

First 1000 Days Australia *Changing the System, Changing* *Lives*

Maternal & Child Health Conference : *Inclusive Practice*

Professor Kerry Arabena

@ArabenaKerry

@First1000DaysOz



FIRST
1000
DAYS
AUSTRALIA

“...Every child born is a gift to their family and a future Elder of their community...”

Documenting the problem of health inequalities and monitoring changes, is important, but so too is working out what to do about them.

F1000DA is committed to understanding how the experiences of children and families through preconception, conception to a child's second birthday impacts the life course through to adulthood.

In his Review titled *Fair Society: Healthy Lives*, Sir Michael Marmot set out six elements to achieving health and wellbeing:

- Give every child the best start in life
- Education and lifelong learning
- Employment and working conditions
- Having enough money to lead a healthy life
- Healthy and sustainable environments
- Taking a social determinants approach to prevention: acting on the 'causes of the causes'.

First 1000 Days Australia - Council

The Council is comprised of members of Aboriginal and Torres Strait Islander organisations, community representatives and Elders, and policymakers. Its role is to ensure that all First 1000 Days Australia initiatives are led by Aboriginal and Torres Strait Islander people as co-designers, co-implementers and co-knowledge translators of research and outcomes at national and local levels. Members of the Council are listed below.

Aunty Di Kerr
Wurundjeri Tribe Elder



Dr. Doseena Fergie
Lecturer, Indigenous Health and Culture, ACU



Ms. Rose Gilby
Lecturer, Medicine, Nursing & Health Sciences, Monash Uni



Andrew Jackomos
Commissioner for Aboriginal Children & Young People VIC



Sam Jeffries
Regional Partnerships Consultant, Prime Minister and Cabinet, Canberra



Ms. Deb Mellett
Aboriginal Community Health Coordinator, Mornington Peninsula Shire



Professor Philip Mills
Adjunct Professor, James Cook University



Lisa Thorpe
CEO, Bubup Wilam for Early Learning Aboriginal Child and Family Centre



First 1000 Days Australia - Introduction

Our Team

Professor Kerry Arabena

Executive Director,
F1000DA



Dr. Rebecca Ritte

Research Fellow in
Epidemiology



Casey Phillips

Executive Assistant
and Project Support
Officer



Elle McLachlan

Research Assistant



Alastair Harris

Media &
Communications



Matthew Starr

Research Assistant



Jane Yule

Research & Communications



Olivia Burr

Research Assistant



Students

Joanne Luke
Zara Nolan
Cassie Austin
Erica Lambert
Jack Bulman
Ben Shockman

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Professor Jan Erik

Luella Monson

Project Officer

Dr. Ken Winkle

Senior research Fellow

Sharon Huebner

Research Assistant

Christine Horn

Research Assistant

Regional Implementation Mangers

Anne Taylor, Jackie Bennett, Alana Marsh



First 1000 Days Australia acknowledges families are the primary support for our children

“The education and socialisation of our young needs to take place within extended families who are culturally and morally obliged to provide care, nourishment, support and education that secures for their children the best start in life...”

*Professor Kerry Arabena
Executive Director, First 1000 Days Australia*

Many families have suffered from policies and practices resulting in exclusion from ‘the Australian way of life’ This has often resulted in generational trauma, with families lacking the skills and opportunity to change their own circumstances

First 1000 Days Australia (F1000DA) has developed a model that goes beyond a focus on nutrition to a broader holistic, cultural, ecological and biological perspective, which also incorporates pre-conception, the period before babies are conceived.

- F1000DA aims to provide a coordinated and comprehensive approach to strengthen resilience, leadership and innovation in Aboriginal and Torres Strait Islander families to give their babies the best start to life.

We then want to understand the impact of this intensification over time.

By invitation and with consent, F1000DA aims to follow families until their children reaches the second year of primary school, to see the lasting impact of time specific, early life investments on the health and wellbeing of a family and their children.

***We need a continuum of success
derived from within our own
family experiences.***



The Charter of rights for children yet to be conceived

The First 1000 Days Australia Council appreciates that parenting is a skill learned from being parented and is specific to the demands of a particular way of life. The Council also understands there are families who experience social and health inequities.



FIRST
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DAYS
AUSTRALIA™

However, every child can rightfully expect to be born into families who:

- 1 Choose to become parents at a time when they are resourced and supported to provide optimum care for the child who will be born to them.
- 2 Seek appropriate preventative and early intervention medical and cultural supports prior to, during and after the First 1000 Days.
- 3 Can nourish them in the mother's womb with good quality nutrition, free from alcohol, smoke and the experience of violence.
- 4 Have loving expectations of them, are hopeful about their future and help them to achieve their life aspirations in powerful and tender ways.
- 5 Participate in their education from birth to ensure that personal aspirations are nurtured and aligned with our people's cultural values, responsibilities and entrepreneurial spirit.
- 6 Provide an appropriately stimulating environment, age-appropriate games, and the ability to grow with siblings and family members who themselves are capable of experienced and knowledgeable caring and parenting.
- 7 Know who they are, where they come from, who they are connected to, who loves them, who advocates for them, who listens to them, and who is responsible for them – culturally, morally, physically, spiritually and emotionally.
- 8 Are part of a healthy, vibrant society shaped by strong kinship relationships and a resilient culture, in which all members thrive, flourish and enjoy the same opportunities as other Australians – without being made the same.
- 9 Have healed and broken free from trans-generational trauma, and are able to transform harmful experiences into a positive future for their children and grandchildren.
- 10 Have the capacity to celebrate their children and offer them ceremonies, rituals, language, songs, stories and environments that strengthen their resilience, encourage their growth and support their choice of identity.

F1000DA Partners and Collaborators

Research Partners

National Health and Medical Research Council

Lowitja Institute

University of Melbourne

Walter and Elizabeth Hall Institute

Murdoch Children's Institute

La Trobe University

South Australian Health and Medical Research Institute

Australian National University

Australian Indigenous Genomics Centre

University of Indonesia

University of Tromsø

Queensland University

Government Partners

Department of Social Security

Queensland Department of Communities

Yarra Valley Council

Foundations and Corporates

Alannah and Madelyn Foundation

GSK – Pharma

John Cameron Foundation

Implementation Partners

Save the Children Australia

Aboriginal Housing Victoria

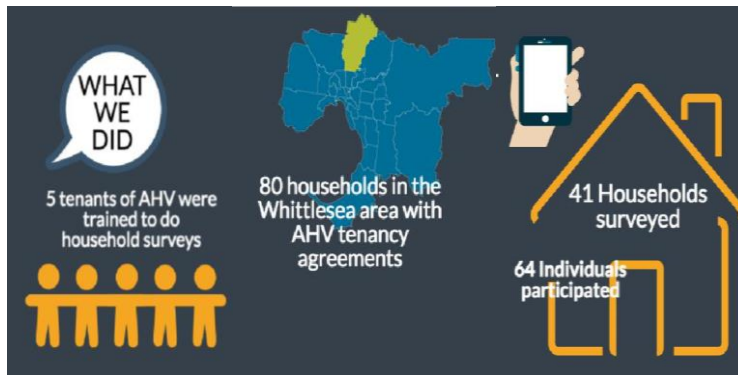
Yarra Valley Council

Townsville Aboriginal and Islander Health Service

Stronger Smarter Institute

Explicit Research Projects

- Program Implementation
- Household Surveys
- Experience and Empowerment of Peer Researchers
- Intergenerational Family Health and Wellbeing
- Microbiome Studies
- Valuing men as Fathers
- Ecological determinants of health and wellbeing
- Longitudinal Studies of families engaged in First 1000 Days
- Culture as the Protective factor – Welcome Babies to Country program e.g.
- Regional Integration Early Childhood Services with SNIACC and Palm Island Service
- AIC Project – Mapping against sustainable development goals
- Neighbourhood Houses in Norway for Sami



Always ask if there are others ideas that we can support local scholars engage with

First 1000 Days Australia -

Implementation

Current Implementation in Queensland

University of Melbourne and First 1000 Days Australia is currently working with regional partners to deliver key elements of the First 1000 Days Australia model in Moreton Bay and Townsville regions of Queensland, and Aboriginal Housing Victoria and Yarra Valley Ranges in the Eastern Metro region in Victoria. Other sites looking to come on board:

- Gold Coast region, QLD – PHC and Hospital Services
- Mornington Peninsula, northern suburbs Melbourne and Outer Metro Victoria
- Gove, Wadeye, Darwin and Groote Eylandt are exploring possibilities



Implementation Focus

300 families in each region

- We run implementation workshops that focus on what our children need to live a good life in 2050.
- We employ a Regional Implementation Manager, our link into the region. They are located in our local lead agencies.
- Local people lead the change effort – governance, working groups, events, training.
- Householder focus – we train peer researchers, they , get housing maintenance and we work to support their aspirations for themselves and children born to them.
- We have 6 key cultural platforms that underpin our work.
- Looking to see impact of this time specific approach to a child's second year in primary school.
- We focus on business solutions, aspirations and hopes, and coaching not counselling.
- We are an intentional community of practitioners committed to disruption and change.

F1000DA Culture as the Protective Factor

- Our **Pristine Pregnancies** – sacred responsibility
- Our **Welcome Babies to Country** – other Ceremonies
- Our **Language is key** – language names, language processes, language development.
- Our **identity and cultural connection**
- Our **family led** child rearing practices
- Our **connection to country**

First 1000 Days Australia: ***Our 2018***

F1000DA key activity dates:

3rd March - World Hearing Day

14-20th May - Family Matters National Week of Action

5th June - National Environment Day

1st July - Coming of the Light

8th-15th July - NAIDOC week

4th August - 2018 Aboriginal and Torres Strait Islander Children's Day

October - Indigenous Business Month

19th-28th October - National Children's week

1st December - World AIDS Day

21st December - F1000DA Children's end of year party



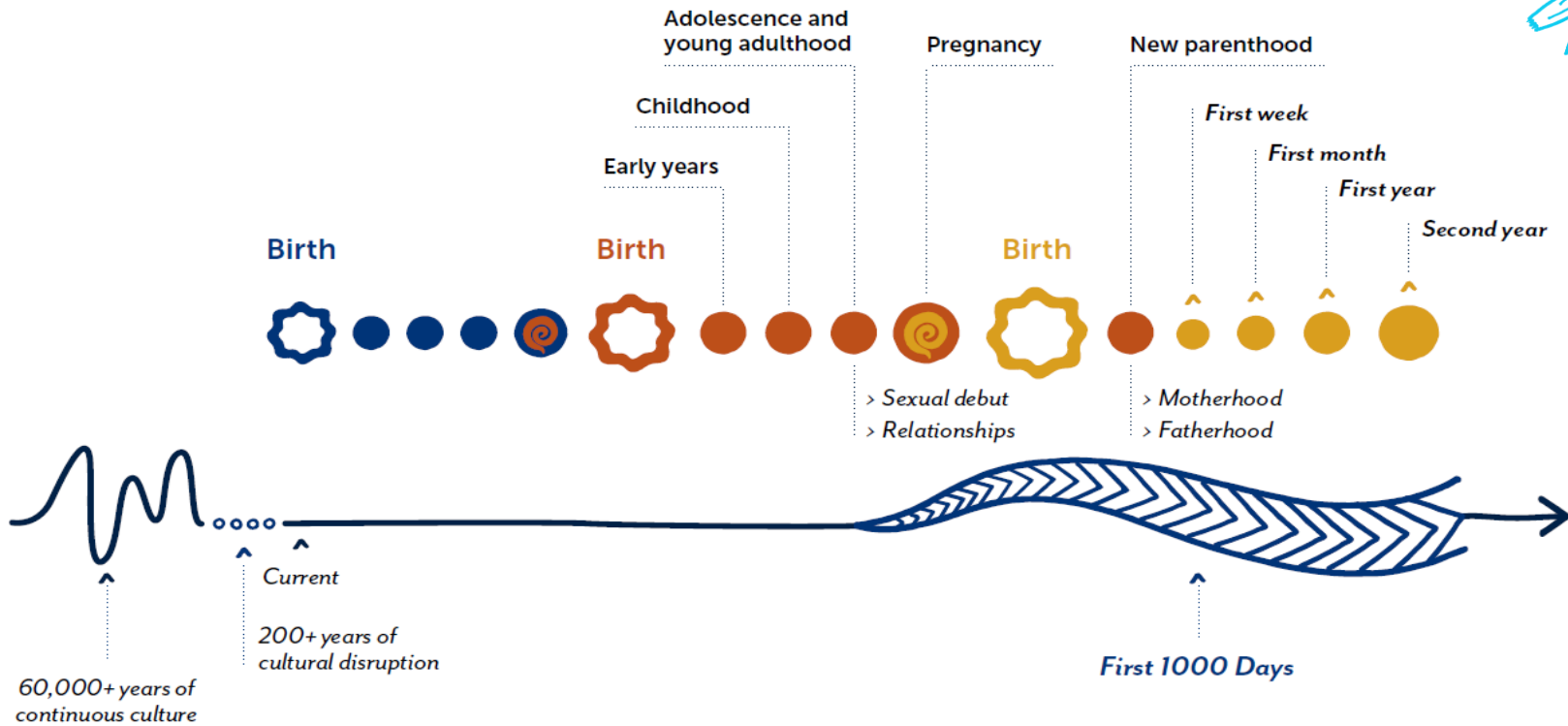
First 1000 Days Family focused strategies

- 1. Capacity building within families**, using a strengths-based Indigenous approach to best parenting, to give our babies the best start in life.
- 2. Whole-of-family mentoring and healing** programs to end family violence
- 3. Family-based entrepreneurial solutions** to welfare dependence, e.g., accessing micro-business solutions, establishing family-based and local enterprises
- 4. Early literacy** programs using Abecedarian approaches
- 5. Early nutritional** programs for babies and families
- 6. Preconception family planning** (delaying first child by 1 year, long-term contraception), sex education and health checks
- 7. Building workforce capability** to engage fathers and extended family in ensuring the health and wellbeing of infants in the First 1000 Days
- 8. Improved access to Comprehensive Primary Health Care** using a case management approach centered around family empowerment programs
- 9. A whole-of-service**, whole-of-region **collective impact** approach
- 10. A national network** of First 1000 Days Australia practitioners

First 1000 Days Australia

- **Workforce development** – re-orientate toward the First 1000 Days and peer researchers in families.
- **Build household levelled service plans** and engage people with entrepreneurial solutions, services and other community supports.
- **Facilitate transitional Interventions** within and between services, between institutions and outreach
- **Curriculum** (short course, graduate certificate, Masters Degrees)
- Focus on **life span** approaches in regions (First and Last 1000 Days)
- Engage, convene, support **develop capacity of partners, end users** and scale as appropriate
- **Seed monies for First 1000 Days** initiatives with hospitals, Local, State and Commonwealth Departments and Industry partners.
- **International collaborators** – Indonesia and Norway establish an International First 1000 Days Movement.
- **Support cultural knowledge** and multigenerational engagement
- **Disseminate information and build momentum across the country**

Ways Indigenous Australians define First 1000 Days



Professional Development and Entry point to First 1000 Days Australia



- Introductory Short Course
- Peer Researcher Short Course
- Masters Program in First 1000 Days
- Master Class
- Aspirations Workshops (for Families)
- Responding to Aspirations in Communities (Entrepreneurs and Service Providers)



International Indigenous and Tribal Peoples First 1000 Days:

*Australia's First Peoples, Indonesian Tribal People,
Norwegian Sami.*



First 1000 Days Australia Norwegian Collaboration

global health, epidemiology and genomics

An Australian model of the First 1000 Days: an Indigenous-led process to turn an international initiative into an early-life strategy benefiting indigenous families



Indonesian activities

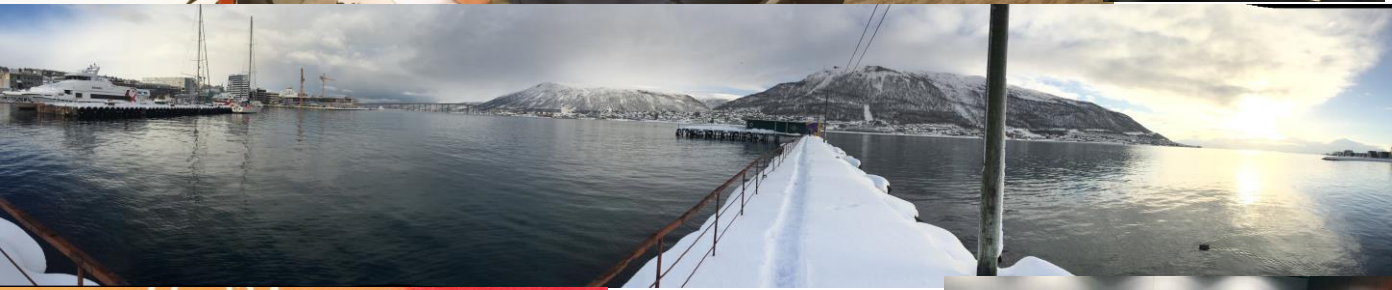
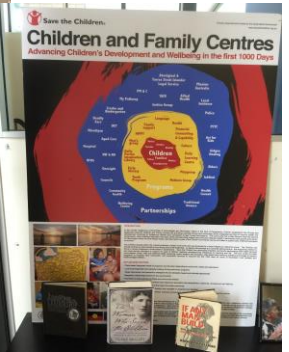
Dr Dessie Wanda
UNIVERSITAS INDONESIA

Prof Rizal Damanik
INSTITUT PERTANIAN BOGOR



Ms Endang Surjaningrum
UNIVERSITY OF MELBOURNE

Dr Dewi Friska
UNIVERSITAS INDONESIA



First 1000 Days Australia

- Preconception to Age 2
- Focus on Family Strengthening, supported by strength based discourses – Self Determining families
- Culture is the Protective Factor for Families
- Combines research with family led initiatives, a focus on aspirations, creation of cultural therapeutic workforce, builds entrepreneurship, leverages in alternative resources
- Business Plan focuses on Engagement in 2017 - 18



PRIORITIES PG. 14-38



Tobacco indicators: measuring midpoint progress

Reporting under the National Tobacco Strategy 2012-2018



CLOSE THE GAP

References Committee

Commonwealth Indigenous Advancement Strategy tendering processes

The National Strategic Framework for Aboriginal and Torres Strait Islander Peoples' Mental Health and Social and Emotional Wellbeing 2017-2023 in Action

ABORIGINAL HEALTH NEWS ALERT
nacchocommunique.com

National Suicide Prevention Conference Speech

"Cultural strength is key to suicide prevention"

Aboriginal and Torres Strait Islander Social Justice Commissioner
June Oscar AO

Every Australian Counts campaigning for the NDIS

2ND NATIONAL INDIGENOUS MENTAL HEALTH & WELLBEING FORUM

NDIS: YOUR QUESTIONS ANSWERED

Implications for First 1000 Days work with families

- We do not privilege science based on terra nullius, nor do we privilege the biology of others 'not from country'. Try not to compare – and when we do we check our assumptions. We have language and discourses that follow suit.
- Ecological principles of equality of diversity is evident in all we do – we are literally from country – co evolved with the 50 000 000 000 bacteria that we carry around.
- Multiple generational approach that is catalytic and future focused planning using disruption as an organising principle.

***Competent Adult: Live, Learn, Love, Leave a Legacy.
Baby born in 2017 will be 33 in 2050.***



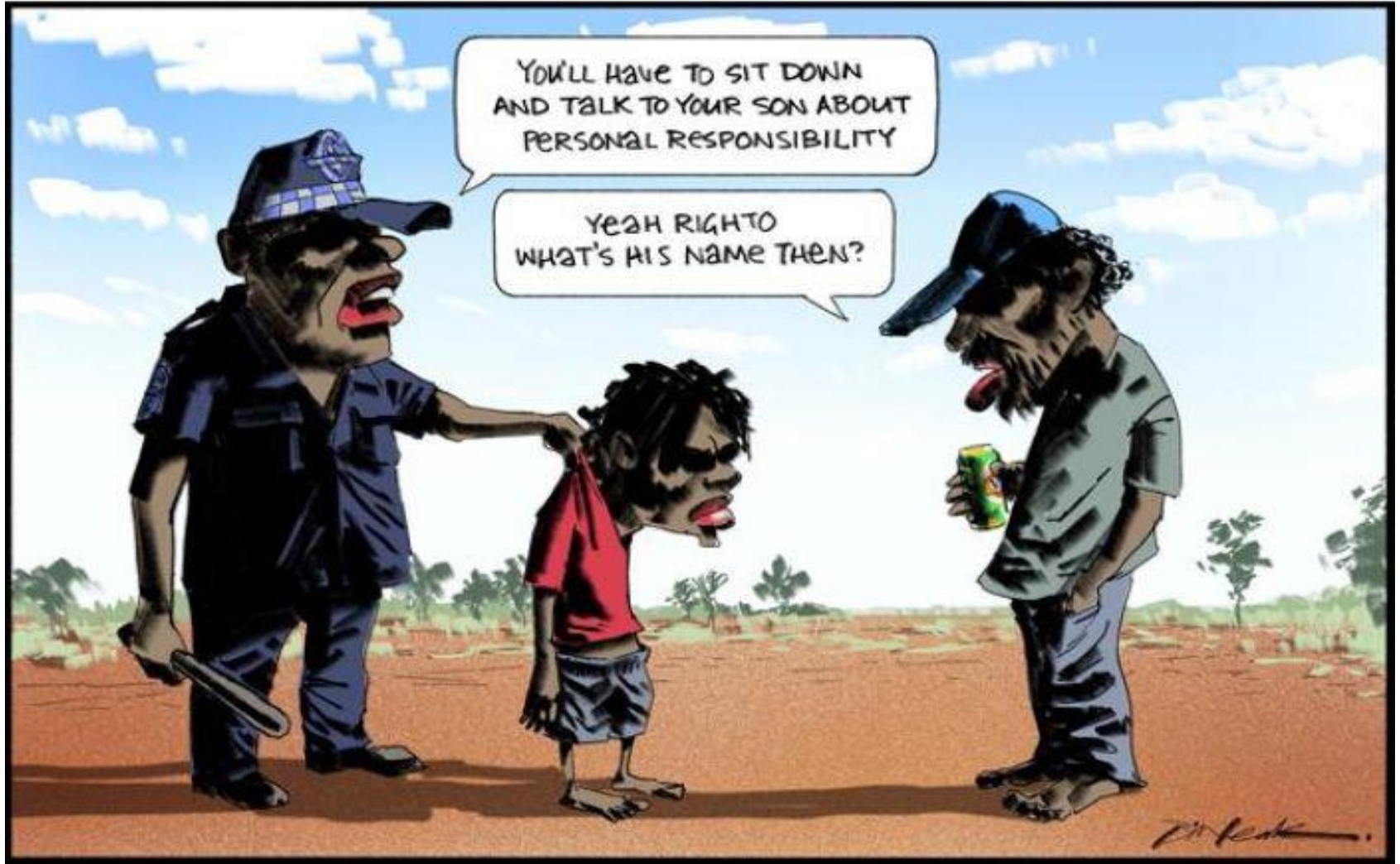
- **What skills will this baby need in 2050?**
- **How this this life count, amongst 12.5 000 000 000?**
- **What world will be their legacy?**
- **What will work look like?**
- **How will they experience health and wellbeing?**
- **How much change will happen? In their home town?**
- **What will their family look like? What will they experience?**

Digital 'Native' 'Digital Divide'

***First 1000 Days Australia, our
activities: *The power of language****



There is no such thing as a vulnerable child...



YOU'LL HAVE TO SIT DOWN
AND TALK TO YOUR SON ABOUT
PERSONAL RESPONSIBILITY

YEAH RIGHTO
WHAT'S HIS NAME THEN?



Aboriginal Health @NACCHOAustralia

14h

There's something VERY special happening on Twitter tonight #IndigenousDads @Matt_Cooke86



639

683





My child is my life #fatheron #IndigenousDads



About the program

More than a Landlord is a pilot project developed in partnership between the Aboriginal Housing Victoria (AHV) and the University of Melbourne. This program was established to provide support to our Aboriginal and Torres Strait Islander tenants that live in Aboriginal Housing properties in the City of Whittlesea municipality.



Artwork



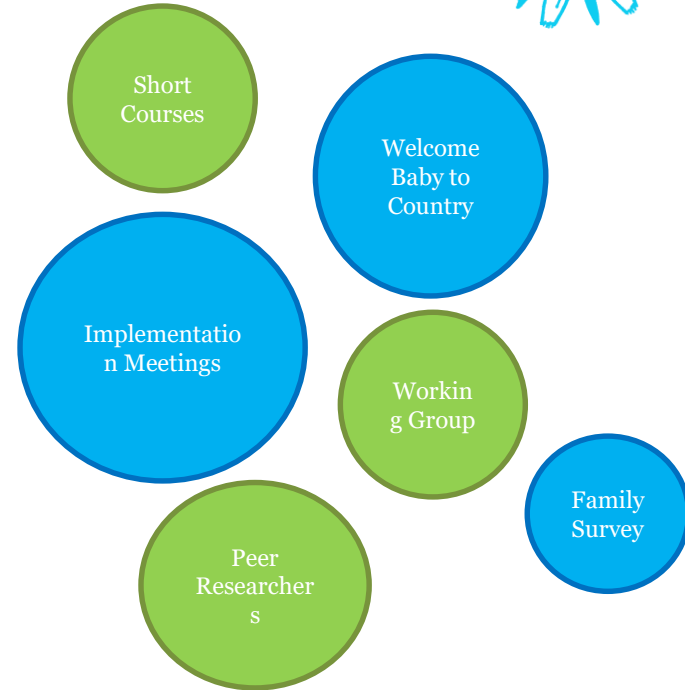
“This logo represents a family and their journey to getting a house to live in and the elements required for a healthy and happy home life. You have a Mum and Daughter one side and Father and Son the other side” – Sharyn Lovett

First 1000 Days Australia, our activities: *The Townsville Journey*



Regional Implementation Workshop **Friday 2nd March** including:

- Aspirations workshop
- Working group meeting
- Survey implementation and peer researcher info
- Ambassador's program







First 1000 Days Australia, our activities: *Our Policy Successes*

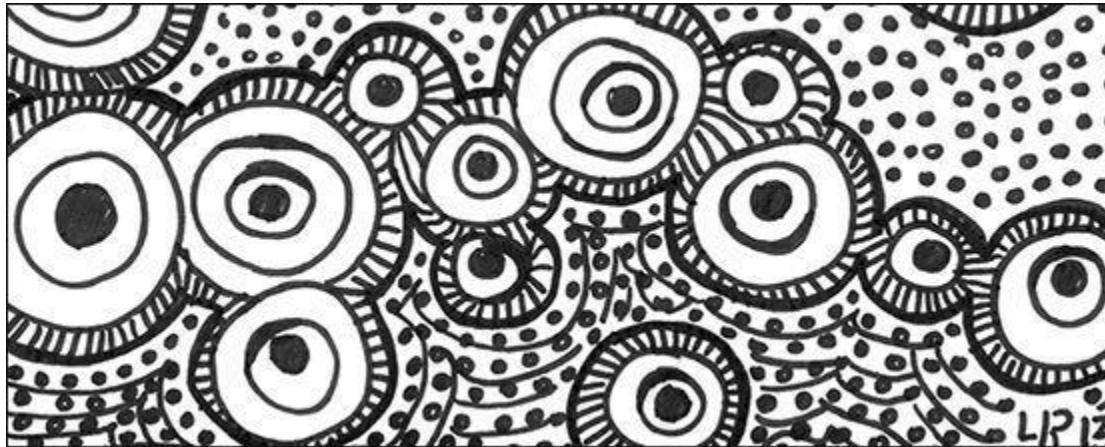


Current policies that have included reference to First 1000 Days Australia:

- Redfern Statement 2016
- Children's Commissioners Reports
- Queensland Department of Communities
- Child Safety and Disability Services'
- 'Supporting Families Changing Futures' agenda.
- Family Matters Campaign
- MCRI Policy Documents.

Indigenous Peoples Knowledge Production: Ecological, Complex, Whole and Parts.

This is what the First 1000 Days could look like...



We are not born into a society, we are born into an ecosystem. Participating in modernity = Biocide.



“Carried in the wombs of our mothers, born in the wombs of our fathers..”

We are precious, and extraordinary, and powerful and smart and capable beyond words.

Families need to formulate the ways in which health equity is achieved.
Not services. Not multinationals.

“These wrap around services are suffocating us! How can we be responsible when everyone else is responsible for us?”

www.first1000daysaustralia.org.au

“...To all the children who are with us and yet to be born. We love you and our arms and hearts are wide open. Come home to us your people, and help us find ways to let you teach and guide us to be generous adults, with higher goals and aspirations for ourselves and for you...”



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