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 neighbour-hood organisations, local and national policymakers and other interested parties

(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 midwifes 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?

STEP 01

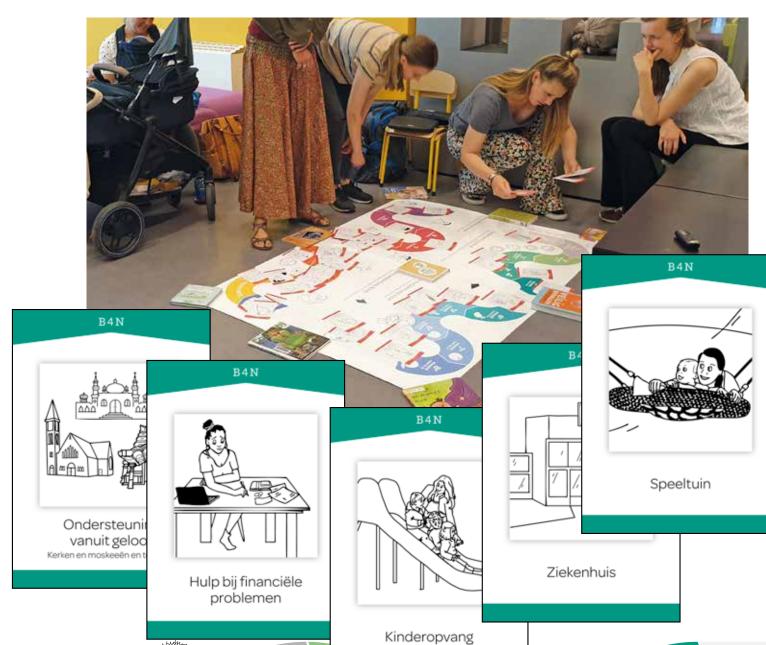
Needs & opportunities in the neighbourhood

- ► What do I want to achieve?
- ► Who is relevant (stake-holders & target group in the neighbourhood)?
- What is happening in the neighbourhood?
- What is available in the neighbourhood?
- What do stakeholders / participants from target group need to do?
- Use the local council's social map of the Newborn Neighbourhood

Available materials / toolbox

- Manual
- ▶ Training
- ► Social neighbourhood map
- Centering snake & related cards

materials available from: www.centeringzorg.nl



STEP 02 Make the connection

- Who or what can help or support you?
- ▶ Connect.
- ▶ What are needs / wishes?
- ▶ Is motivation to change present? If so, what is the motivation to change?



STEP 03 Concrete action plan

- Use the Newborn Neighbourhood Manual.
- ► How can existing social structures in the neighbourhood be combined with with Centering care?
- ► Involve successful existing initiatives such as the Schilderswijk- and MIM mothers.
- ► Think about how to sustainably embedd the Newborn Neighbourhood in the area.
- List actions (target group, key message, activity requirements).
- Choose a location for the Centering meetings

STEP 04 Execute

- ► Attend the Centering training module 'Newborn neighbourhood'.
- Apply via: www.centeringzorg.nl
- Carry out activities using available materials (timeline, maps etc.)

STEP **05**Evaluate

- Evaluate interactively.
- ► Evaluate with partici-
- pants and stakeholders.Use evaluation suggestions in the Manual.
- ► Improve and follow up.

Do you have your own ideas and/or suggestions? Do you have an exciting plan? Have you already applied the Newborn Neighbourhood in your area?

Share your plans & activities with us via the Newborn Neighbourhood community: www.centeringzorg.nl/newbornneighbourhood

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/xpIB85pvYJI

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.











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
 - Dening 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

Best practice:

Centering-based

group walk through

the neighbourhood

and in the market

- ▶ 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
- Description of the Glucose measurement > pregnant women
- > Healthy / supportive giveaways
- D 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)



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