

SURE START RAVENSDALE

BABBLE, BUMPS AND BABIES GROUP - FOCUS GROUP- DECEMBER 2003

INTRODUCTION

The Babble Bumps and Babies group has been running once a week since April 2002, providing opportunities for expectant mums and mothers of babies up to 12 months to meet together, with the support of the Family Support Coordinator, Health Coordinator and other Sure Start professionals.

A topic programme is set according to participants expressed needs for a term length programme. Input is provided by the Nutrition advisor, midwife, health worker, speech and language therapist, Motherhood and Mental health worker. Facilitators are brought in for specific topics such as Baby massage.

On 29th December 2003 a focus group was held for current users at the same time and in the same place as the group is usually held in order to evaluate the effectiveness of the BBB group in supporting new parents.

Objectives

To find out if the group has

- Increased Mother's confidence with their new baby
- Provided an opportunity to share common experiences
- Increased \mothers Support networks
- Increased Mothers knowledge of health, social and emotional development issues for both their babies and themselves.

METHODOLOGY

An invitation was sent to the 13 women who had attended the group during the last 3 months, offering crèche facility and entry to a prize draw for all participants.

The focus group took the form of a large group discussion, with opportunity for individual responses.

7/13 women attended, 2 partners also came as it was the Christmas holidays from work.

KEY FINDINGS

- Mothers were recruited to the group by the Sure Start midwife or the NHS midwife (bumps) or a home visit by Family Support or Health Coordinator.
- All were nervous on their first visit but felt welcomed and confident to come again. They had been attending between 6 weeks and 14 months.
- All mothers said they felt more confident with their baby since they had attended the group or less anxious about their pregnancy.
- They particularly valued the opportunity to share experiences with other mums and to have time to themselves, whilst their children were cared for.
- Receiving information in an informal setting and having Health and Family Support/midwifery professionals on hand to provide advice both to individuals and the group was highly valued.
- Parents felt their children benefited from the learning/social experience of being in the crèche.
- 4/7 mums had made friends at Sure Start and others said that they now spoke to parents they'd met at Sure Start in the street
- 2/7 mums and both dads were only able to attend because it was the Xmas holidays from college and work.
- The group requested a session for mums and dads at the weekend for bumps and babies, covering labour and feelings during pregnancy. (with a crèche)

CONCLUSIONS

Those attending felt that all objectives of the group had been met. .However it is clear that the timing of the group excludes parents at work or college during weekdays (both before and after baby's birth.) An additional weekend session (which the group requested) could solve this problem.

RECOMMENDATIONS

- These findings to be considered as part of the whole Baby Evaluation and to shape future services.
- The current group should continue to operate on a weekly basis.

APPENDICES

BABY FOCUS GROUP MONDAY 29TH DECEMBER 2003 RESULTS

7/13 invitees attended plus 2 male partners who were on Xmas leave from work
3/7 were attending antenatally

There were 3 first time mums, 1 with 2 and 2 with 3, and 1 with 4. One Sure Start member had attended as a bump, miscarried, but still came along and served as an 'old hand' for the others.

The women had been coming to the group between 8 weeks and 14 months. 2 mums were pregnant, not delivered.

When asked how they felt when they first came they said nervous and shy, but soon made to feel welcome by the rest of the group.

How did they find out about the group?

Margaret the midwife had invited the bumps. One older mum said she felt uncomfortable because she was so much older than the others were and already had 4 children. However soon settled in to the group.

Babies had been visited by Paula (family support), Sue (Health) or by their NHS midwife (Julie). Nice to have son looked after, get a break, socialising.

2 other mothers said they'd been told about the baby group but had prioritised attending the breastfeeding support group as that was the specific support they felt they needed. Once confident with that they then joined the baby group
One mum came because it was the Xmas holidays and she wasn't at work, another because it was college holidays.

Have you made any friends through this group that you see outside of Sure Start?

4/7 had. Plus others said they talked to people in the street that they had met at Sure Start.

2 made a friend at Baby Group, 1 with a neighbour and 1 with another Sure Start users

Do you feel that coming to baby group has changed the way you relate to your partner or family

'I don't worry so much anymore about the pregnancy or other things'

'I've got a better attitude to him and about the pregnancy.'

'You can talk and get the stress off you'

'You can talk about things you can't at home like the washer breaking down.'

'I get information here- its reassuring- relieves stress cos I have lots of questions'

'Don't always get the answer you want but you do get an answer.'

'I'm on my own at home cos my boyfriends away working most of the time- it's so nice to come here and spend time with others.'

'I'm happier cos I've been out, good to put problems into perspective.'

'The longest day of my life was Xmas day- nowhere to go everywhere's shut- so glad the routine's returned.'

Issues covered by the group

Weaning, Safety, First Aid, Child illnesses, Christmas activities
Nutrition/diet, Baby blues

Issues requested

Relationship changes during the first few weeks
Activities for wakeful babies
Sleeping -for mums and babies

Improvements the group would like to see.

Would be good to get dads to come down.
Good to have men and women together
Could talk about labour, feelings during pregnancy
When- at Weekends (in the evenings older kids are in bed)
Crèche for the kids - not like Parent craft classes where someone has to have the kids.

Most important ingredients of the group

Crèche
Structure/topics
Availability of professionals on an informal basis.

Free tea and coffee
A break from the child
Out of the house, in the adult world
Company of mums
Support of other mums.

Greatest memories

Exploding Xmas pud- the instructions weren't clear.
My son learnt to stay in the crèche!
Sleeping, feeding, everything.
Cook'n'eat recipes- didn't work (sausage)
Learning to talk to bump.

Focus Group Format -Current Baby Group

Group Aim:

To evaluate the effectiveness of the Baby Group in supporting new parents.

Objectives:

To find out if the Baby Group has:-

- Increased Mother's confidence with their new baby
- Provided an opportunity to share common experiences
- Increased Mother's support networks
- Increased Mother's knowledge of health, social and emotional development issues for both their babies and themselves

Welcome 1pm

Everyone here has recently attended a Baby Group at Sure Start.

The purpose of this meeting is to find out whether coming to that group has affected your life and in what ways. This will help us to decide if running baby groups is worthwhile and to plan future groups better

I am Andrea and it's my job to evaluate the projects/ activities we run here. None of the other workers are coming to the meeting so that you can speak freely without upsetting them or making their heads too big. Everything you say will be anonymous, unless we decide it needs to be otherwise.

	Resources
<p>1. Introduction to Group / Context Building</p> <ul style="list-style-type: none">- Tell us the name and age of your baby- How long have you been coming to Baby Group - How many of you are first-time mums?	Go round Copy of days register sheet
<p>2. How did you feel the first time you came to Baby Group? What made you feel comfortable and able to come again?</p>	Chat, notes
<p>3. Confidence</p> <ul style="list-style-type: none">- When you first came to Baby Group how confident did you feel about caring for your baby: 1-10?- How do you feel now?- Has your confidence improved?	Paper and pens
<p>4. Knowledge</p> <ul style="list-style-type: none">- Do you have more knowledge about being a	

<p>parent? Where from?</p> <ul style="list-style-type: none"> - What issues have been discussed? - list on chart - What else would you like to talk about in the future? <ul style="list-style-type: none"> - Tell me one thing you have learned here that you have tried out at home - Have any of you made friends that you talk to outside of Sure Start? - Are they all people you met at Sure Start, if not, how did you meet? 	<p>flipchart</p> <p>Write on a post it</p> <p>List on chart</p>
<p>5. What are the most important ingredients of a successful Baby Group? TIME, VENUE, STAFF, PRE-GROUP CONTACT, OTHER PARENTS, REFRESHMENTS CRECHE</p> <p>6. Do you think that coming to Baby Group has affected the way you relate to your partner / family?</p> <p>What are the benefits for you and your baby?</p> <p>THANKS FOR YOUR TIME. This meeting has been part of an evaluation I am doing of services for parents of new babies. I will be meeting with new parents over the next 2 months to fill in a questionnaire about their experiences. I would like to talk to mums AND dads separately. Each person who fills in a questionnaire will receive a £5 gift voucher for Tesco or Asda. I can see you either here or at home by appointment and the interview will take about half an hour.</p>	<p>Brainstorm on flipchart</p> <p>Post-its</p> <p>Brainstorm/flipchart</p> <p>List for interested parties, days times, venue.</p>

Attendance List.

For SSR Office Use only

First time mum #

Vicki Ankrett#

Rebecca storey

Sharon Kemp

AUDREY HUGHES

Rachel lane

Michelle Gagarawa

Joanne Horne.