



DEPARTMENT OF HEALTH

Rheynn Slaynt

Establishing Roots of Empathy

A Small Island Approach

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Isle of Man
Government
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The Isle of Where?

- Geographical Centre of the UK
- 32 miles long, 15 wide
- The oldest parliament in the world
- A Crown Dependency
- Population of circa 80,000
- Indigenous Manx population at 47.6%
- Oct 2010 – unemployment 1.7%
- 748 unemployed & 395 job vacancies
- 41,793 economically active
- 17,572 children between 0 – 18 yrs

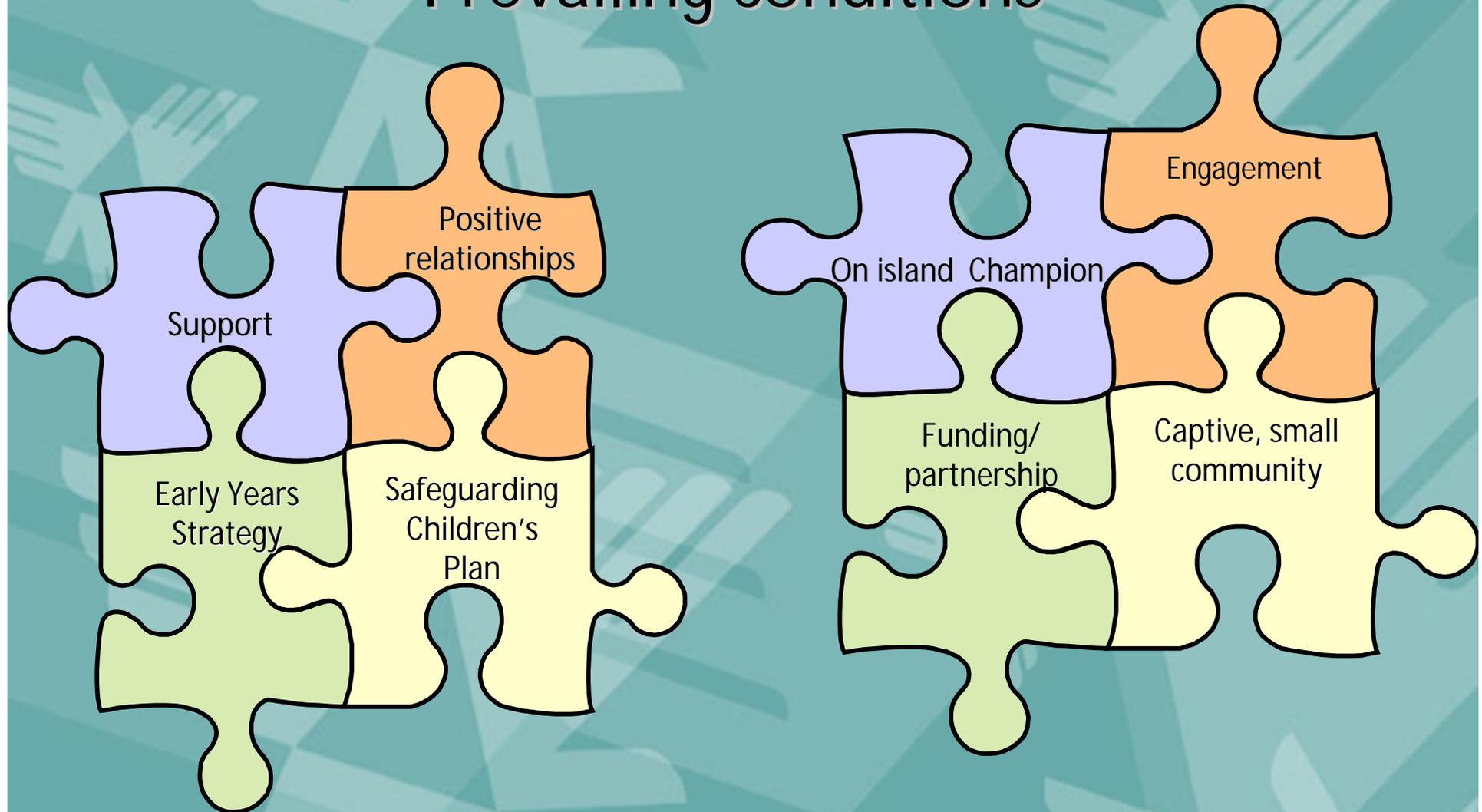




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Prevailing conditions





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Manx Landscape

123
Looked After
Children

46 children on
the Child Protection
Register

Small
community,
whole country
involvement



1 in 5 children
experience
psychological
difficulties.
**? 3400 potential
children on IOM.**

CAMHS referrals
escalating

Child care enquiry following
murder of two teenagers



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Current climate

Intensive support coaching during
the ante natal period



Extra support for vulnerable families



Improving
parenting
skills



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"Change is often accomplished by altering the lens through which we view the world."



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‘The more that we can give young people opportunities to meet with and observe at first hand how sensitive parents treat their young offspring the more likely they are to follow suit.’

(John Bowlby)



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Roots of Empathy?

- A classroom based programme utilising babies as the 'teachers'.
- Founded in 1996 by Mary Gordon in Toronto, Canada
- Reducing levels of aggression in children whilst raising social / emotional competence
- On Island targeting Year 2 children
- Trained 'instructors' facilitating
- 27 sessions throughout the school year
- 9 themes
- Baby Celebration
- Evidenced based – University of British Columbia





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Manx Outcomes

International research suggests that Roots of Empathy reduces the intergenerational cycles of violence, aggression and poor parenting.

Children on the Isle of Man who received the roots of empathy programme in contrast to those who did not, showed significant improvements in the following:-

- ✓ Increased pro-social behaviour
- ✓ Decreased aggressive behaviours
- ✓ Increased empathy
- ✓ Increased peer acceptance
- ✓ Increased social skills



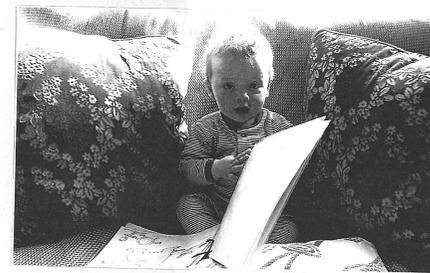


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From Braddan school

June 2009



When you are 7 yrs old, we all wish that you will have kinds friends, be polite, have good manners, be playful and obedient. We also hope that you will be friendly and nice and that there will be no bullies at your school. We hope that you will be a good listener, have a good time at school and have a bike that you can learn to ride! Thankyou for coming to our class this year! XOXO



The world 's
youngest
teachers!!!!



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*“Children light the
footpath to the future.”*

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