them later with what actually happened, especially focusing on what they did to manage successfully.

Brainy Background

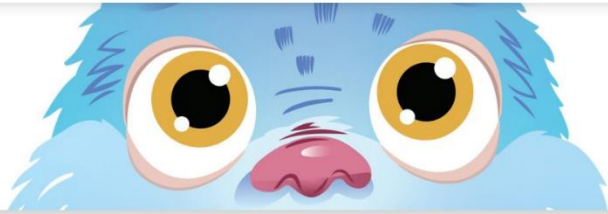
Your child is using their working memory to think about what might happen. Talking about what might be stressful and then comparing these predictions with the actual experience helps them take on challenges, especially when you share what they did to manage successfully.



Website

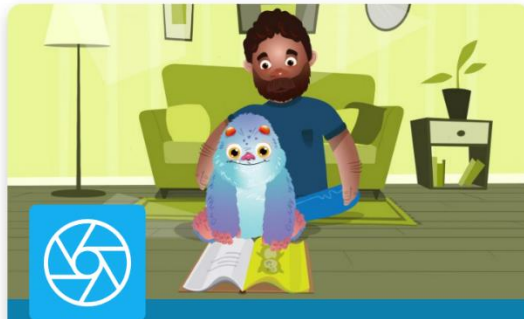
www.colab.telethonkids.org.au
www.brighttomorrows.org.au

START YOUR



Download on the
App Store

GET IT ON
Google Play



Attention and focus

Children make sense of their world and pay attention to what is happening around them through everyday activities. These Meaningful Moments help your child learn to focus, tune out



Responding to emotions

Talking about feelings with your child in fun ways, helps them become more aware and accepting of emotions in themselves and others. These Meaningful Moments help you



Relationships and communication

Conversations and word games spark connections in children's brains – even when they're still learning to talk. Encourage your child to learn the building blocks of language, literacy and getting



More Bright Tomorrows

- Follow us on Facebook “Bright Tomorrows”
- Bright Tomorrows website
- Sign up to the Colab e-newsletter
- Read up on the science behind the Bright Tomorrows app:
 - Brain Development in Early Childhood
 - Executive function and self-regulation in early childhood
 - The critical role of parenting in early childhood development



What's new?

- App updates to optimise content during the COVID-19 situation.
- App updates now include real time nudges, meaning responsive to what is happening in the country.
- 35,000 flyers into Better Beginnings Bags for distribution at Child Health Appointments.

Brainy back



More for you



Bright Tomorrows in practice

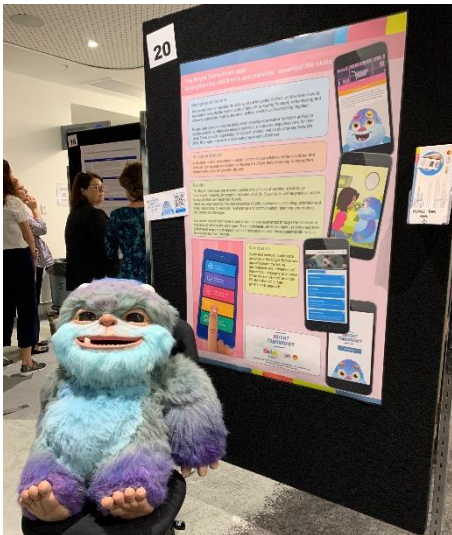
- Encourage parents/carers to download and use app to support their child's development and respond to challenges of fostering (For You)
- An important role in promoting quality, evidence-based trusted resources
- Tips on using play to help develop parental carer's bond and children's development
- Purple Book's "Some ideas to spend time with me"
- Moments and tips in the palm of their hand





Since Launch...

- +15,710 downloads @ 13/06/2019
65% iOS, 35% Android
- Oct 2019 Telethon weekend: Bright Tomorrows booth, approx. 500 families visiting Bobbie and photobooth
- Nov 2019: Perth Children's Hospital Symposium 2019 – poster presentation
- Nov 2019: Child Health Nurse Information Morning, approx. 280 child health nurses





Since Launch...

- Dec 2019: Bunnings instore Family Christmas night - a pilot of an innovative community engagement plan
- Dec 2019: Wanneroo and Surrounds Early Years Network presentation, approx. 40 members
- Feb 2020: Early Years Literacy Forum Keynote address
- Feb 2020: Perinatal and Infant Mental Health Promotion Network meeting





Promotion and Dissemination 2020

- Social Media strategy: Facebook
- Better Beginnings Reading Bags Distribution
- Purple Book Distribution
- 2020 Calendar of events: Community and Practitioner opportunities
- Goodstart Early Learning WA - Story Park
- Bunnings Activations



A young child wearing a blue hat and a blue and white plaid shirt is holding a dandelion seed head. The child is standing in a field of tall grass, and the background is softly blurred. A large, semi-transparent white circle is overlaid on the left side of the image, containing text.

Bright Tomorrows Start Today

For further information about how we can help support you to introduce “*Bright Tomorrows*” to your organisation, and to the families you work with, please contact Bec or Karen 😊

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Acknowledgements

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Thank you