**Case Study: Ceredigion**

**Contact for Case Study:** Flying Start Family Worker

**Details of Needs Identified by Assessment:**

* Lack of knowledge regarding child development, particularly in supporting the child through the next stages (weaning, rolling over, crawling, etc.).
* Young mum (17 years old).
* Assistance in taking mum and baby to age-appropriate groups in the area to help both socialise with others.
* Support in building mum’s confidence and knowledge in parenting.

**Details of Support Provided:**

* Weekly home visits to assist with weaning the baby onto solids, providing meal plans and ingredients for practice.
* Offered guidance on the baby’s next stages of development, providing information on new milestones to look out for.
* Transported mum and baby to various groups and courses on a weekly basis.
* Provided continuous praise and encouragement for mum’s parenting achievements.

**Description of Outcomes Achieved:**

* Mum and baby attended all age-appropriate courses available to them with my support. The courses they attended included:
  + Family Links 10-week Parenting Programme
  + Paediatric First Aid
  + Babbling babies
  + Bump and Baby Group
  + Young Parents Group
  + Stori and Spri Group
* The transformation in mum and toddler since I began taking them to groups is immeasurable. The mum’s confidence has significantly improved, and this is reflected in her child’s behaviour and confidence as well.
* The child will be starting in a Flying Start-funded nursery after Easter, and both mother and child are looking forward to this next step.
* The toddler has attended numerous groups during her first two years, which I strongly believe has positively impacted her speech development. She is now speaking in 4-word sentences at 20 months and is almost potty trained.
* Mum’s confidence has grown immensely. She has recently moved out of her mum’s home and into her own flat, located 5 miles away, closer to the child’s nursery.

**Conclusion:**

This case study highlights the significant progress made by both mum and child. The consistent support provided has led to notable improvements in the mum’s confidence, parenting skills, and ability to engage with her child’s development. The child’s early socialisation and language development are particularly remarkable, and mum is now taking steps towards greater independence, having successfully moved into her own flat. The positive impact of these interventions is clear, and both are on track for continued success.

**Quote from parent:**

*“Flying start support has given me the opportunity to thrive as a young mum, its given the knowledge and confidence to be the best mum I can be for my daughter, since moving in to my own flat I feel that im thriving as a parent and im looking forward to giving my daughter all the opportunities on our doorstep including attending flying start groups and courses around her childcare. Without flying start support my daughter and myself wouldn’t be where we are now.”*