

SURE START MRM EVALUATION BABY BONDING

Baby Bonding is a postnatal group for parents/carers of infants aged 0-6 months, which aims to provide support, information, and instruction in infant massage.

The group began on 24th January 2005, and included 7 sessions of 1 ½ hours, finishing on 14th March 2005. 8 parents attended in total, with an average of 4 parents per session. There were 8 infants seen, with 4 infants on average per session.

A free crèche was provided, with 3 children attending a total of 2 sessions.

Each group was topic based, and included partnership working with the following:

- * Coral, from Cow and Gate, who provided information on Sleep and Weaning and distributed sleep charts, and weaning packs to parents.
- *Caroline from the Library Service discussed reading and gave out Board books
- *Shirley from the Dental Service provided information on teething, oral health, and how to “dump” the dummy. Parents were given dental hygiene packs, including cups.
- *Debbie gave instruction weekly on Infant Massage techniques as a demonstration.
- *A health visitor and nursery nurse attended weaning topic to invite parents to follow on weaning party. All parents attended.

Parents were found through referral from Health Visitors only, and the group was kept small, as accommodation at Blakeney Road was limited.

Parents will continue ongoing outreach with Baby Clinic and Health Visitors. Several parents moved on to Soft Play, Mad for Music, and Sing and Sign. Parents also began to meet informally in each other's homes. A follow on group was requested.

Parent feedback was exceptionally positive. All parents reported the following:

- *Felt welcome and supported in the group
- *Enjoyed the group
- *Felt supported by other parents/carers in the group.
- *Felt materials and information given out were useful
- *Were able to use infant massage at home
- *Would recommend this group to others
- *Would attend other Sure Start groups

Comments included “I will miss this group when it stops”

“the group has been excellent and both myself and my baby have really enjoyed it . Thank you very much!”

Recommendations for further groups of Baby Bonding:

Re-evaluate need for crèche, as it was rarely used.

Identify new venue as room was too cramped and there was not enough space for buggies

develop a follow on group based on identified needs of the group

Debbie Bailey
SURE START MRM
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