



Outreach service for family in Japan

Yukie Yamada
Home-Start Japan





Home-Start

Home-Start helps families with young children (0-6 years old) .

We support parents as they learn to cope, improve their confidence and to build their own networks of friends and other support making the better lives for their children.

Our volunteers visit the family's home for a couple of hours every week with free of charge.

Home-Start is a simple 'Parents support parents' system.





Home-Start

Home-Start aims to increase the confidence and independence of the family by;

- Offering support, friendship and practical assistance
- Visiting families in their own homes, where the dignity and identity of each adult and child can be respected and protected
- Reassuring parents that difficulties in bringing up children are not unusual and encouraging them to enjoy family life
- Developing a relationship with the family in which time can be shared and understanding can be developed: the approach is flexible to take account of different needs
- Encouraging parents' strengths and emotional well-being for the ultimate benefit of their children
- Encouraging families to widen their network of relationships and to use effectively the support and services available within the community





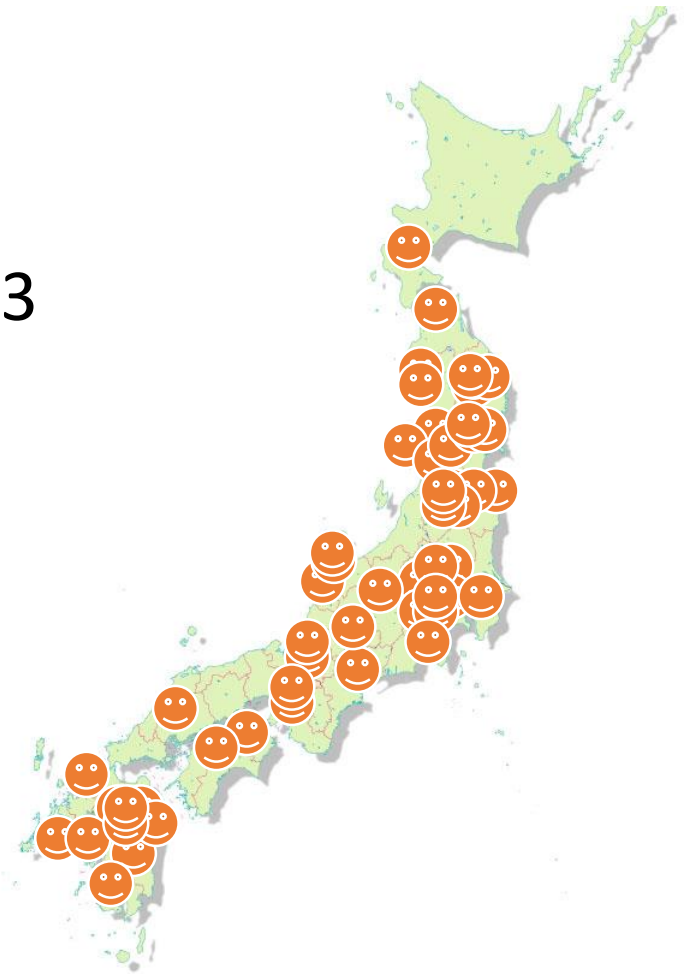
Home-Start in Japan

Home-Start

established in Leicester, UK in 1973
operated in 22 countries.

Home-Start Japan

established in 2006
registered as charity in 2009
103 local schemes established
in 10 years.





Home-Start in Japan

2,734 Volunteers visited

8,684 families with 14,328 children

In 69,990 times (2009-2019.9)





Home-Start in Japan

Background of 103 local schemes

- Drop in Center
- Nursery, Short-Stay
- Foster Home
- Family and Child Center
- Social Welfare Association
- Organizations providing Parenting Program(e.g.Nobodies'Perfect) , Single-Parent support, multiple birth support, perinatal support, support for children with the developmental disorder

Niches and Needs of Home-Start

- Parents who cannot go out for Center due to;
 - the lack of physical and mental energy or time
After child birth, Multiple birth, Sickness, Disability,
Care for the aged, Poverty, Multiple stresses.
 - the unfamiliar town
Relocation, International marriage, etc.
 - the hesitation to meet and talk with new people
Shy, timid or unsociable parents need courage to
step in or exhausted there

These cause 'Isolation' to the families with young children



Niches and Needs of Home-Start

- Parents want someone beside when they are with children due to their uneasy or the lack of confidence.

*These days, few mother have experience to touch and hold babies before their own birth.

No service to spend the time together just for playing with children, cooking, going to the park or just talking.

Parents needs the practical help in their daily child rearing.



Niches and Needs of Home-Start

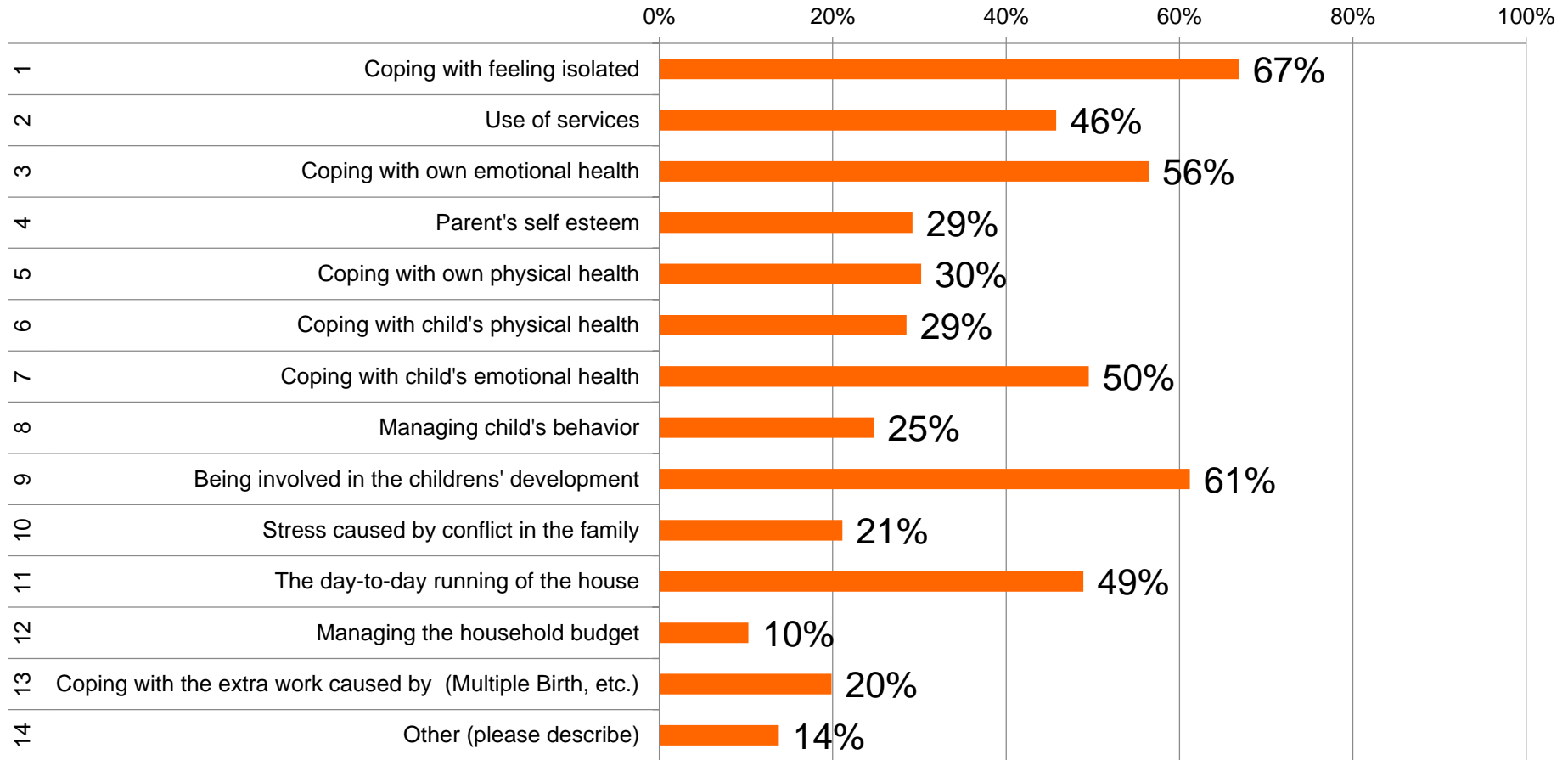
- Limit of direct operation by local government
Needs to empower the third sector and community.
- Parents do not want to get 'Checked' or 'Screened' especially when they are unconfident.
Needs to lower the hurdle to make SOS by families.

Home-Start has the secure and sufficient management system to maximize the merit of peer (volunteer) support, non-judgmental, friendly support.

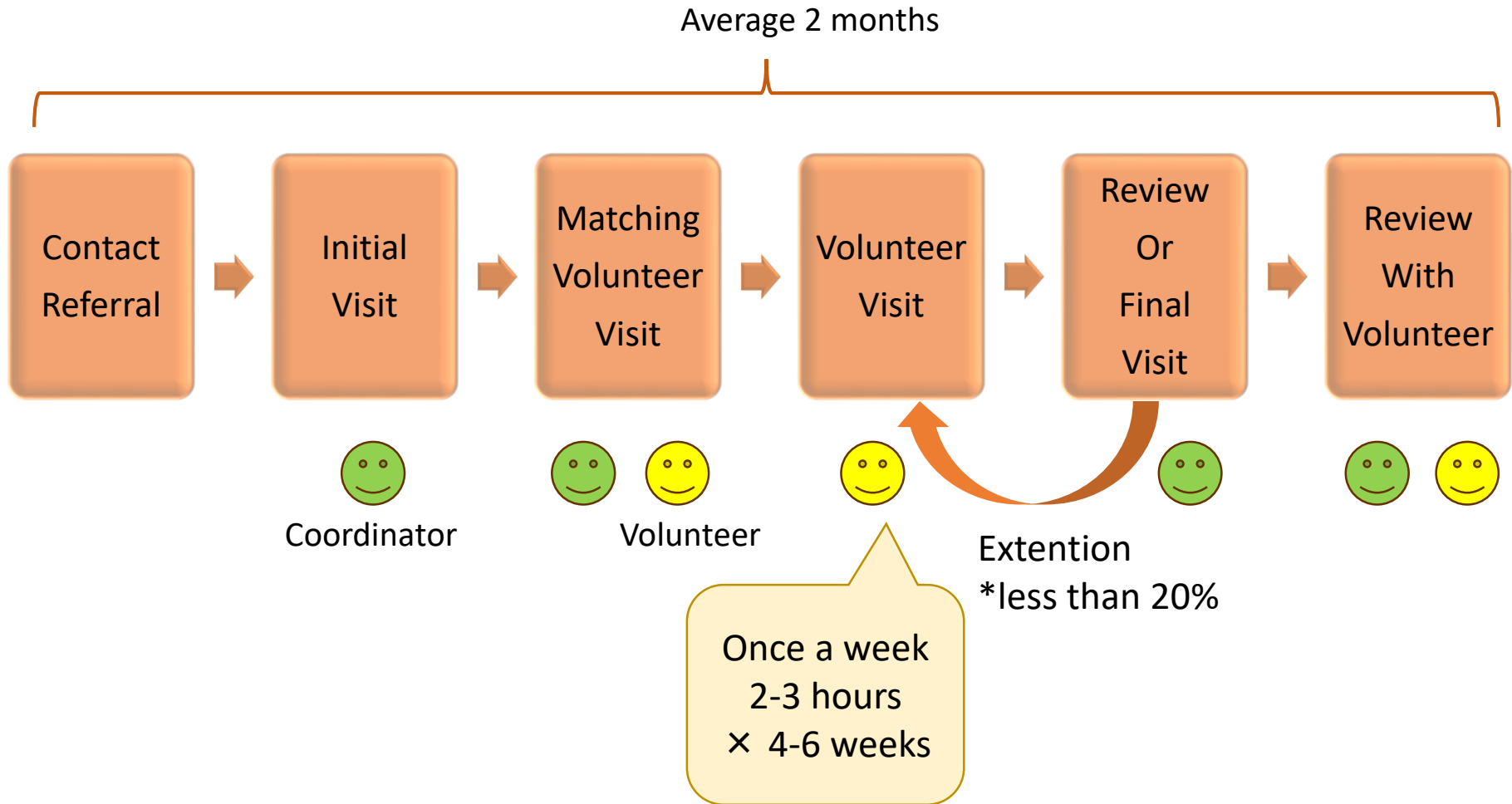


Needs of Families

Ratio of needs to families

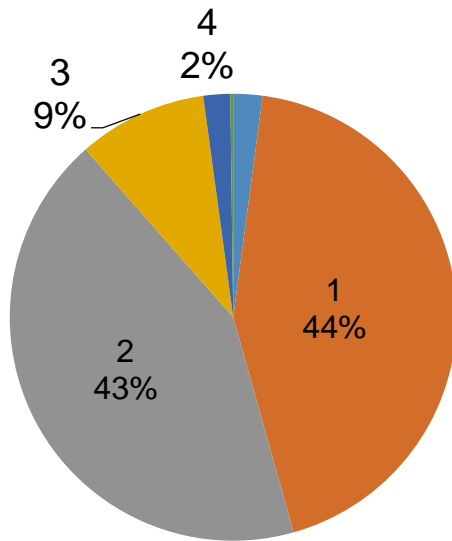


Process of support

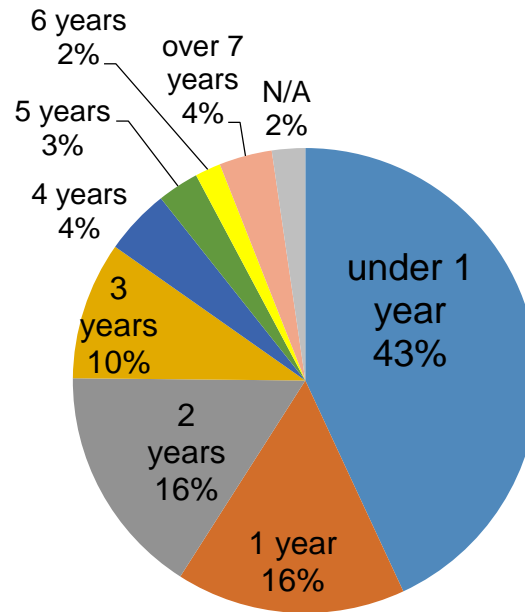


Profile of families

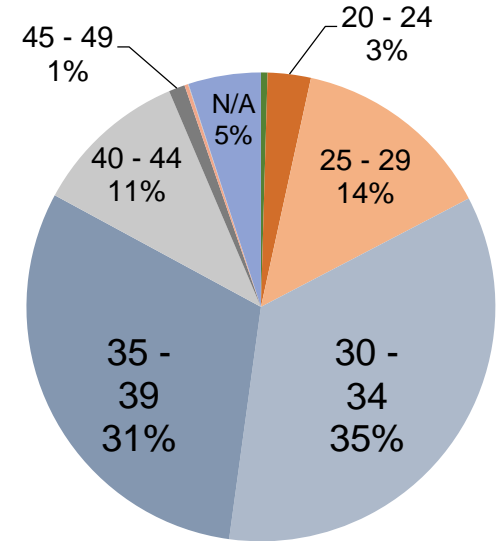
Number of children per family



Children's age



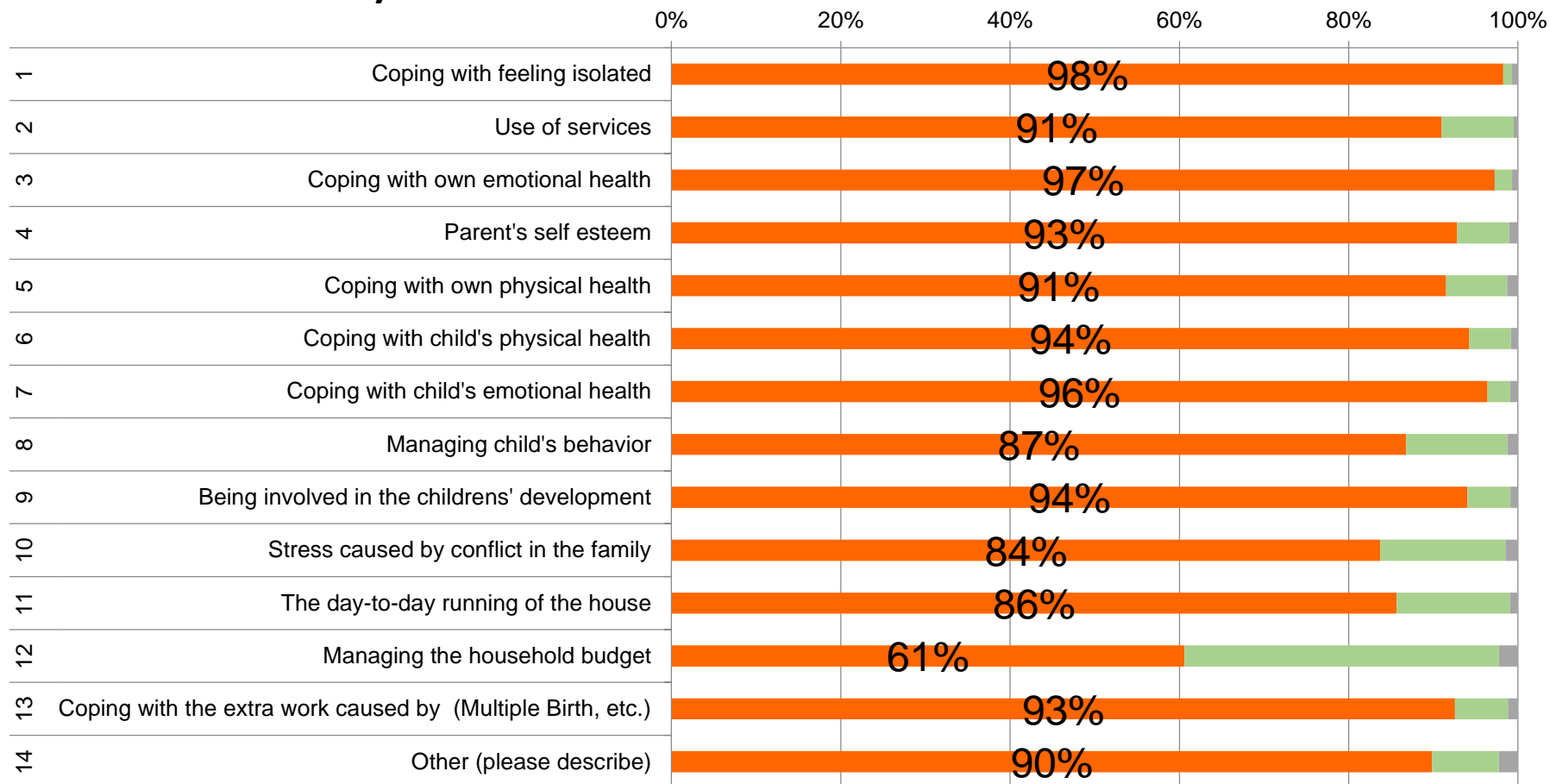
Parents' age



Sufficiency of needs : Evaluation by families

Ratio of Sufficiency

Orange: Fully , Green: Partially, Gray: No change



Linking the families to the social resources

Health Visitor Home-visiting before 4 months, Health Checks (4/6/9/18months, 3 years), Individual Consultation

Local Family Services Drop-in Center, Nursery, Child Rearing Support Center, Hospital, Child Care Center,

Referral



Home-Start



Sufficiency of Home-Start

Research of Home-Start

Atsushi Noda, Yoshitaka Nozawa 2012-2014

- HS collaboration and active listening does not make an effect on the parents' psychological health and development immediately. On the first stage, they feel satisfaction and secured.
- On the next stage, the parents' psychological health and development are recognized.
- The development of Parents' autonomy prominently recognized.



Home-Start Maternity Project 2015-2016

The government focusing on “the maternity support starting at pregnancy period”

Death by child abuse

57.7% younger than 1 year old

25% younger than 1 month old

(Sourced by the abuse death report 2015.4 – 2016.3)

Many families express ‘hard to reach the necessary service after birth, so exhausted and stressed period.’

→ Better to reach BEFORE the first birth



Home-Start Maternity Project



- Families who need HS support from pregnancy period are tend to have more serious and multiple problems* .
- Provision of HS support in pregnancy period can lead to early start of the post-delivery supports, which bring about swift collaboration with other child rearing supports.

* e.g. discord with own parents, developmental disorder, mental illness (hospital visit / on medication), bigger anxiety due to past sad experience - dead birth etc.



Home-Start Plus Project 2019-2021

- Many children and families face the difficulty to start and get used to their school life.
 - *School Refusal is a big issue in Japan and it cause longer recluse, even over 30's.
 - School and teachers are not so familiar for parents to consult about their children frankly.
 - Health visitors do not have links with the families with school age children.
- Needs to reach out for the isolated families with anxieties

