Child and maternal health and wellbeing knowledge update 25 June 2020

This fortnightly knowledge update on maternal, children and young people's health brings together the latest resources about physical and mental health from a range of organisations. This eBulletin is produced by Public Health England as a current awareness service for professionals working in child and maternal health. We do not accept responsibility for the availability, reliability or content of the items included in this eBulletin and do not necessarily endorse the views expressed within them.

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. It offers **information to help healthcare professionals make decisions about the planning and provision of services using child and maternal health data and intelligence**.

Public Health England's Knowledge and Library Services team have created **a guide to help people working in the health sector, identify evidence and information to inform decision-making on maternal, children and young people's health and wellbeing**. A **list of current awareness services** offered by other organisations is also available.

This email includes a summary and link to each resource below.

You can follow us on Twitter **@PHE_uk**

Please note: this is the final knowledge update before the discontinuation of this fortnightly current awareness service

In prioritising its resources this year, PHE has concluded that it is no longer able to maintain the fortnightly child and maternal health and wellbeing knowledge update current awareness service. This is the final knowledge update you will receive. If you would like to keep up to date with PHE's work after this date, please **sign up to get notification emails** when information from PHE changes on .GOV.UK. We would like to thank our subscribers for their use of this service.

Child and maternal health and wellbeing knowledge update (Public Health England)

PHE child and maternal health intelligence update

This eBulletin includes links to content from a range of different organisations. We do not accept responsibility for the availability, reliability or content of the items included in this eBulletin and do not necessarily endorse the views expressed within them.

Coronavirus (COVID-19): guidance
Visit .GOV.UK for the most recent updates on **guidance about coronavirus (COVID-19)** for health professionals and other organisations.

Guides and practice

COVID-19 - 'shielding' guidance for children and young people (Royal College of Paediatrics and Child Health (RCPCH))

This updated RCPCH advice for clinicians is provided to help members in their discussions with children and young people who are shielding across the UK and their families.

iHV Insights. Domestic violence and abuse: keeping victims and children safe during a pandemic (Institute for Health Visiting (iHV))

Recording of the latest iHV Insights webinar. The 1-hour sessions are led by leading experts in their field who share the latest evidence and their experiences of practice.

The impact of the coronavirus pandemic on child welfare: domestic abuse (NSPCC)

This briefing uses insight from NSPCC helpline contacts and Childline counselling sessions to highlight the impact of domestic abuse on children and young people during the coronavirus pandemic. Read also: NSPCC briefing, **Domestic abuse: learning from case reviews**, which provides a summary of risk factors and learning for improved practice around families and domestic abuse.

iHV updates COVID-19 professional advice for health visiting (Institute for Health Visiting (iHV))

Following the publication of the *COVID-19 restoration of community health services for children and young people: second phase of NHS response* last week, iHV launches updated versions of the COVID-19 professional advice documents that were originally published in March.

Child and maternal health and wellbeing knowledge update (Public Health England)

What parents and carers need to know about early years providers, schools and colleges during the coronavirus (COVID-19) outbreak (Department for Education)

Information for parents and carers about the opening of early years providers, schools and colleges, safety in schools, attendance, transport, school meals and exams (updated 18 June 2020).

Keeping children safe in education (Department for Education)

Statutory guidance for schools and colleges on safeguarding children and safer recruitment. On 17 June, added the document 'Keeping children safe in education (from 1 September 2020)'. This document is for information only and does not come into force until 1 September 2020 - continue to refer to KCSIE 2019 until then.

Coronavirus: guidance collections (Department for Education)

The Department for Education (DfE) has published webpages bringing together guidance for schools, early year and childcare providers and local authority children's services in England outlining what they need to do during the coronavirus outbreak.

- **Guidance for schools: coronavirus (COVID-19)**
- **Early years and childcare: coronavirus (COVID-19)**
- **Local authority children's services: coronavirus (COVID-19)**

Safeguarding children in sport as lockdown eases (NSPCC)

The NSPCC Child Protection in Sport Unit (CPSU) has published a news story around safeguarding children and young people in sport as lockdown eases across the UK.

Covid-19 and early intervention: understanding the impact, preparing for recovery (Early Intervention Foundation (EIF))

This report highlights the impact of the Covid-19 pandemic and lockdown on local services for children and families, based on the experiences of service leaders and head teachers, and explores their responses to both the immediate challenges and the major challenges on the horizon, as the country moves towards recovery.

Tackling loneliness (House of Commons Library)

This briefing looks at the Loneliness Strategy for England and outlines the situation in Wales, Scotland and Northern Ireland. The briefing includes information relating to the impact of loneliness on young people and care leavers and the impact of the coronavirus pandemic on loneliness.

Child and maternal health and wellbeing knowledge update (Public Health England)

Social connection, loneliness and lockdown (Research in Practice)

This blog provides access to resources looking at key messages concerning loneliness and how they can be applied in social care practice.

Safe working in education, childcare and children's social care settings, including the use of personal protective equipment (PPE) (Department for Education)

Preventing and controlling infection, including the use of PPE, in education, childcare and children's social care settings during the coronavirus outbreak. Updated guidance to clarify PPE advice and changes in access to testing.

COVID-19: guidance on supporting children and young people's mental health and wellbeing (Public Health England)

Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak. Updated with guidance on 'support bubbles'.

Covid-19 support for people with learning disabilities (Anne Craft Trust)

Two new online resources are available. *Let's talk about when someone is ill or dies from Coronavirus* - Conversation prompts about loss, grief, and more practical things, such as social-distancing at funerals. *Understanding Covid-19 in secure settings* - Two different stories. One is about a man experiencing Covid-19 in prison. The other is about a woman experiencing Covid-19 in a secure care facility.

School meals and nutritional standards (England) (House of Commons Library)

This briefing looks at the requirements on schools to provide nutritional meals, and the provision of free school meals.

Learning disability (House of Commons Library)

House of Commons Library briefing on policies and services for people with a learning disability in England. The briefing also looks at recent policy changes in the areas of employment, welfare and education.

Podcast: impact of coronavirus on school staff and pupils (NSPCC)

Child and maternal health and wellbeing knowledge update (Public Health England)

NSPCC Learning has released the third podcast in a series focussing on education during the coronavirus pandemic. In the podcast a head of department at a large secondary school talks about the safeguarding concerns her school has had and how these have been addressed. Read also: NSPCC briefing, **Coronavirus (COVID-19) briefing: safeguarding guidance and information for schools**.

Podcast: returning to school post-lockdown (NSPCC)

NSPCC Learning has released the second podcast in a series focusing on education during the coronavirus pandemic. The podcast discusses: safeguarding concerns schools and academies may have during lockdown; the enquiries the NSPCC has been receiving in recent weeks in relation to keeping children and young people safe while learning remotely; and the resources and information published to help schools and academies keep up to date with latest government advice and guidance. Read also: NSPCC briefing, **Coronavirus (COVID-19) briefing: safeguarding guidance and information for schools**.

Supporting a child with grief and loss during the Covid-19 pandemic (Young Minds)

When experiencing grief and loss, it can be hard to know how best to support your child - especially if you were unable to be with your loved one when they died due to lockdown restrictions. Parents Helpline experts at Young Minds share their advice.

Supporting a child returning to school after lockdown (Young Minds)

Young Minds' Parents Helpline experts share their tips for supporting a child in the transition back to school life.

Coronavirus and schools: FAQs (House of Commons Library)

This short briefing addresses some key issues and frequently asked questions (FAQs) in relation to schools and the Coronavirus outbreak. The briefing looks at school closures and re-openings; school attendance rates; and survey evidence about differences in home learning.

Pastoral care in the curriculum (Department for Education)

How schools can provide additional emotional and pastoral support for pupils when they return to school following the coronavirus (COVID-19) outbreak.

Child and maternal health and wellbeing knowledge update (Public Health England)

Identifying and addressing gaps in pupils' understanding (Department for Education)

How schools can find out how much pupils know, and do not know, after a long period of remote education due the coronavirus (COVID-19) outbreak. Read also: Department for Education press release, **Primary schools to be given flexibility to bring back more pupils**.

Case studies: remote education practice for schools during coronavirus (COVID-19) (Department for Education)

These case studies share examples of **remote education practice for schools during coronavirus**. Recent case studies include: A secondary school's approach to adjusting the curriculum for use in school and at home; Adjusting the curriculum for use in school and at home; Regaining knowledge and improving wellbeing; Organising mixed ability pupils in smaller groups and helping those who need to catch up.

Making the most of reduced classroom time (Department for Education)

Guidance to support decisions around what to teach in the classroom and what to teach at home.

Examples of teaching practice during coronavirus (COVID-19) (Department for Education)

An opportunity for schools to learn from each other's emerging practice as they develop their approaches to providing remote education.

Supporting staff in curriculum planning for a phased return (Department for Education)

Examples of supporting staff in curriculum planning.

Relationships and Sex Education (RSE) Day - free resources (Sex Education Forum)

Relationships and Sex Education (RSE) Day took place on 25 June 2020. To mark the day the Sex Education Forum has made available schools packs for primary and secondary settings and ideas for parents and carers to get involved. The ideas in the packs have been selected to be responsive to the coronavirus crisis.

Health economics: a guide for public health teams (Public Health England)

Resources to help local commissioners achieve value for money by estimating the return on investment (ROI) and cost-effectiveness of public health programmes. Includes ROI tools in a number of areas, which allow you to estimate what impact implementing an intervention in a local

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authority and or a CCG would have on costs and health outcomes: Best start in life; cardiovascular disease; contraceptive services; falls prevention; mental health services; musculoskeletal conditions; oral health in pre-school children; older adults; sexual and reproductive health in young people; weight management.

Newborn blood spot sampling quick reference guide published (Public Health England)

The **newborn blood spot sampling guidelines: quick reference guide** explains how to take a newborn blood spot screening sample. It also includes example images of correct and incorrect blood spot samples and what to do after taking the sample.

Immunisations at one year of age (babies born on or after 1 January 2020) (Public Health England)

A leaflet to remind parents/carers to get their child immunised at one year of age.

MenACWY programme: information for healthcare professionals (Public Health England)

Information about the meningococcal ACWY (MenACWY) programme for adolescents, aimed at healthcare professionals. The meningococcal ACWY (MenACWY) vaccine is being introduced in response to an increase in cases of invasive meningococcal disease capsular group W (MenW) disease.

A guide to immunisations up to one year of age (born on or after 1 January 2020) (Public Health England)

This booklet covers all immunisations for babies during their first year of life.

TB, BCG and your baby leaflet (Public Health England)

Information about the BCG vaccination being offered to protect your baby against tuberculosis (TB). 22 June update: added translations.

Antenatal and newborn screening: supporting women with learning disabilities (Public Health England)

Information to support women with learning disabilities to access and understand antenatal and newborn (ANNB) screening. Discussing aspects of ANNB screening with women or parents with learning disabilities can be challenging for health professionals who do not do this regularly. This guidance contains information and resources to help health professionals have conversations in an appropriate and sensitive way.

Child and maternal health and wellbeing knowledge update (Public Health England)

Cystic fibrosis information leaflet updated and published in digital format (Public Health England)

The PHE Screening information for parents of babies suspected of having cystic fibrosis (CF) has been updated and published in accessible digital HTML format.

Online infant mental health training resources for professionals (Parent-Infant Foundation)

This resource reviews and describes the online infant mental health training available for professionals.

New support is available for NHS antenatal and newborn screening providers to offer more digital screening info (Public Health England)

With coronavirus limiting social contact, we have been helping maternity providers to signpost women to digital versions of our NHS antenatal and newborn screening information. This blog explains more.

Racism and my mental health (Young Minds)

"Nobody has any right to discriminate against you based on your race or ethnicity. Ever." Activist Luke, 15, shares how his experience of racism has affected his mental health.

Smoking and tobacco: applying All Our Health (Public Health England)

Evidence and guidance to help healthcare professionals integrate treatment for tobacco dependency into routine clinical care.

Reports

The financial risk and resilience of English local authorities in the coronavirus crisis (Institute of Fiscal Studies (IFS))

Local authorities (LAs) across the country are among those on the front line of the coronavirus crisis. But geographical differences in demographic and economic structures make different parts of the country more vulnerable to different effects of the crisis – on health, on families and children, and on jobs and incomes. This report is published alongside a **spreadsheet dashboard** that collates for each LA in England a series of indicators of coronavirus-related risks. It looks at the extent to which these risks vary and the degree to which they are correlated,

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focusing on LAs' revenues and financial resilience. It also briefly discusses the extra funding that central government has made available to them to help them address these risks in the current financial year.

The geography of the COVID-19 crisis in England (Institute of Fiscal Studies (IFS))

This report documents the geography of the COVID-19 crisis along three dimensions: health, jobs and families. It explores which local authorities (LAs) have residents who are more vulnerable to severe COVID-19 symptoms, because of their age or pre-existing conditions; which LAs have a greater share of workers in shut-down sectors such as retail or hospitality; and which LAs have a greater share of children either eligible for free school meals or receiving children's social services, who might be at particular educational or social risk from the crisis. The report shows how these dimensions of vulnerability in health, jobs and families relate to each other. The findings are brought together to document the extent to which local areas might be affected along multiple dimensions of the crisis.

New Emerging Evidence series explores the impact of coronavirus on young people's mental health (Anna Freud National Centre for Children and Families)

In collaboration with the Child Outcomes Research Consortium, the Evidence Based Practice Unit at the Anna Freud Centre and UCL has launched Emerging Evidence, a series of rapid reviews to search for evidence from around the world during the current coronavirus pandemic. The series aims to help us understand the impact of the pandemic on children and young people's mental health, by exploring some key questions: What are the key mental health challenges for children and young people during the coronavirus pandemic? Are there any particularly vulnerable groups? What might help children and young people to manage these challenges? You can read **Issue 2** and **Issue 1** of the Emerging Evidence series, and find more research-focused resources about children and young people's mental health and the coronavirus pandemic on the **Anna Freud Centre website**.

Impact of COVID-19 on children and young people's mental health: results of survey with teachers and school staff (Young Minds)

The results of a survey with teachers and school staff into the impact of the coronavirus and the subsequent lockdown on young people's mental health reveal the significant concerns staff have for the wellbeing of their pupils as we emerge from the pandemic.

Measuring wellbeing in schools and colleges (What works wellbeing)

This blog looks at issues around measuring wellbeing in schools and colleges.

Child and maternal health and wellbeing knowledge update (Public Health England)

Report 04: changes in children and young people's emotional and behavioural difficulties through lockdown (Emerging Minds)

This report provides an update on findings from the Co-SPACE study looking at how families are coping during the coronavirus pandemic, and what parents can do to help support their children's mental health. Findings from a survey of 2,890 parents and carers who took part in the baseline questionnaire and the first follow up questionnaire show that, over a one-month period in lockdown: parents and carers of primary school age children reported an increase in their child's emotional, behavioural, and attention difficulties; and parents and carers of secondary school age children reported a reduction in their child's emotional difficulties, but an increase in attention difficulties.

The cost of learning in lockdown: family experiences of school closures (Child Poverty Action Group)

The Cost of the School Day project helps schools identify and reduce the financial barriers that prevent children in poverty from fully participating in school life. To understand how the Covid-19 pandemic has impacted children's experience of learning, research was conducted through surveys and interviews. The project gathered the experiences of 3,600 parents and carers, along with 1,300 children and young people, with an emphasis on the experiences of low-income households. The research has found that the cost burdens of school closures have fallen most heavily on families already living on a low income.

Schoolwork in lockdown: new evidence on the epidemic of educational poverty (University College London (UCL) Institute of Education (IOE))

Children locked down at home in the UK spend an average of 2.5 hours each day doing schoolwork, new research by UCL Institute of Education (IOE) suggests. This figure is about half that suggested by a previous survey, implying that learning losses are much greater than previously thought.

Schools responses to Covid-19: pupil engagement in remote learning (National Foundation for Educational Research (NFER))

Given the potential impact of this extended period of remote learning, NFER undertook an independent assessment to see how engaged pupils are, and the factors that might be driving this, as well as how schools are providing remote learning support for pupils. The report is based on findings from a national survey of 1,233 senior leaders and 1,821 teachers in publicly-funded, mainstream primary and secondary schools in England.

Child and maternal health and wellbeing knowledge update (Public Health England)

The numbers behind homeschooling during lockdown (The Children's Commissioner's Office)

In light of recent announcements that many students may not go back to school before September (if then), the Children's Commissioner's Office has undertaken some preliminary research on the homeschooling provided to children during lockdown. Read also: Children's Commissioner's Office briefing, **The need for summer scheme support in response to Covid-19**.

Coronavirus and the human rights of young people who are autistic or have learning disabilities and are detained in hospitals (Joint Committee on Human Rights)

Following the launch of the Committee's inquiry into the Government response to Covid-19, the Committee has looked at the effect of coronavirus lockdown measures on young people who are detained.

COVID-19: paediatric surveillance (Public Health England)

Description and contact details of PHE paediatric surveillance programmes for COVID-19.

Covid-19 in children: develop solutions rather than look for problems (BMJ)

BMJ commentary on the effect of COVID-19 on child clinical practice and the way forward for child services.

Play in the pandemic (The Mental Elf)

This blog summarises a recent rapid review of the impact of quarantine and restricted environments on children's play and health outcomes.

Supporting young people and parents: the impact of Covid-19 on adolescents, parenting and neglect (The Children's Society)

This briefing explores the challenges that adolescents and their parents face during the Covid-19 pandemic. It offers advice for professionals on how to reduce the likelihood of neglect occurring or to mitigate its effects and includes recommendations for national and local decision makers around prevention and responses to adolescent neglect.

Child and maternal health and wellbeing knowledge update (Public Health England)

The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK. IFS Working Paper IFS Working Paper W20/16 (Institute of Fiscal Studies (IFS))

This report finds that the COVID-19 episode has had substantial negative impacts on mental health across the population. The biggest impacts have been on the gender and age groups – broadly women and the young – that already had relatively low levels of mental health. Pre-existing inequalities in mental health have therefore been exacerbated by the crisis.

Covid-19: understanding inequalities in mental health during the pandemic (Centre for Mental Health)

This report looks at the impact of the coronavirus crisis on mental health including children's mental health. The report calls on the Government to take urgent action on mental health inequalities in its planning for recovery from the pandemic.

Children in lockdown: the consequences of the coronavirus for children living in poverty (The Childhood Trust)

This report documents the impact of the Coronavirus crisis on disadvantaged and vulnerable children.

The effects of social deprivation on adolescent development and mental health (The Lancet Child & Adolescent Health)

Adolescence (the stage between 10 and 24 years) is a period of life characterised by heightened sensitivity to social stimuli and the increased need for peer interaction. The physical distancing measures mandated globally to contain the spread of COVID-19 are radically reducing adolescents' opportunities to engage in face-to-face social contact outside their household. In this interdisciplinary Lancet viewpoint, researchers describe literature from a variety of domains that highlight how social deprivation in adolescence might have far-reaching consequences.

Covid-19 and inequalities (Institute for Fiscal Studies (IFS))

The purpose of this report is to bring together what has emerged so far about the impacts of the crisis on inequalities across several key domains of life and, in doing so, to make a few overarching points. Read also: IFS press release, **Active policy required to avoid COVID-19 crisis exacerbating existing inequalities**.

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Coronavirus lockdown just one of many obstacles for young refugees pursuing higher education in the UK (Unicef UK)

New research conducted by Unicef UK and Refugee Support Network (RSN) has highlighted key obstacles young refugees face in accessing further and higher education in the UK. The report highlights how many young refugees (aged 15-25) experience a lack of support and poor mental health and emotional wellbeing when it comes to accessing the upper stages of education.

Black children's lives matter (Child Poverty Action Group)

Black lives matter, particularly the lives of children. Poor children are more likely to be behind in school than their wealthier peers, have reported lower sense of well-being, have poorer health outcomes and even employment difficulties in adulthood. But we don't talk enough about the fact that some children in black and minority ethnic (BME) families are more likely to experience poverty. This blog from the Child Poverty Action Group explains more.

Monitoring social mobility 2013 to 2020: is the government delivering on our recommendations? (Social Mobility Commission)

Report highlighting the government's action on the commission's key social mobility recommendations over the last 7 years. Read also, Social Mobility Commission press release, **Monitoring social mobility 2013 to 2020**.

New data shows men's childcare is up 58% during lockdown (Fatherhood Institute)

The COVID-19 lockdown has led to a dramatic 58 per cent increase in unpaid childcare undertaken by men, according to data gathered by the Government's **Office for National Statistics**. This short article explains more.

Study shows the way to improve safety in midwifery-led settings (NPEU)

Researchers in the NIHR Policy Research Unit in Maternal Health and Care in the NPEU, in collaboration with others from the Universities of Leicester and Birmingham, Bradford Royal Infirmary and the Royal College of Midwives, have published new research investigating deaths of babies in births planned in midwifery-led settings, which has found that improvements in care may have made a difference.

Physical activity while pregnant may help prevent postpartum depression (The Mental Elf)

This blog summarises a systematic review and meta-analysis on the effects of physical activity during pregnancy and the risk of postpartum depression.

Child and maternal health and wellbeing knowledge update (Public Health England)

Born into care: 1000 mothers in care proceedings in Wales (Nuffield Family Justice Observatory)

Building on the findings shared in two earlier reports in the series, **Born into care: newborns in care proceedings in England** and **Born into care: newborns and infants in care proceedings in Wales**, this research starts to develop the evidence base on the health needs of mothers and babies who come into care proceedings. It aims to help provide insights into the kind of intensive early intervention that might be needed.

Not in care, not counted a legal loophole: homeless 16- and 17-year-olds and unregulated accommodation (Just for Kids Law)

Findings from a freedom of information request about accommodation and support for children at risk of homelessness in England. The data shows that, based on responses from 39% of local authorities, an estimated 2,585 16- to 17-year-olds at risk of homelessness were housed by local authorities but not made looked after children in 2018/19. Young people were instead housed under either Section 17 of the Children's Act 1989 or Part 7 of the Housing Act, significantly limiting their right to support. An estimated 1,498 16-17-year-olds housed by their local authority without looked after status were placed in unregulated children's homes at 31 March 2019.

Global status report on preventing violence against children 2020 (World Health Organization (WHO) and others)

Half of the world's children, or approximately 1 billion children each year are affected by physical, sexual or psychological violence, suffering injuries, disabilities and death, because countries have failed to follow established strategies to protect them. This is according to a new report published by the World Health Organization (WHO), UNICEF, UNESCO, the Special Representative of the United Nations Secretary-General on Violence against Children, and the End Violence Partnership.

Tools and data

Further child and maternal health data can be found on Public Health England's **Fingertips tool**. The child and maternal health section brings together a range of publicly available data, information, tools and resources. Find **guidance on using these statistics and other intelligence resources** to help you make decisions about the planning and provision of child and maternal health services on.GOV.UK.

The **National Health Intelligence Knowledge Hub** offers a weekly alert for the PHE public health calendar with details of cross-organisational public health statistics. You can also sign up for the monthly **PHE statistics bulletin** or for an **alert of parenting, childcare and children's services statistics** published on .GOV.UK

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Coronavirus and the social impacts on young people in Great Britain: 3 April to 10 May 2020 (Office for National Statistics)

Indicators from the Opinions and Lifestyle Survey on the impact of the coronavirus (COVID-19) pandemic on young people in Great Britain. Read also: The Children's Society press release, **Children's well-being must be at heart of school return plan says The Children's Society**

Higher education graduate employment and earnings (Department for Education)

Official statistics on longitudinal education outcomes showing university graduate earnings and employment.

Laboratory confirmed cases of pertussis in England: January to March 2020 (Public Health England)

Laboratory confirmed cases of pertussis reported to the enhanced pertussis surveillance programme in England.

Meningococcal disease: laboratory confirmed cases in England in 2019 to 2020 (Public Health England)

Laboratory confirmed cases of invasive meningococcal disease reported to the enhanced meningococcal surveillance programme in England.

Newborn blood spot screening data collection and performance analysis report 1 April 2017 to 31 March 2018 (Public Health England)

Annual data collection and performance analysis report of the NHS newborn blood spot (NBS) screening programme against national quality standards 1 April 2017 to 31 March 2018.

Learning disability services monthly statistics (At: May 2020, MHSDS: March 2020 final) (NHS Digital)

Latest monthly statistics on Learning Disabilities and Autism (LDA) from the Assuring Transformation collection and MHSDS collection.

Childcare and early years providers survey: 2019 (Department for Education)

Statistics on the characteristics of early years providers in England.

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Attendance in education and early years settings during the coronavirus (COVID-19) outbreak - 23 March to 18 June 2020 (Department for Education)

A summary of attendance in education settings since Monday 23 March and early years settings since Thursday 16 April.

Youth custody report: April 2020 (Her Majesty's Prison and Probation Service)

Monthly statistics on the population in custody of children and young people within the secure estate.

Abortion statistics for England and Wales: 2019 (Department of Health and Social Care)

This report sets out and comments on abortion statistics in England and Wales for 2019.

Mental health services monthly statistics - final March 2020 (NHS Digital)

This publication provides the most timely statistics available relating to NHS funded secondary mental health, learning disabilities and autism services in England.

Research

Please note that not all the articles and resources referred to in this alert are freely available. Some articles may require an OpenAthens username and password, and for PHE and NHS staff, these can be obtained **here**. If you do not work for PHE or the NHS, you may want to approach your **local health library service** to discuss how you may have access to library services.

We feature mainly systematic reviews and meta-analyses within the research section. Where a primary research study such as a randomised control trial (RCT) or cohort is thought to be of particular interest or relevance, and meets our inclusion criteria, we also include this.

If you work in public health in England, you have **access to Browzine** which allows you to build a personal collection of your favourite journals within the Browzine app. Your **local health library service** may also have access to the KnowledgeShare current awareness service through which you can sign up to receive personalised KnowledgeShare Evidence Updates.

A **Daily Evidence Digest about COVID-19** is being produced by the COVID-19 Response team and is available on the PHE Knowledge & Library Services web page, **Finding the evidence: Coronavirus**

Child and maternal health and wellbeing knowledge update (Public Health England)

Engaging children and young people in digital mental health interventions: systematic review of modes of delivery, facilitators, and barriers (Journal of Medical Internet Research)

There is a high prevalence of children and young people (CYP) experiencing mental health (MH) problems. Owing to accessibility, affordability, and scalability, an increasing number of digital health interventions (DHIs) have been developed and incorporated into MH treatment. This review aimed to (1) identify modes of delivery used in CYP digital MH interventions, (2) explore influencing factors to usage and implementation, and (3) investigate ways in which the interventions have been evaluated and whether CYP engage in DHIs.

Is mental health competence in childhood associated with health risk behaviors in adolescence? Findings from the UK millennium cohort study (Journal of Adolescent Health)

Promoting positive mental health, particularly through enhancing competencies (such as prosocial behaviors and learning skills), may help prevent the development of health risk behaviors in adolescence and thus support future well-being. Few studies have examined how mental health competencies in childhood are associated with adolescent health risk behaviors, which could inform preventative approaches. Using UK Millennium Cohort Study data, the authors examined how mental health competence (MHC) measured at the end of elementary school (11 years) is associated with self-reported use of cigarettes, e-cigarettes, alcohol, illegal drugs, antisocial behavior, and sexual contact with another young person at age 14 years.

A biofeedback-enhanced therapeutic exercise video game intervention for young people with cerebral palsy: a randomized single-case experimental design feasibility study (PLOS ONE)

Movement-controlled video games have potential to promote home-based practice of therapy activities. The success of therapy gaming interventions depends on the quality of the technology used *and* the presence of effective support structures. This study assesses the feasibility of a novel intervention that combines a co-created gaming technology integrating evidence-based biofeedback and solution-focused coaching strategies to support therapy engagement and efficacy at home.

Supporting women who develop poor postnatal mental health: what support do fathers receive to support their partner and their own mental health? (BMC Pregnancy and Childbirth)

The current qualitative study aimed to investigate fathers' experience of support provided to fathers, to help support their partner should she experience poor postnatal mental health.

Child and maternal health and wellbeing knowledge update (Public Health England)

Psychotic experiences and future school performance in childhood: a population-based cohort study (Journal of Child Psychology and Psychiatry)

The aim of this study was to examine whether psychotic experiences were prospectively related to school performance in childhood.

Supporting perinatal anxiety in the digital age; a qualitative exploration of stressors and support strategies (BMC Pregnancy and Childbirth)

The period surrounding childbirth is one of profound change, which can often be experienced as stressful and overwhelming. This study aimed to qualitatively explore women's experience of anxiety triggers and support in the perinatal period; and gain insight into what online support is acceptable for women with perinatal anxiety.

Sociodemographic factors associated with routine outcome monitoring: a historical cohort study of 28,382 young people accessing child and adolescent mental health services (Child and Adolescent Mental Health)

The authors used the electronic mental health records for 28,382 children and young people (aged 4–17 years) accessing Child and Adolescent Mental Health Services (CAMHS) across four South London boroughs between the 1st of January 2008 to the 1st of October 2017. They examined the completion rates of the caregiver Strengths and Difficulties Questionnaire (SDQ), a ubiquitous PROM for CAMHS at baseline and 6-month follow-up.

Inequalities, harm reduction and non-combustible nicotine products: a meta-ethnography of qualitative evidence (BMC Public Health)

The authors sought to review qualitative evidence on how smokers in different socioeconomic groups engage with non-combustible nicotine products (NCNP), including electronic cigarettes and nicotine replacement therapies, in order to provide insight into how these products might impact on smoking inequalities.

The Bridge - June 2020 (The Association for Child and Adolescent Mental Health (ACAMH))

This resource presents clinically-relevant research from ACAMH's two peer reviewed journals: Child and Adolescent Mental Health and The Journal of Child Psychology and Psychiatry, as well as interesting and important studies from the wider literature. Includes 'Are social networking sites contributing to depression and anxiety symptoms in young people?'

Child and maternal health and wellbeing knowledge update (Public Health England)

[Maternal education and offspring birth weight for gestational age: the mediating effect of smoking during pregnancy (European Journal of Public Health)](#)

Small for gestational age birth weight, a risk factor for infant mortality and delayed child development, is associated with maternal educational attainment. Maternal tobacco smoking during pregnancy could contribute to this association. The authors aimed to quantify the contribution of maternal smoking during pregnancy to social inequalities in child birth weight for gestational age.

[Association between air pollution and lung development in schoolchildren in China (Journal of Epidemiology and Community Health)](#)

China has been facing nationwide air pollution at unprecedented high levels primarily from fossil–fuel combustion in the past decade. However, few studies have been conducted on the adverse effect of severe air pollution on lung development in school-age children.

Consultations and surveys

[Call for case studies. Making history: health visiting during COVID-19 (Institute of Health Visiting (iHV))](#)

iHV is working collaboratively with Public Health England to capture the stories, workarounds, innovation and rapid learning that has taken place in the health visiting service since the country went into lockdown in March. The plan is to publish these in a special edition of the case study series as a record of this time when history is being made. Capturing your experiences in this way will help us celebrate your successes, learn from each other and provide a legacy for future generations to reflect on. You are invited to be part of this by submitting your experience in a variety of ways - by midnight on Monday 29 June.

eBulletins

This fortnightly Child and maternal health and wellbeing knowledge update is produced by **[Public Health England's Knowledge and Library Service.](#)**

Past issues of the update are available to download from **[PHE Knowledge and Library Services online](#)**.

[Child and maternal health and wellbeing knowledge update](#) (Public Health England)

Public Health England's Knowledge and Library Services team have created **a guide to help people working in the health sector, identify evidence and information to inform decision-making on maternal, children and young people's health and wellbeing**. A **list of current awareness services** offered by other organisations is also available.

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