

'Baby Coming - You Ready?' Newsletter

October 2017 – March 2018



Baby Coming
You Ready?

'Baby Coming-You Ready?' - An innovative culturally secure approach to supporting social & emotional wellbeing for Aboriginal mothers & fathers before & after baby comes.

Kaya! As we roll into 2018, this newsletter allows us to update you, our collaborators, on the developments and progress of Baby Coming-You Ready?' in the last 4 months.

Evaluation planning for 'Baby Coming-You Ready?'

Planning our evaluation before starting the pilot is well underway. 'Baby Coming-You Ready?' is designed to support 'closing the gap'. Measuring psychometric properties alone is of limited value. In agreement with all our stakeholders, we intend to use both quantitative & qualitative data & analysis to measure meaningful change. We will compare experiences and impacts of implementing the 'Baby Coming-You Ready?' process with current routine care in the perinatal setting. Our 'participants' are: Aboriginal parents, their family, clinicians, the 'Champions', 'Gangster Grannies' & the Grandmothers (Grandmother Programs).

The Most Significant Change (MSC) Workshop

Marty Pritchard from Clear Horizons presented a valuable full day workshop to the Lead Research Group. This workshop ensures everyone involved in the monitoring & evaluation of 'Baby Coming-You Ready?' is working from 'the same page'. At 3 time-points during the mother's perinatal journey, research assistants will use Yarning ^(Bessarab & Ng'andu, 2010) to gather data on the *most significant change* for each participant's stories.



The "Baby Coming – You Ready?" Lead Research Group from left: Marty Pritchard (Clear Horizons), Dr Elaine Bennet, Margaret Collard, Amanda Furnell, Petra Skeffington, Denese Griffin, Tracy Martin, Wen Chan, Jayne Kotz, Leanda Verrier, Gail Gibson, Prof Rhonda Marriott, Sally Kirk, Dr Debbie Singh, Gabrielle Walker, Elisha



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Ages & Stages Film

The Men AAG members & BCYR team have collaborated with **Utility Creative** to ensure that these Ages & Stages short films promote engagement & education for dads-to-be. These films address diverse expectations and responsibilities (i.e., co-parenting) as new dads.



These short films also validate the roles of dads in those first critical 1000 days of baby's life (from conception-2 yrs). Fathers will view these films before commencing their own 'Baby Coming-You Ready?' journey.



Along with other local state & national resources, public access will also be available via the 'Baby Coming You Ready?' website.

Celebrating Family

BBQ Breakfast on the Derbarl Yaragan (Swan River)

On the banks of the Derbarl Yaragan (meaning "brackish place of the turtle") the 'Baby Coming-You Ready?' team put on a BBQ breakfast to celebrate the families involved in the original Kalyakool Moort Research & the 'Baby Coming-You Ready?' pilot research.



Auntie Margaret Culbong [left] did a warm Welcome to Country to acknowledge all Wadjuk Boodjar people.



Mary G (aka Mark Bin Bakar) popped in to meet up with family & friends. She stressed the importance of dad's role in the 1st 1000 days in baby's life & the importance of 'Baby Coming You Ready?' during that journey.

[From Left: Wen Chan, Meg Cromarty, Jayne Kotz, MaryG]



Dave Pigram (our 'favourite' Pigram Brother) generously entertained all the families and Elders with his deadly singing & guitar.

[From left: Dave Pigram and Lilly (granddaughter)]



The Elders caught up with family & friends while joining us for a day of celebrating family & fun.

[From Left: Dianne Phillips, Gary Culbong, Greg Phillips, Albert MacNamara, Margaret Culbong, Irene McNamara, Carmel Culbong, Karen Culbong, Fay Farmer, MaryG (aka Mark bin Bakar)]



And of course some *members of the Researchers Team* joined in the celebrations.

[From Left: Leanda Verrier, Prof Rhonda Marriott, Meg Cromarty, Jessica Carter, Averil Scott, Christine Parry, Jayne Kotz & her grannie Darcy McQuilkin, Wen Chan]

Strengthening the social & emotional wellbeing of vulnerable young Aboriginal & Torres Strait Islander parents & parents-to-be.

'Baby Coming – You Ready?' centers around a web-based interactive digital app.

It does more than screen for anxiety & depression. Its use of visual images – which portray emotions, circumstances & events that a mother (or father) may be experiencing – guide both the clinician and the parent-to-be through specific domains of inquiry in a relaxed, fun and engaging manner. It incorporates brief intervention, motivational interviewing & culturally *relevant* personalised family-centered goal setting.



'Baby Coming – You Ready?' has been developed by a strong collaboration between Aboriginal community, clinicians and researchers. It emerged from research involving more than 130 Aboriginal people from Balladong, Bardi, Badimia, Kokotha, Mirrawong, Ngarinyin, Nyul Nyul, Ngarrindjeri, Tiwi, Whadjuk, Wongi, Yawuru, Yindjibarndi, Yorta Yorta, and Yamatji clans/nations.

The **'Baby Coming – You Ready?'** rubric images help externalise emotions that may be difficult to express. The strength-based inquiry engages in an individualised exploration of social & emotional wellbeing. Selected images automatically populate the parent's own visual story, capturing protective facets of life & identifying things that might make life hard. SMART* goals are set to address the most pressing stressors & are followed-up during the pregnancy as the 'Baby Coming-You Ready?' journey continues.



An image speaks
1000 words.

Many hours have been spent with Men AAG, Women AAG, and Lead Research group to confirm that images & language are cultural secure.

*SMART goals: Specific, Measurable/Motivational, Achievable/Agreed upon, Realistic, Time-framed.

Importantly, **'Baby Coming – You Ready?'** provides a framework that enables the ability to connect a strong local 'Champion' with the Aboriginal mother- or father-to-be. This 'Champion' within the Aboriginal community engages with and supports the parent & 'walks alongside' them during their parenting journey.

'Baby Coming – You Ready?':

- ✚ Is **My Health Record** 'friendly'.
- ✚ Software is being built & data stored according to ISO standards.
- ✚ Password Protection & encryption will receive SSL Certification.
- ✚ Assets are being built within the guidelines of the Australian Digital Health Agency.



[Pictured: Joanna Hayward and grannies at the BBQ Breakfast]

This Pilot research project is being supported through the generous funding provided by the Ian Potter Foundation and the Department of Health Office of Nursing and Midwifery.



In-kind support is being generously provided by Murdoch University, Centre of Perinatal Excellence and Telethon Kids Institute.

For questions or if you need to get in touch with the 'Baby Coming You Ready?' team please contact Jayne Kotz on: jayne.kotz@murdoch.edu.au or call 0418256206

Further funding is currently being sought.