Its Relationships,
That’s All,
Relationships

Parenting Across Scotland
Dundee
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John Carnochan OBE QPM FFPH
Connected
“We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.”

Herman Melville
Job Description – Person Spec

Professional
- Decisive
- Industrious
- Reliable
- Analytical
- Literate
- Experienced
- Knowledge

Human
- Caring
- Forgiving
- Optimistic
- Nurturing
- Tolerant
- Empathetic
- Compassionate
“There can be no keener revelation of a society’s soul than the way in which it treats its children”

Nelson Mandela
Consequences: long-term

ACEs are fundamental risk factors for disease and early death
Sense of Coherence

• Your world is structured, predictable and explicable

• You have the internal resources to meet the demands

• The demands are seen as challenges worthy of investment and engagement

Sir Harry Burns
CMO 2011
(Aaron Antonovsky)
For the creation of health....

....the social and physical environment must be:

• Comprehensible
• Manageable
• Meaningful
• ......or the individual would experience chronic stress

Sir Harry Burns
CMO 2011
(Aaron Antonovsky)
Ecological Model = The Frame

- **Societal**
  - Lack of punishment for precursor offences – knife carrying
  - Lack of visible swift justice
  - Links to deprivation
  - Scottishness
  - Inequality

- **Community**
  - Cultural norms
  - Legitimisation of violence
  - Access to and use of alcohol
  - Lack of aspiration
  - Dependancy
  - Tolerance

- **Relationship**
  - Parenting
    - Lack of knowledge
    - Friends that engage in violence
    - Prevalence of gang culture
    - Violent families – siblings/parents
    - Lack of significant adults/positive role model

- **Individual**
  - Lack of communication skills
  - Poor behavioural control
  - Impulsiveness
  - Aggressive behaviour
  - Lack of skills to deal with conflict
  - Inability to judge risk
  - Lack of life “skills”
  - Exclusion from Services/Schools
  - Nutrition Diet Health
  - Alcohol
  - Lack of employment opportunities

As it relates to violence
"Empathy'? — that doesn't sound very adaptive!"
“Operating within a bureaucratic hierarchy we effortlessly become less than we should be and little by little betray the potential of our humanity.”

Tony Miller & Gordon Hall
Letting Go – Breathing new life into organisations
parenting
love
decisions
fun
responsibility
pain
discipline
laughter
advice
patience
joy
struggle
choices
exhaustion
“Its easier to build strong children than repair broken men”

Frederick Douglass
We cannot prepare our children for everything but we can help them to be ready for anything.
“An infinitely large number of infinitesimally small actions”

Leo Tolstoy
The Context
“Trust yourself. You know more than you think you do.”

Benjamin Spock
“You may not always be able to touch the difference you make, but you’ll feel it.”

Dr Frank Dick OBE
Hope
CHANGES EVERYTHING
Thanks to Gary Slutkin for the slide
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