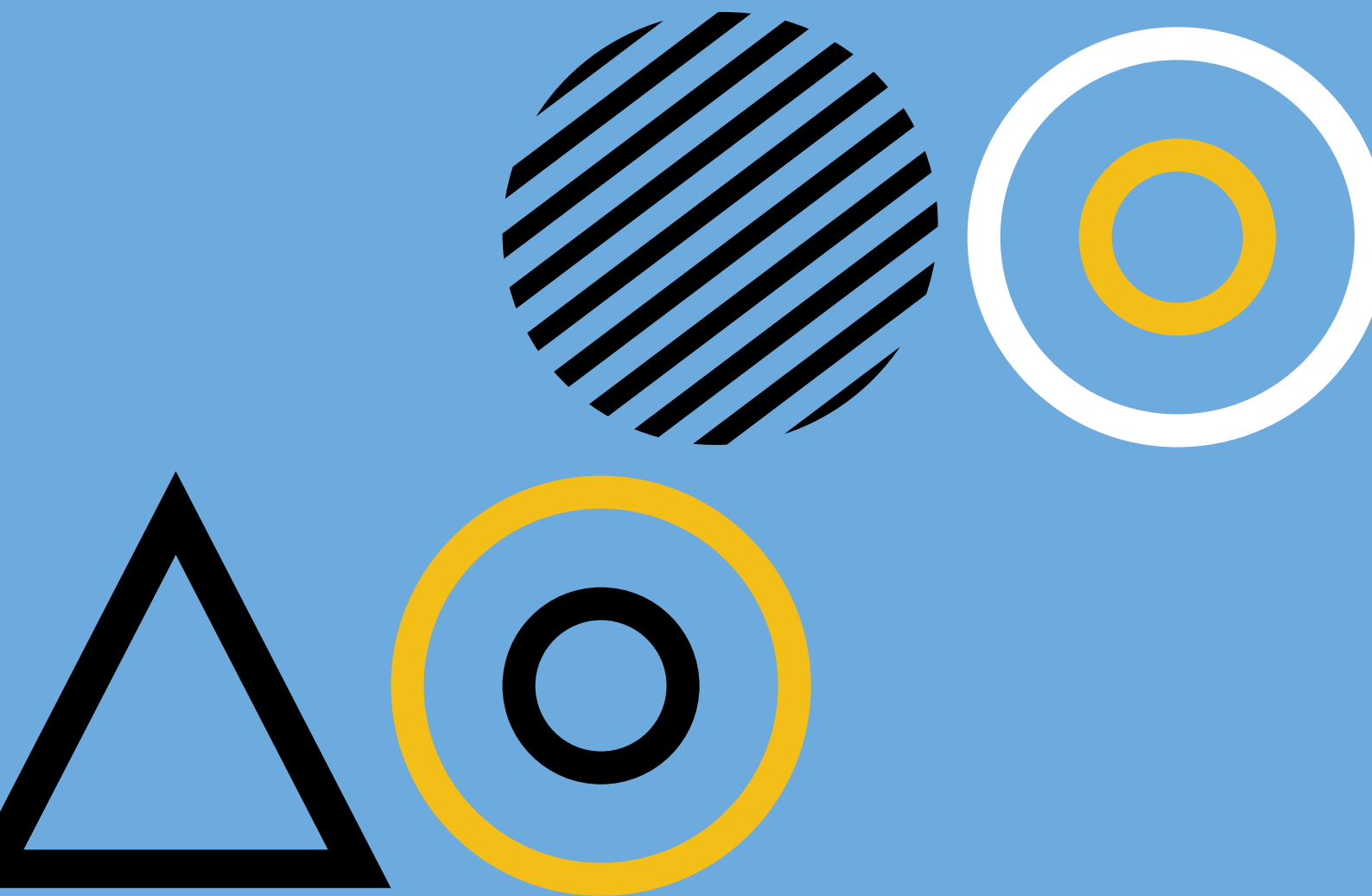


Peep Learning Together Programme

Propectus for Maternal and Child Health Nurses





The Peep Learning Together Program

PeepLTP is an evidence-based adult learning program with a curriculum that supports parents to understand more about how children learn – and to do more of the things at home that make a difference to children’s outcomes. Intended for parents of children from birth to school-age, it can be used to communicate concepts and ideas with parents about how to enhance the home learning environment, the parent-child relationship and children’s literacy and self-esteem. It can be used with parents in a variety of settings including one on one, parent groups, and playgroups. The program empowers parents to make the most of everyday learning opportunities including singing, sharing books and stories and talking about a wide range of ideas, thoughts and feelings. PeepLTP is a curriculum for parents about the home learning environment, child development and the utilisation of teaching moments in everyday activities.



The home learning environment

A child's development benefits greatly from a parent supporting their thinking and learning during everyday activities. The quality of the home learning environment is more important for a child's cognitive and social development than their parent's occupation, education or income (Sylva et al. 2004), and can thus reduce inequities (Siraj-Blatchford, Mayo & Melhuish 2011). Infact, the frequency of home activities at age 2-3 years, is significantly related to their numeracy and literacy skills in grade 3 (Yu & Daraganova 2014). Recent research also suggests that children who are provided a more stimulating and varied home learning environment prior to school entry are more likely to also be provided a stimulating home learning environment during both primary and secondary school (Toth et al. 2020).

Quality of relationship

Babies and young children learn best when they feel safe and secure, so supporting parents to develop healthy relationships is important. Developing an awareness of baby states and cues helps parents know what they need and how they are feeling. Through recognizing and responding to these, parents and their babes will both grow to know and understand each other.

Babies and children feel valued by parents who are sensitive to their needs and moods, and this helps them to form secure attachments. Parents can do this by talking, listening, and doing everyday things together with their baby and child. When babies and children are supported to make choices, experiment, and move on from setbacks, they are likely to develop positive self-esteem and confidence.

Using the ORIM framework, each PeepLTP topic helps strengthen adult-child relationships, building children's self-esteem and emotional self-regulation.



Programme curriculum

The Peep Learning Together Programme (LTP) aims to support parents and carers to:

- develop sensitive and responsive relationships with their babies and children.
- improve the Home Learning Environment by valuing and extending learning opportunities in everyday life.

By supporting parents/carers, the Programme aims to improve children's:

By supporting parents/carers, the Programme aims to improve children's:

- **personal, social and emotional development**
- **communication and language**
- **early literacy**
- **early maths**
- **health and physical development.**

The evidence-based Learning Together Programme values and extends what parents/carers already do to support their child's learning in everyday life. Practitioners from any sector (education, family support, health, etc.) who work with babies, young children and/or parents/carers can use the structured but flexible Programme.

The flexibility of the program allows for topics to be used in any combination and order to create a bespoke Learning Together Program and can be utilised in many ways, including succinct information snapshots for parents, one off information sharing, 1:1 and in home support, in first time parents' groups and delivered over any period of time. Each of the 74 PeepLTP topics fall under one of the five strands of development shown in the table below.

Personal, Social and Emotional development	Personal, Social and Emotional Development	Early literacy	Earth maths	Health and Physical development
<ul style="list-style-type: none"> - Personal and social development - Learning - Play - Behaviour 	<ul style="list-style-type: none"> - Early communication - Speaking and listening - Communication and language anywhere 	<ul style="list-style-type: none"> - Books and beyond - Reading - Writing - Early literacy everywhere 	<ul style="list-style-type: none"> - Fun with maths - Numbers and counting - Maths everywhere 	<ul style="list-style-type: none"> - Healthy living - Physical development - Sensory development

PeepLTP materials

PeepLTP support parents to enhance their child's development by sharing information that builds on their existing strengths and practices and was designed for flexible delivery based on the needs of parents and children, building on what parents are already doing to support their children's learning. Materials for each PeepLTP topic includes child development information, session information for practitioners and a range of handouts for parents including topic handout, things to do at home activity handouts, and tip sheet. Topics that are considered relevant across the board could be selected and materials provided to all families at regular intervals at home visits, ages and stages visits and first-time parent groups. The materials can also be utilised to address an area-specific families would benefit from or to complement a one-on-one discussion. For PeepLTP delivery within a group setting, the materials include session plans and suggestions for activities including reading stories and songs relating to the topic. Practitioners also gain access to general support and resources on the Peep website, which includes adaptable posters, leaflets and certificates, etc.

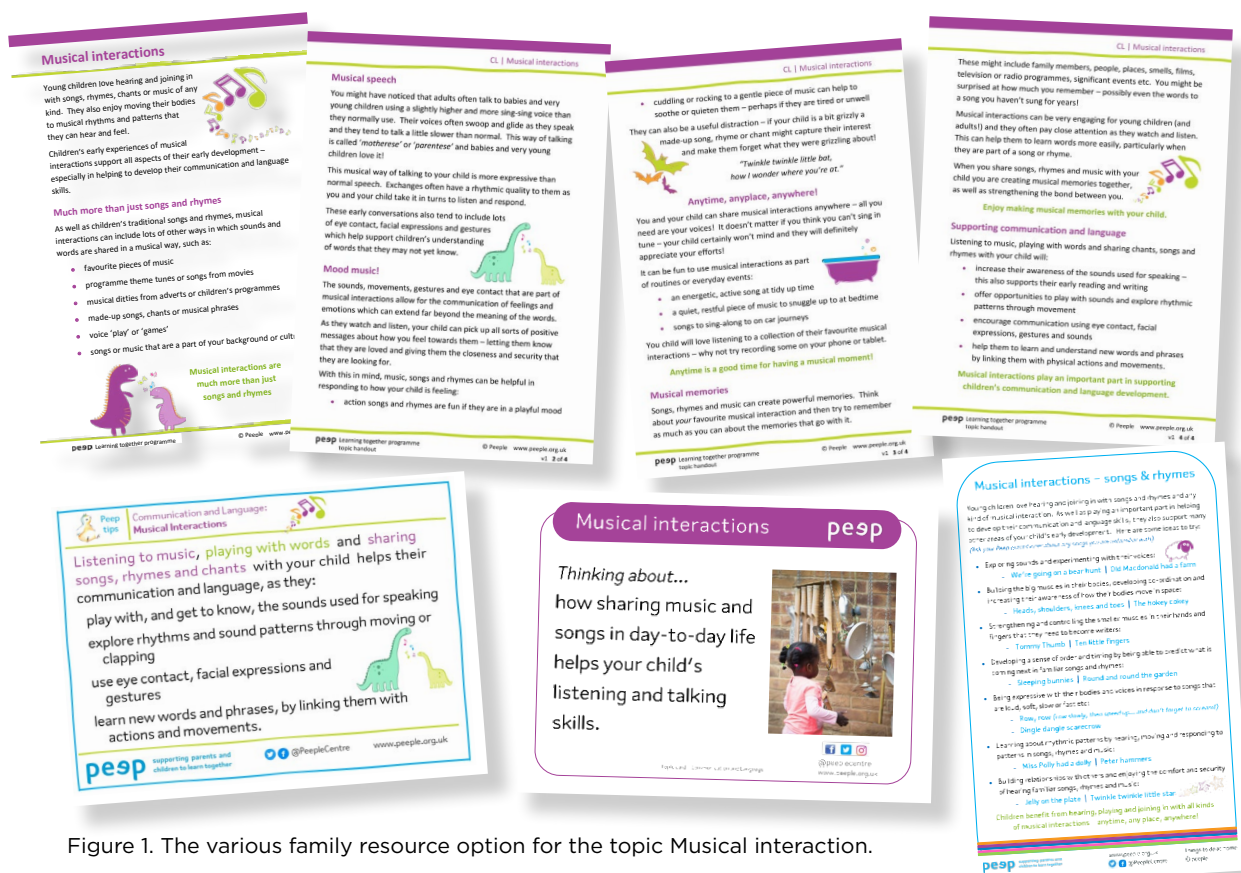


Figure 1. The various family resource option for the topic Musical interaction.



Why use the Peep learning Together Program?

PeepLTP is an evidence-based Programme and the five developmental stands of PeepLTP align with both the five AEDC domains and the five VEYLD outcomes to support children in the early years. See Figure 2.

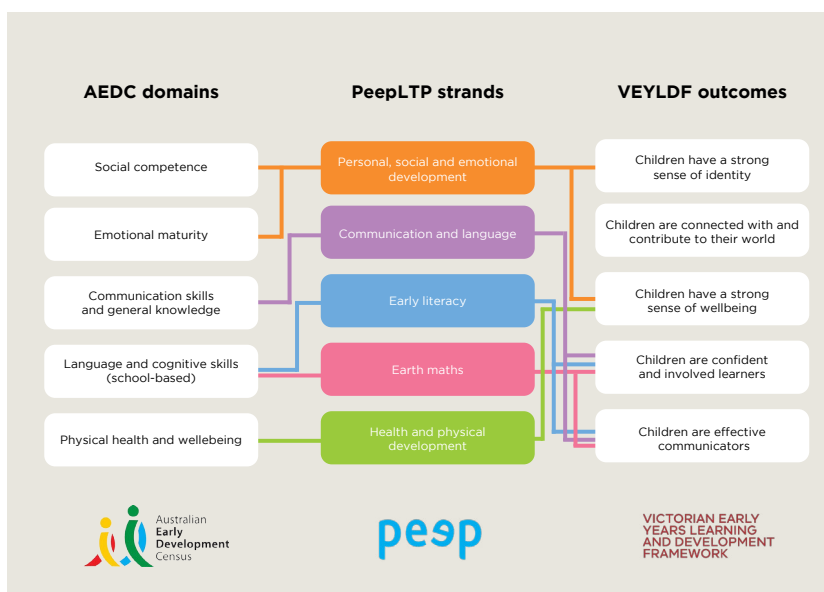


Figure 2. Alignment of peepLTP with the AEDC and VEYLD

The SRF team have identified that PeepLTP addresses the priority areas Wellbeing (social and emotional) and Communication, and are identified in the VEYLDF outcomes and sub-outcomes for children, and AEDC domains and subdomains that PeepLTP addresses. (See Figures 3 and 4).

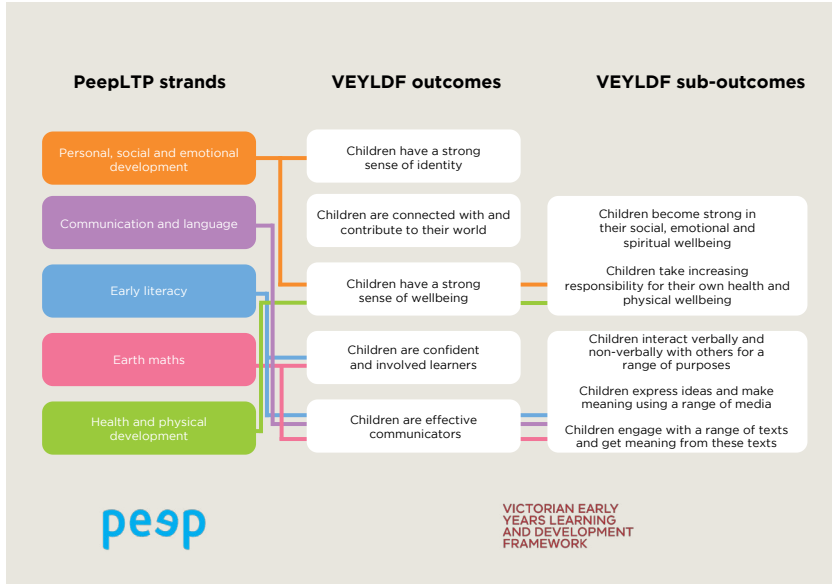


Figure 3. VEYLDF outcomes and sub-outcomes that peepLTP addresses

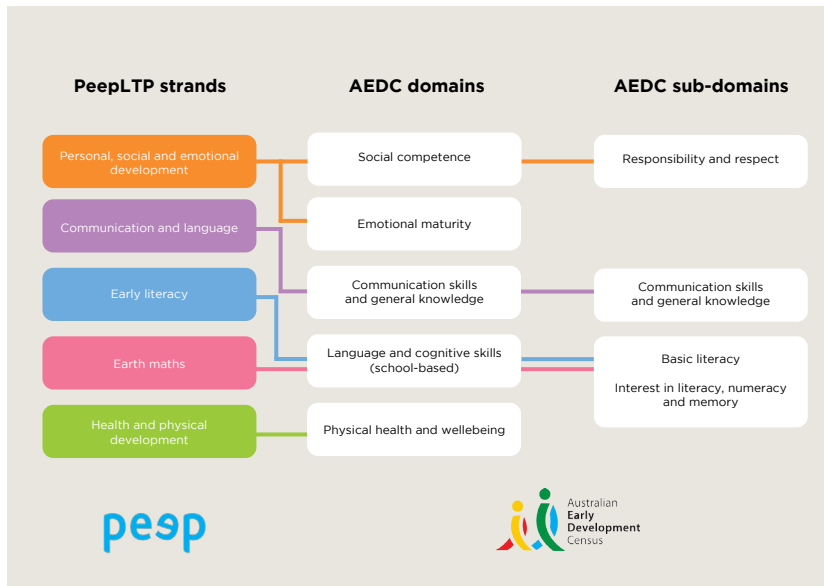


Figure 4. AEDC sub-domains that peepLTP addresses

The SRF team also recognised the following practice principles common to PeepLTP and VEYLDF:

- Reflective practice
- Partnerships with families
- High expectations for every child
- Equity and diversity
- Respectful relationships and responsive engagement
- Integrated teaching and learning approaches





Training

The two-day Learning Together Program training will be offered online or face to face depending on jurisdictional restrictions due to Covid-19. The course will cover the why, what and how of delivering the Programme.

Peep Learning Together Programme Training is for practitioners who work with parents and babies/ young children, to contribute to:

- strong parent-child relationships
- increased parental knowledge and confidence in how to support their child's learning and play in day-to-day life
- children's personal, social and emotional development, communication and language, early literacy and maths, and health and physical development.

The training equips practitioners to:

- engage and support parents to build on what they already do to enhance their baby's or child's early communication and learning (contributing to school-readiness), through talking and playing as part of everyday life,
- explore practical ideas, strategies and resources, using the comprehensive and flexible Peep Learning Together Programme,
- deliver universal or targeted sessions with parents and children together, to meet local needs - in one-to-one, group or drop-in sessions; in person or via video-conferencing.

training will introduce you to the log-in Members Area and give you full ongoing access to the extensive range of topics, session plans and all resources.



Implementing PeepLTP in the MCHN setting:

- Topics can be used in ages and stages visits – delivered to families 1:1 with the support of handout and things to do at home. – can have set topics to deliver at each visit or have resources bundled to match a stages and ages visit as options to use.
- PeepLTP topics used in first time parents’ groups.
- PeepLTP used in home visits and 1:1 work through enhanced nurses.

For first time parents’ groups, PeepLTP gives you topics, questions to ask, key developmental information to share in parent friendly terms, session plans, handouts with supporting information and activity ideas for parents to take home and do with their baby.

The PeepLTP training looks at strategies to engagement including addressing barriers that may hinder families coming. It looks at group dynamics and group facilitation as well as how to support your group when challenging situations arise.



Feedback from Peep Learning Together Programme and Training in 2021:

"I love how there are so many ways to deliver the program to families."

"Loved the training. It was simple and practical. Thorough information in such a short time frame. Delivered with great intent."

"I would highly recommend the training for a complete understanding of the Learning Together Programme. The balance of practical, theory and discussion provided for a learning rich environment. The facilitator was so knowledgeable and inclusive it was a fantastic group experience. I feel confident I can include the principles and content within my everyday practice."

"It gives you confidence and the resources to run informative, meaningful groups for our families and is evidence based. The resources are so user friendly and family friendly. You know that parents and their children will love the topics, the activities and the empowerment that this program can deliver."

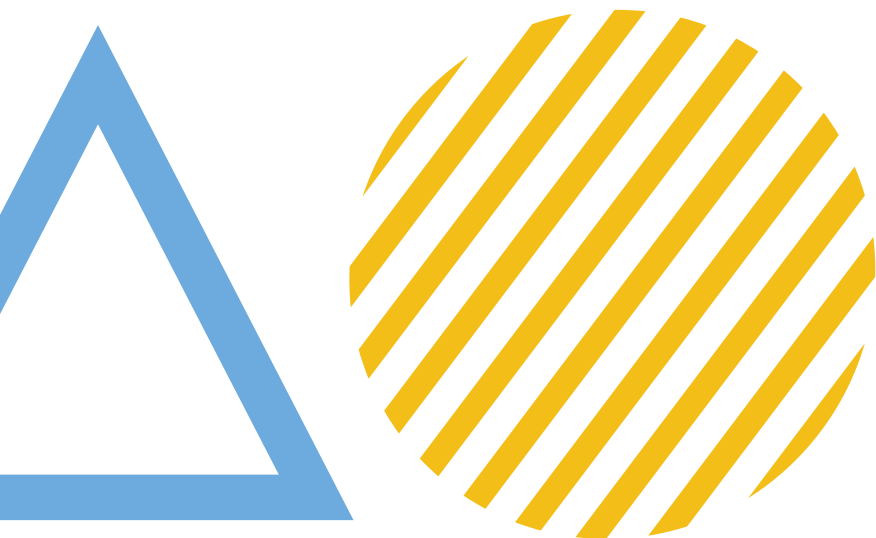
"This is a practical training and can suit many people who work in different kinds of early childhood settings"

"The tools available are so comprehensive."

"This course equips practitioner's in many ways to build positive relationship with families. It really focused on helping parents to feel empowered and knowing that they can help children learn from home in so many practical and fun ways."

For further information head to: www.playgroup.org.au/peep

If you have any questions about the PeepLTP program or training please contact:
Claire Georgiou at cgeorjou@playgroup.org.au | 0488 600 190



References

L'hote, E., Kendall-Taylor, N., O'neil, M., Busso, D., Volmert, D., & Nichols, J. (2018). Talking about the science of parenting. (August).

Siraj-Blatchford, I., Mayo, A., & Melhuish, E. (2011). Performing against the odds: developmental trajectories of children in the EPPSE 3-16 study. 118.

Sylva, K., Melhuish, E., Sammons, P., Siraj-Blatchford, I., & Taggart, B. (2004). The Effective Provision of Pre-School Education (EPPE) Project: Findings from the Early Primary Years (Report). Institute of Education, UK, (November), 1-6.

Toth, K., Sammons, P., Sylva, K., Melhuish, E., Siraj, I., & Taggart, B. (2020). Home learning environment across time: the role of early years HLE and background in predicting HLE at later ages. School Effectiveness and School Improvement, 31(1), 7-30.

Volmert, A., Kendall-Taylor, N., Cosh, I., & Lindland, E. (2016). Perceptions of Parenting: Mapping the Gaps between Expert and Public Understandings of Effective Parenting in Australia. In Parenting Research Centre.

Yu, M., & Daraganova, G. (2014). Chapter 4. Children's early home learning environment and learning outcomes in the early years of school. LSAC Annual Statistical Report 2014.

Playgroup Victoria

playgroup.org.au

346 Albert St, Brunsick, 3056

1800 171 882 toll free (within Victoria)

or (03) 9388 1599 (outside Victoria)

