

## Session 3:

# Tackling Inequalities from the Start: Insights from Communities, Families and Practice



# Working with Communities to Tackle Early Years Health Inequalities: Learning What Works and Why

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# Why this matters

- Persistent early years health inequalities
- Community involvement as part of the solution
- Practice is messy, constrained, and context-specific
- Good practice isn't immediately transferable

# My approach

Stakeholder theories



Academic and grey literature synthesis



Case studies



# Impact feels hard to achieve...

Enabling leadership

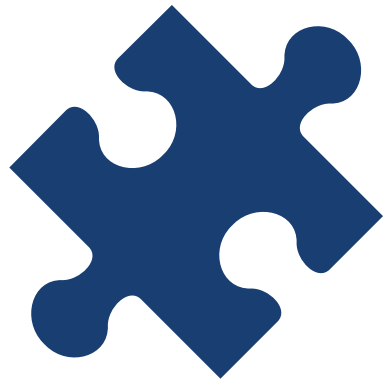


Supportive workplace culture



# Creating understanding beyond tokenism...

Bridging experiences



Negotiation



# Getting parents involved and sustaining involvement

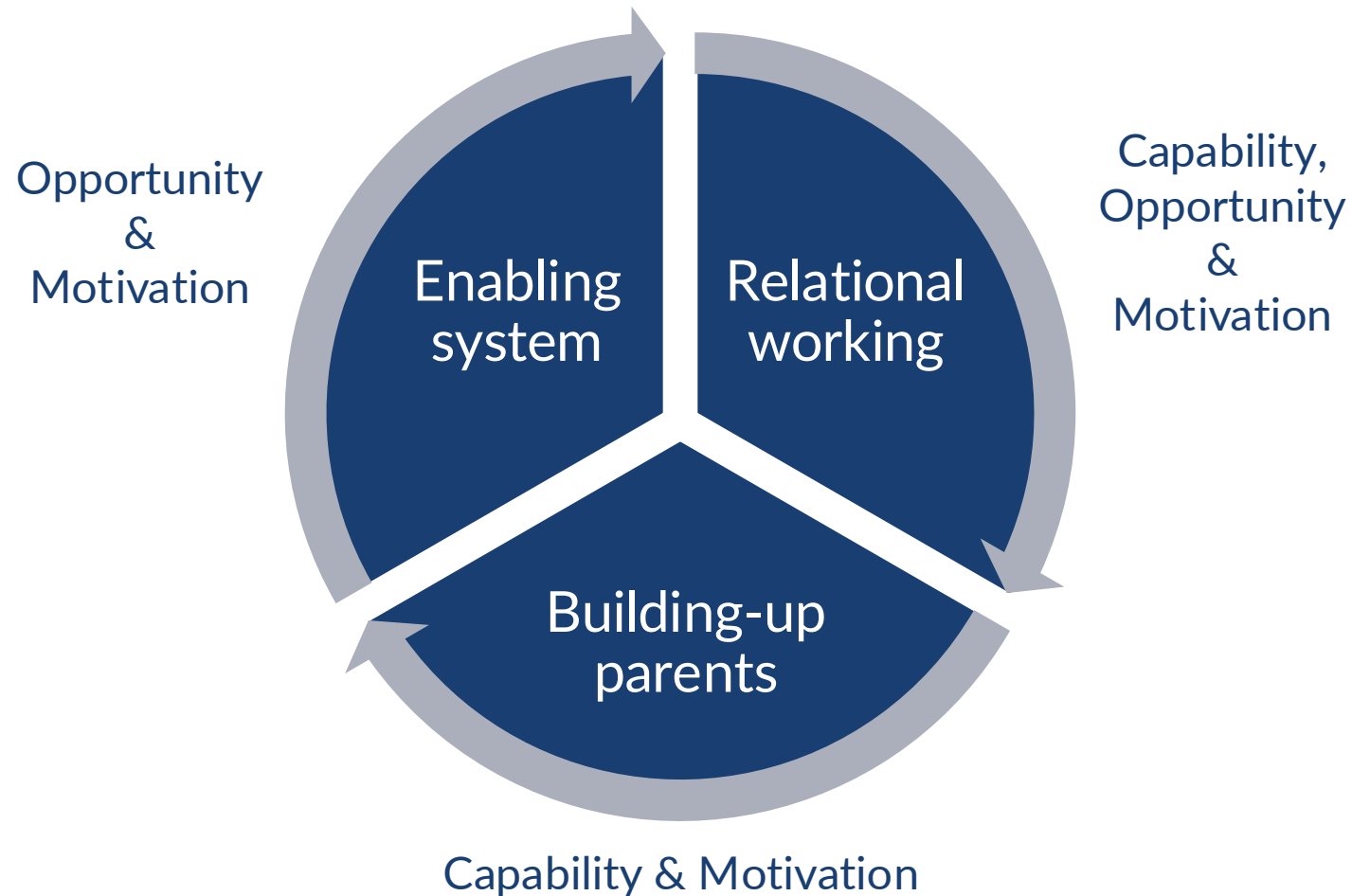
Outreach



'Empowerment'



# The feedback/ripple effects of the system



# Takeaways

- Impact and power sharing take time, consistency, and dedication – relational practice is the foundation
- Importance of empowering parents, but also practitioners!
- Systems lens may help
- Rethinking policy



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