ELD case study

A group of first time young mothers were referred by their Health Visitor to an ELD group. Initially the mothers were very resistant to the concept of a group, and several phone calls and home visits were made between health and ELD teams before the mothers eventually attended. Over the first few weeks it became obvious that these mothers had no self-confidence and were very reticent to have a go at activities or join in with song and rhyme time. Further discussions uncovered that in fact not one of these mothers knew a single nursery rhyme. The programme throughout the term was continually adapted to meet the needs of these mothers an example being the facilitators overhearing a worrying comment around weaning, the following week a health visitor attended the group to deliver a session on weaning.

Over the course of a term the change in this group of mothers is remarkable, as evidenced in the post programme evaluations, with comments including ‘I am really enjoying being a mam now’ to ‘ I love singing silly songs, I’m even singing to her at home now’ All mothers are re-enrolled onto a Elklan Lets’ Talk group in April

Astudiaeth achos DDC

Cafodd grŵp o famau ifanc am y tro cyntaf eu cyfeirio gan eu Hymwelydd Iechyd at grŵp DDC. I ddechrau, roedd y mamau yn wrthwynebus iawn i'r cysyniad o grŵp, a gwnaed sawl galwad ffôn ac ymweliadau cartref rhwng timau iechyd a DDC cyn i'r mamau fynychu'r pen draw. Dros yr wythnosau cyntaf daeth yn amlwg nad oedd gan y mamau hyn hunanhyder a'u bod yn ddi-flino iawn i roi cynnig ar weithgareddau neu ymuno ag amser cân a rhigwm. Datgelodd trafodaethau pellach nad oedd yr un o'r mamau hyn yn gwybod un hwiangerdd mewn gwirionedd. Cafodd y rhaglen drwy gydol y tymor ei haddasu'n barhaus i ddiwallu anghenion y mamau hyn enghraifft yw bod yn hwyluswyr yn clywed sylw pryderus am ddiddyfnu, yr wythnos ganlynol mynychodd ymwelydd iechyd y grŵp i gyflwyno sesiwn ar ddiddyfnu.

Dros gyfnod o dymor mae'r newid yn y grŵp hwn o famau yn rhyfeddol, fel y gwelir yn y gwerthusiadau ar ôl y rhaglen, gyda sylwadau'n cynnwys 'Rwy'n mwynhau bod yn fam nawr' i ' Dwi wrth fy modd yn canu caneuon gwirion, dwi hyd yn oed yn canu iddi hi adref nawr' Mae pob mam yn cael eu hail-gofrestru ar grŵp Siarad Elklan Lets ym mis Ebrill