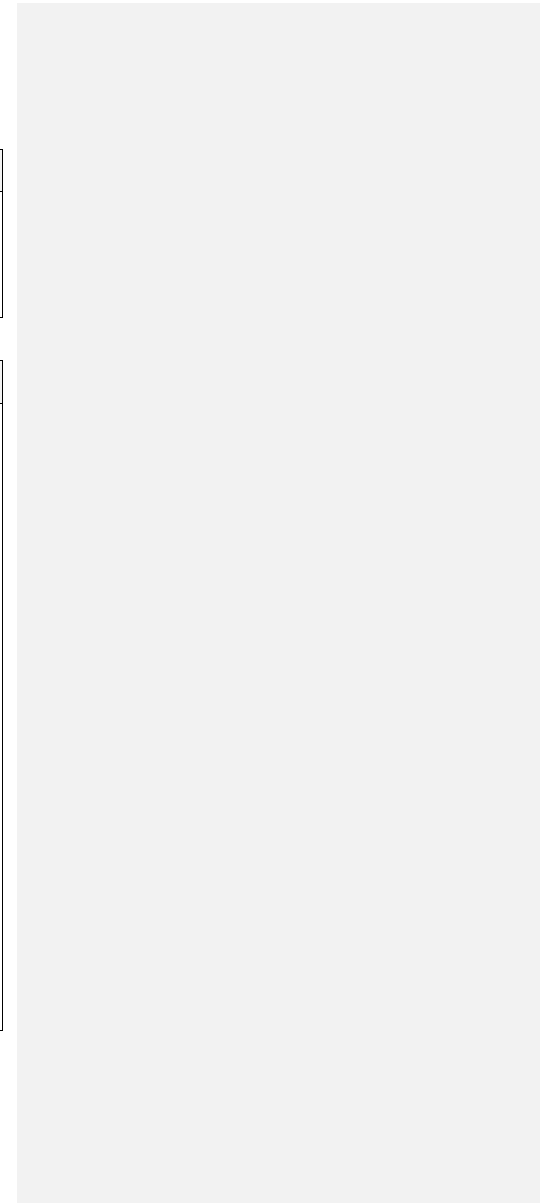


Somerset Survivors Domestic Abuse Awareness – Pregnancy & early life new module SCRIPT v2

ARTICLE 0 - Title	NOTES/GRAPHICS
Pregnancy and early life	B/W image in silhouette – unhappy (pregnant?) woman holding a baby

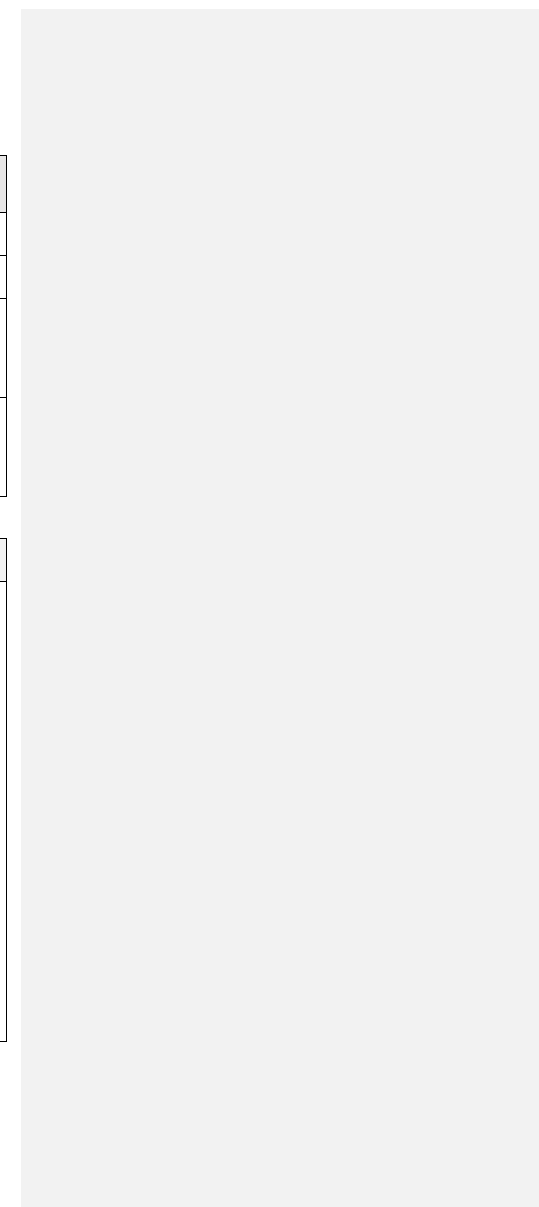
ARTICLE 1	NOTES/GRAPHICS
<p>How much difference does 1001 days make?</p> <p>A child's first 1001 days, from conception to age two, are crucial for their future. Secure and supportive interactions with parents and other caregivers lay the foundations for healthy social and emotional development. But stress factors like domestic abuse can make it harder for parents to provide the care needed.</p> <p>Click on the hotspots below to see the positive outcomes when a baby has a healthy environment and secure relationships during its first 1001 days.</p> <p><i>[insert icon - hotspots to reveal text]</i></p> <p>Source: The First 1001 Days Movement</p>	<p>Icon of a happy baby, with clickable hotspots that reveal text.</p>



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HOTSPOT	REVEALED TEXT
on hand	I feel safe and secure, ready to play, explore and learn.
on head	I enjoy and achieve at school, and progress in the workforce.
on chest	I understand and can manage my emotions and behaviours, so I can make a positive contribution to my community.
on feet	I will develop the skills to form trusting relationships in the future and be a nurturing parent myself, sowing the seeds for the next generation.

ARTICLE 2	NOTES/GRAPHICS
<p>Are the Domestic Abuse risks different in pregnancy and early childhood?</p> <p>Having a baby on the way is a time of big change and increased stress for anyone. The uncertainty and added responsibility that go along with pregnancy and looking after an infant can alter behaviour – the risks of Domestic Abuse may increase, but they may also decrease too.</p> <p>What can be guaranteed is that people will change. So yes, the risks are different and there are new factors to consider.</p>	<p>Pregnant woman icon, plain text.</p>



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<p>A new baby will affect the dynamics of existing relationships. Both before and after they are born, the baby must be looked after and may themselves be at risk of experiencing Domestic Abuse.</p>	
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ARTICLE 3	NOTES/GRAPHICS
<p>What else is happening in the mother's life?</p> <p>To understand someone's situation and evaluate the risks, it's important to consider the external factors in their life, as well as finding out who is in the picture and what the relationships are. Make sure you stay up to date as these can change throughout the pregnancy and once the baby is born.</p> <p>Select the Next and Previous arrows to explore some questions to consider and to reflect on the thinking behind them.</p>	<p>Icon carousel (see below)</p>

Commented [MOU1]: see for example Housing - What action should I take?

ICON CAROUSEL	
Icon	Accompanying text
Money	<p>What is their financial situation?</p> <p>Money management issues, such as an insecure income or high levels of debt, will add more stress to the uncertainty of how the new baby will change daily life.</p>
House	<p>Do they have a secure place to live?</p>

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	Take a look at the Housing module to explore the risks of insecure housing. Consider how these might intersect with the new risks presented during pregnancy and by being responsible for a young infant.
Connected people in a network	Who can they trust and turn to for support? Being pregnant and having a young baby offers the opportunity for forming new – often supportive – relationships, perhaps through antenatal classes or a parent network.
Holding hands	Who is their partner? Be aware that this may not be the same person as the baby’s biological father. And remember that a same-sex partner can also be abusive.
Child (with school books?)	Are there other children? A new baby in the family upsets routines, disrupts sleep, increases stress and changes relationship dynamics for all family members. Existing children face the same risks of abuse as the new infant, so they may need safeguarding too.
Family tree	Is there an extended family? Wider family members can be part of the trusted close circle of potential support. Alternatively, they may be the source of abuse. Is there a possibility of ‘honour’ based violence, female genital mutilation or forced marriage? Find out more about these issues in the Understanding Domestic Abuse module.

Commented [MOU2]: link to Housing

Commented [MOU3]: link to Understanding Domestic Abuse

ARTICLE 4	NOTES/GRAPHICS
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<p>What support can I offer?</p> <p>It may be a risky time, but it's also an opportunity to do something. Being pregnant or having a young infant means the mother will have increased contact with services and agencies, including health professionals and other support providers. This gives you more opportunities to ask questions and take steps to protect them. Remember to:</p> <ul style="list-style-type: none"> - Use your professional curiosity. - Make sensitive routine enquiries. - Build their understanding of what Domestic Abuse looks like – tools like the Power and Control Wheel can help (see Resources). - Go through the DASH RIC if abuse is disclosed. - Remember that the unborn or newborn baby is also at risk. - Keep in mind an overview of all the support available to them. <p>Visit the Identifying the Signs module for some questions that will help you to open a conversation and to download the DASH RIC.</p>	<p>Plain paragraph and list</p> <p>Icon: Checklist</p>
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Commented [MOU4]: link to [Identifying the Signs](#)

ARTICLE 5	NOTES/GRAPHICS
<p>How can I respond?</p>	<p>Click arrow below to reveal each sentence</p>

Commented [MOU6]: see for example 'Housing - How would I know a tenant is experiencing abuse?'

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<p>Disclosing Domestic Abuse often only happens after many encounters. By developing trust, you'll encourage someone to feel safe enough to speak up. Select the arrow to reveal how.</p>	
<p>How to develop trust:</p> <p>Help them to recognise abuse by talking about what it is. Build a relationship by listening, validating and not judging. Gain their confidence by knowing what support is available (don't just tell them to leave their situation). Calm fears that others will find out they've been talking to you by explaining confidentiality and who will be told if needed. Recognise their anxiety by noticing what they are not saying, for example in their body language.</p>	

Commented [MOU5]: Does this need a static title sentence before the others are revealed? If so, use this.

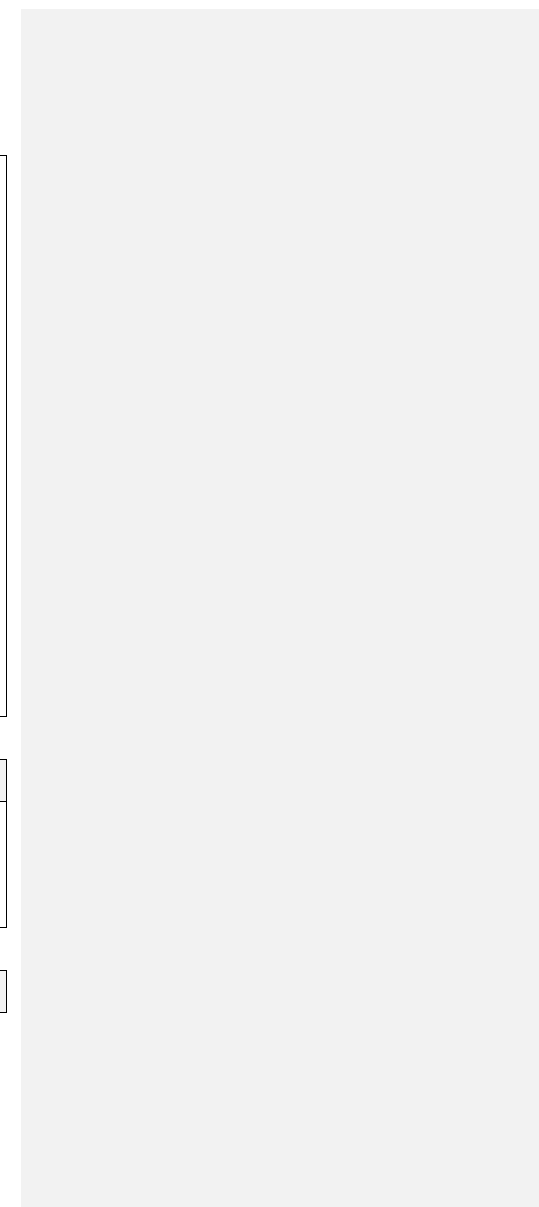
ARTICLE 6	NOTES/GRAPHICS
<p>What action should I take?</p> <p>If you're concerned, do something.</p> <p>Don't assume that other professionals with more training in dealing with Domestic Abuse will take care of it. At the very least, you can reassure</p>	<p>Exclamation mark icon with bullet list.</p>

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<p>the pregnant woman or new mother that they do have options and support is available.</p> <ul style="list-style-type: none"> • As an initial step, can they recognise when they are struggling and plan appropriate coping strategies? • Is the information they have correct or are they relying on what others (who might not be trustworthy) have told them? • Cross-agency communication is vital. Do you need to share the information you have to minimise the risk of abuse? Do you need to make a safeguarding referral or refer to a Multi-Agency Risk Assessment Conference (Marac)? <p>See the Resources section at the end of this module for more useful links.</p>	
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ARTICLE 7 – SECTION HEADING	NOTES/GRAPHICS
<p>During pregnancy</p>	<p>background image – a pregnant woman, close up of the bump and her hand resting on it</p>

ARTICLE 8	NOTES/GRAPHICS
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<p>How does Domestic Abuse affect a pregnant woman and her unborn child?</p> <p>Each situation is different: pregnancy could either increase or decrease the risk of abuse. But where Domestic Abuse <i>does</i> occur during pregnancy, the emotional and physical harm can be significant, both for the woman and her unborn baby.</p> <p>Select the Plus icon to reveal more information.</p>	<p>Accordion:</p> <p>For the woman</p> <p>For the unborn baby</p>
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Commented [MOU7]: Like in, for example, Adolescent to parent abuse - How can I offer support?

ACCORDION	
Header text	Revealed text
For the woman	<p>Her physical and mental health can be affected, whether this is through physical injury or the worsening of existing health problems and chronic conditions.</p> <p>Her self-concept as a competent parent might be challenged, denting her confidence and her ability to love, protect and bond with her child.</p> <p>She may have a negative image of the baby, which in turn will have a negative effect on bonding once the baby has been born.</p> <p>(Source: Women's Aid 2019)</p>

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<p>For the unborn baby</p>	<p>If the mother experiences physical violence, there is always the risk of injury to the baby and even death.</p> <p>Raised cortisol levels in the mother caused by stress affect the baby's <i>in utero</i> brain development and emotional well-being. This has a long-term impact on their development once they are born and as they grow up, sensitising them to difficulties in managing their own stress.</p> <p>Many babies and children, however, do recover well from pre-birth stress and show no developmental problems in later life.</p> <p>(Source: Women's Aid 2019)</p>
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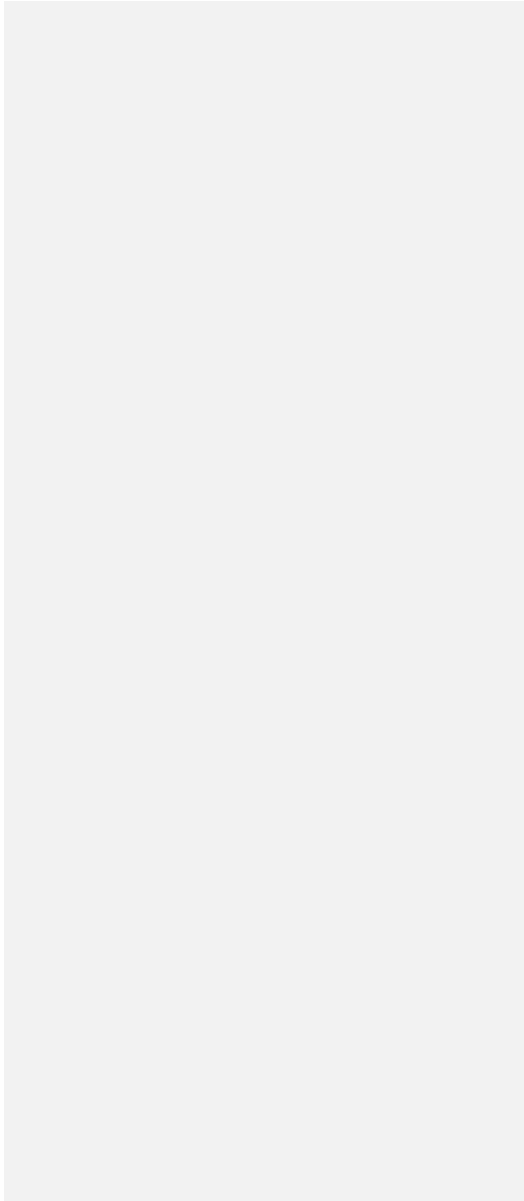
ARTICLE 9 – Practitioner video – during pregnancy	NOTES/GRAPHICS
<p><i>Participants and questions to ask tbc</i></p>	

ARTICLE 10 – Scenario Part 1	NOTES/GRAPHICS
<p>What should you do? <i>Appointment with housing officer</i></p>	

ARTICLE 11 – SECTION HEADING	NOTES/GRAPHICS
<p>After the baby's born</p>	<p>background image – a baby's cot and mobile</p>

ARTICLE 12	NOTES/GRAPHICS
<p>What are the risks to be aware of at this stage?</p> <p>A new baby in a household usually presents an increased risk of Domestic Abuse.</p> <ul style="list-style-type: none"> • New parents may find the transition to parenting stressful. To address this, the ICON programme aims to reduce the harm caused by shaking a crying baby. • Even if this is not the first baby, the changes to routine and lack of sleep increase stress and therefore the risk of abuse. • A premature birth or a baby born with additional needs brings extra complexity. There may be frequent hospital visits and higher care needs, although this also offers more opportunities for intervention. • The baby may be used as a manipulation tool to abuse a male partner. 	<p>Baby icon (swaddled in a blanket?) next to plain text and bullet list.</p>

ARTICLE 13	NOTES/GRAPHICS



<p>How does Domestic Abuse affect a newborn baby or pre-verbal infant?</p>	<p>Click on icon to reveal</p>
<p>They may not be able to talk and they may not witness abusive behaviour, but very young children can still be harmed. Even if they are in another room, babies experience Domestic Abuse.</p> <p>Select the icons to reveal the effects on babies.</p>	

Commented [MOU8]: Liz to send diagram?

Commented [MOU9]: Like in, for example, Adolescent - What does abuse look like?

<p>ICON REVEAL</p>	
<p>Icon</p>	<p>Accompanying text</p>
<p>Brain</p>	<p>Brain development</p> <p>Lots of interaction – including playing, cuddling, closeness and general care – helps a young baby develop a healthy brain. Each interaction or response stimulates new neural connections as well as the hormone oxytocin, good for both brain development and bonding. But a parent experiencing abuse may interact with their baby less at this crucial stage, with potentially damaging long-term effects.</p>
<p>Baby in a sling</p>	<p>Attachment issues</p> <p>A strong bond between baby and carer is the foundation for healthy development and long-term well-being. There are six key components of a positive healthy attachment: Emotional availability, Attunement, Synchrony, Structuring, Non-intrusiveness, Non-hostility.</p>
<p>Crying baby</p>	<p>Flight response</p>

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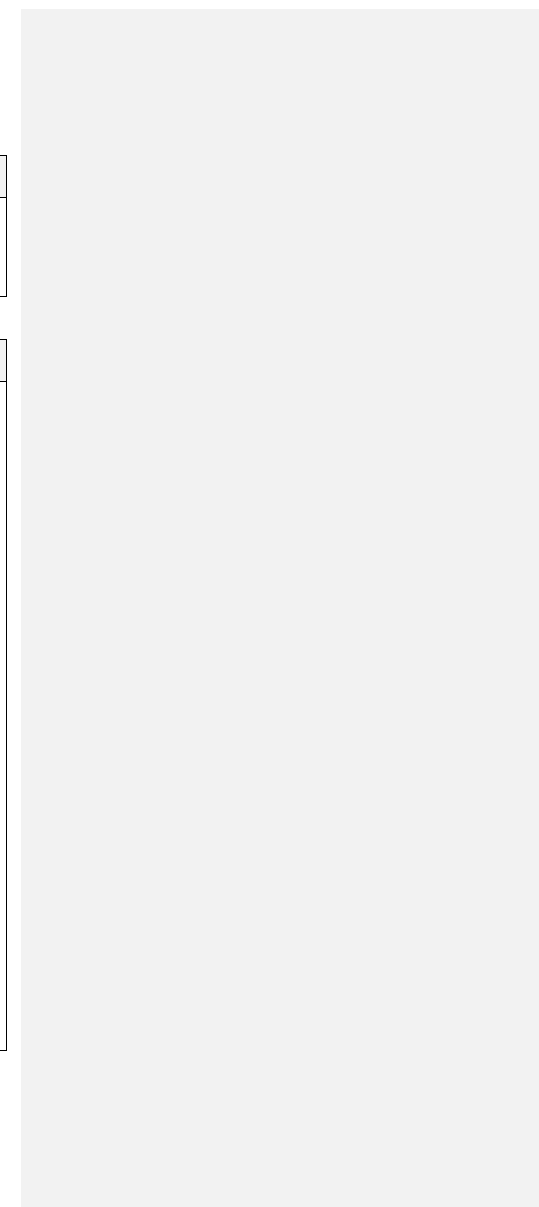
	When living in a state of stress, a flight response is provoked. Things like loud noises cause anxiety. But the only way babies can communicate this is to be irritable and unsettled, becoming harder to calm down.
Plaster/bandage/first aid cross	Physical harm Babies under the age of 2 are more likely than any other age group to be physically hurt and die through injury (and incidents are increasing).
Sad face	Adverse Childhood Experiences (ACE) People with an accumulation of ACEs may not reach their full potential and suffer negative consequences in adolescence and adulthood. These include increased risks of health conditions like heart disease, experiences of mental ill health, substance misuse and repeating patterns of abuse.

ARTICLE 14 – Practitioner video – post-birth	NOTES/GRAPHICS
<i>Participants and questions to ask tbc</i>	

ARTICLE 15 – Scenario part 2	NOTES/GRAPHICS
What should you do? Police officer visits	

ARTICLE 16 – SECTION HEADING	NOTES/GRAPHICS
Summary and resources	

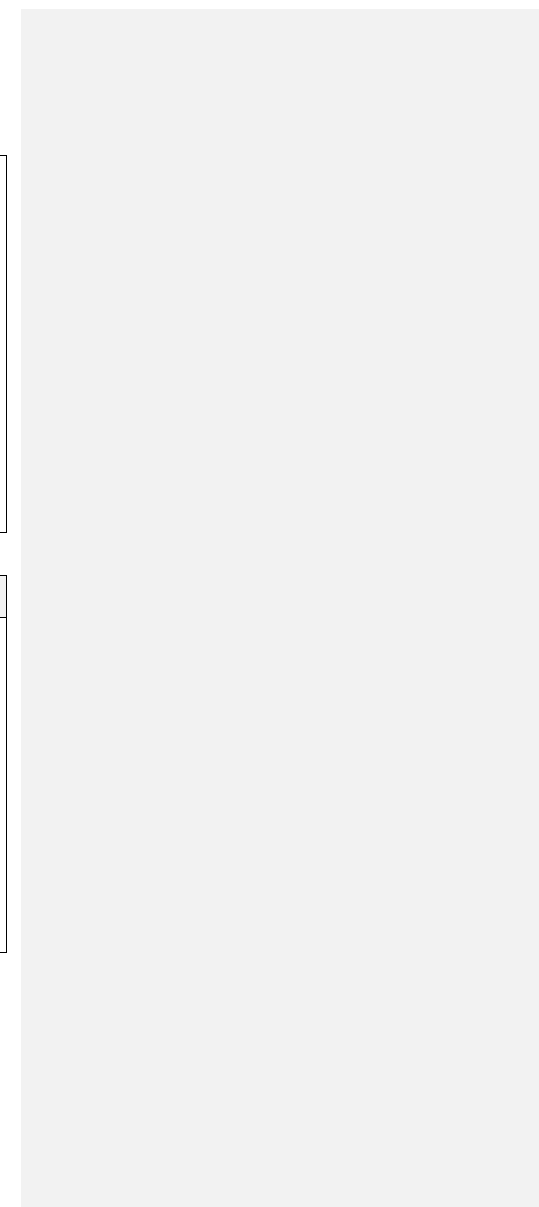
ARTICLE 17	NOTES/GRAPHICS
<p data-bbox="161 568 981 600">Four key steps to remember</p> <p data-bbox="161 655 981 687">Professional curiosity can save lives</p> <p data-bbox="161 695 981 895">It may not be your area of expertise but that doesn't mean it's not your responsibility, so be alert to the signs of abuse and ask the right questions. If someone discloses abuse, then they trust you and you need to follow it up. Even if they don't, your concern could still have planted a seed.</p> <p data-bbox="161 951 981 983">Consider all the relationships involved</p> <p data-bbox="161 991 981 1150">The parents of the baby are not the only people in the picture. Pregnancy and a new baby's arrival affect the whole family – relationships with extended family and the wider circle of connections could be unhealthy or, alternatively, sources of support.</p> <p data-bbox="161 1206 981 1238">Unborn babies and non-verbal children experience Domestic Abuse</p>	



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<p>Even if they're not direct victims, babies are negatively affected by Domestic Abuse. Stress, decreased carer interaction and weak attachments inhibit healthy brain and emotional development.</p> <p>Abuse in early childhood can have a lifelong impact</p> <p>People with Adverse Childhood Experiences (ACEs) have a higher risk for some physical diseases, psychological distress and addictive behaviour. They are also likely to repeat the patterns of abuse that they experienced.</p>	
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ARTICLE 18	NOTES/GRAPHICS
<p>Resources</p> <p>The First 1001 Days Movement</p> <p>A group of organisations and professionals working together to campaign about the importance of the emotional well-being of babies.</p> <p>Somerset Safeguarding Children Partnership Pre-birth workbook</p> <p>A resource to help practitioners work with new parents in the pre-birth period.</p> <p>Somerset Children and Young People – ICON page</p>	



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ICON is a national initiative to support people to cope with infant crying, with the ultimate aim of reducing infant death and injury caused by shaking.

[Somerset Survivors](#)

Online source of support and information for anyone in the region affected by domestic abuse.

[Power and Control Wheel](#)

Resource, developed in the US and based on the Duluth Model, to help deepen understanding of the tactics used in abusive relationships.

[NICE Domestic violence and abuse guidance](#)

Tools and resources from the National Institute for Health and Care Excellence to support their quality standard.

