

Blue Print Newborn Neighbourhood

Because it takes a neighbourhood to raise a child

Purpose

1. Integration of healthcare with the social domain
2. Linking antenatal group care with existing neighbourhood organisations and initiatives

The Blue print is intended for Centering care providers, volunteers and staff of neighbourhood organisations, local and national policymakers and other interested parties

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4
BRAINS NEIGHBOURHOODS

GROUP CARE GLOBAL



Professionals



Neighbourhood Organisations



Clients

(Future) parents and young mothers:

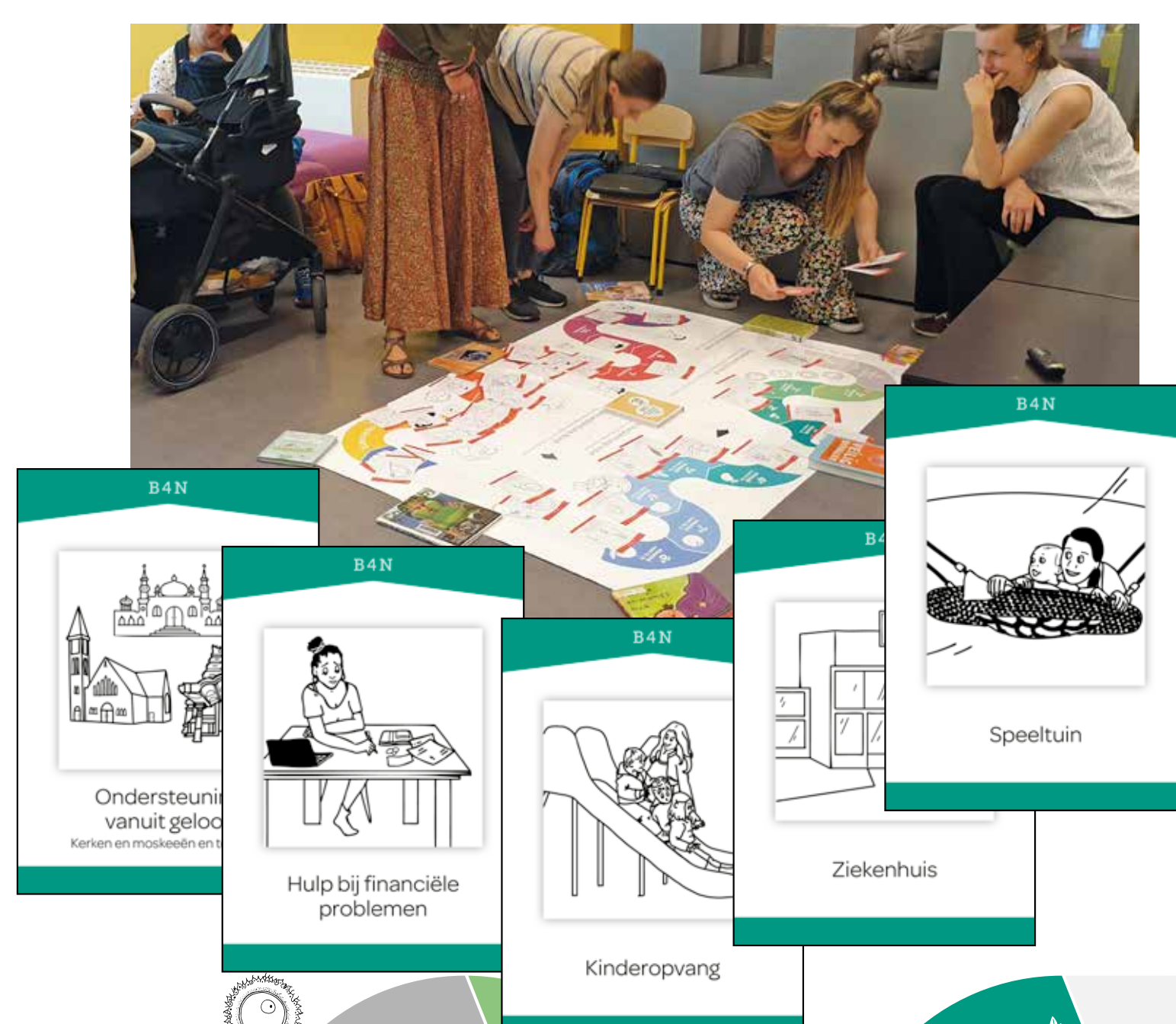
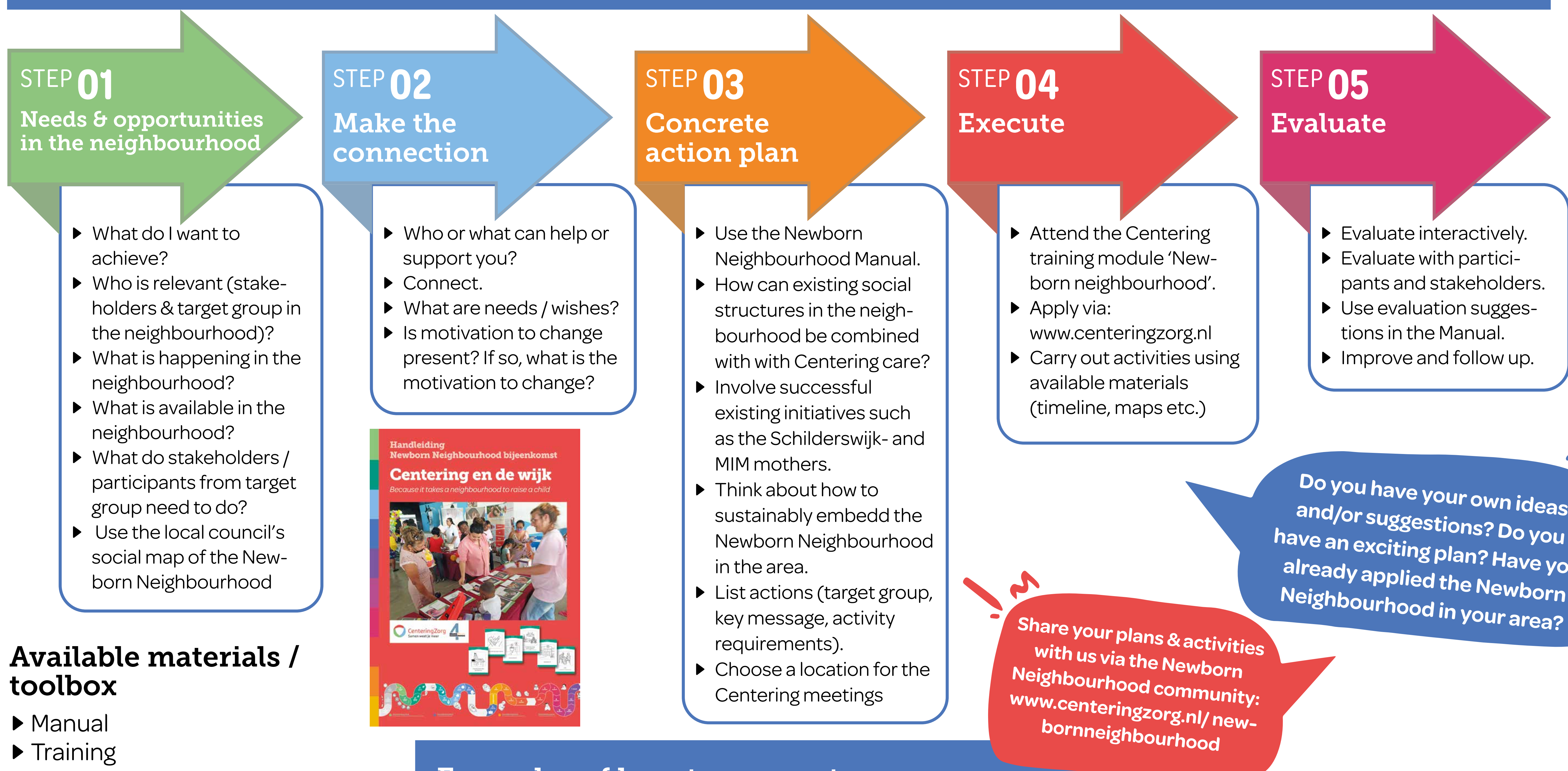
- Experience little continuity of care;
- Experience little contact with their neighbourhood;
- Often feel lonely and isolated;
- Have difficulty finding of support in their own neighbourhood and the neighbourhood finds it difficult to connect with (future) parents and young families.

Solution

Combining the Centering-based group care model with a neighbourhood-based approach:

- Train midwives and youth health professionals so that Centering groups can integrate with neighbourhood initiatives
- Connect (voluntary) organisations and actors in the neighbourhood with Centering groups
- Connect clients through the Centering method with initiatives and organisations in the neighbourhood

Action plan / How do you get started?



Examples of how to connect Centering care with the neighbourhood

- Ask a stakeholder in the neighbourhood to join you as a facilitator
- Combine Book Start (or any other local reading programs) with a postpartum meeting
- Combine Centering with the Baby Café
- Explore the neighbourhood with the Centering group with a walk
- Centering meeting in the local library
- Centering based neighbourhood event
- Organise continuity of care by connecting CenteringPregnancy groups with CenteringParenting groups, including the Neighbourhood module

Videos about the project:

Website of the New-Born neighbourhood THE MOVIE intro (1) & pilots (2):

<https://youtu.be/V-Yfc05CpNw>

<https://youtu.be/xplB85pvYJI>

More information via:

www.centeringzorg.nl

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With the community approach:

- ▶ You actively facilitate meetings between (future) parents e.g., in order for them to support each other and to enable social connection
- ▶ You actively facilitate meetings between (future) parents and neighbourhood professionals & volunteers for support and care.
- ▶ You increase the social network of (future) parents in an accessible way by providing local support, facilities and facilitating local encounters.
- ▶ Support vulnerable families because they have less access to formal help and a smaller network they can call on.

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Inspiration

Examples, & best practices

Example 1

Centering meeting in collaboration with local library

Programme:

- ▶ 15:00: Walk-in
- ▶ 15:10: Opening (midwife)
 - ▶ Introduction of participants and library staff
 - ▶ Opening activity: What was your favourite book when you were little?
- ▶ 15:15-15:45: Activity with 'Centering snake': midwife
- ▶ 15:45-16:20: Activity to get to know the library/ introduction of baby café: Library staff member
- ▶ 16:20-16:30: Closing
 - ▶ Sing a lullaby (in your own language)
 - ▶ Short evaluation



Example 2:

Neighbourhood event: Interactive Health Fair in collaboration with neighbourhood actors / stakeholders

Programme:

- ▶ 11.00 (Musical) parade through the neighbourhood to draw attention to the event.
- ▶ 11.30: pre-opening walk past the stands & activities of all participants to encourage referral to each other's stands.
- ▶ 12.00-12.30: Joint opening, including an opening activity
- ▶ 12.30-17.00: Interactive Health Fair. Activities include:
 - ▶ Blood pressure measurement > pregnant women
 - ▶ Weight measurement: pregnant women & babies and other visitors
 - ▶ Glucose measurement > pregnant women
 - ▶ Healthy / supportive giveaways
 - ▶ Interactive activities at stands
 - ▶ Healthy snacks available
- ▶ 14.00: Central interactive activity
- ▶ 15.00: Central music, singing, dance or yoga activity etc.
- ▶ 17.00: Closing
- ▶ Evaluation using short interviews in the audience or at the exit.
- ▶ One week post event: evaluation by participating organisations (short questionnaire)

Best practice:
Centering-based group walk through the neighbourhood and in the market

