



# Newborn Programming in ECCE

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MNAFEE Spring Conference  
April 13-14, 2023



# Before We Begin...





**1**

Do you currently offer infant programming? What age range?



**2**

What are you curious about? What questions are you hoping to get answered today?



# Today's Flow & Goals

1

A Brief History

2

Class Structure

3

How to Start

4

Questions & Idea Sharing



Four L&D nurses!

# 25 years of Newborn ECFE in Rice County

Faribault **Baby Stop** began March, 1998

District One Hospital, now Allina

*Current K-12 Enrollment 3,328.*

Northfield **Baby Talk** began in 2000

Northfield Hospital + Clinics

*Current K-12 enrollment: 3,886*



# The Model in 1998

Designed by Public Health & ECCE



- FREE, no pre-registration
- Sibling care also free
- 0-8 week olds, open enrollment
- Offered year-round round at ECCE location (except public holidays)
- Leaders were the same each week to build relationships with parents
- Pediatricians invited to attend



# Funding, then & now


Each partner paid for their staff to participate:

- Public Health provided Nurse
- Hospital provided Lactation Specialist
- ECFE provided Parent Educator and sibling care



# Early Indicators of Success



- Infant issues were identified earlier in the group, and parents contacted pediatricians sooner (low weight gain, jaundice, breastfeeding struggles, mastitis, PPMD, etc.)
  - Peds spent less time on “typical” stuff talked about in class, like sleep, crying, and siblings adjusting
  - Families attending were more likely to continue involvement with ECFE
  - Many moms built friendships those first weeks that continued for years
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# Expansion!

After **Baby Stop** was successful for 2 years in Faribault, **Baby Talk** started in Northfield in 2000.

Northfield's **Baby Talk** added another month to class, opening it up to 12 weeks.

After 20+ years, Faribault's **Baby Stop** now up to 12 weeks as well.





# What New Mothers Need



The postnatal period is an underserved aspect of maternity care. Guidelines for postnatal care are not usually informed by what matters to the women who use it. A recent qualitative systematic review was undertaken to identify what matters to women to inform the scope of a new World Health Organization (WHO) postnatal guideline.


What mattered to women most was to be able to:

1. adapt to their new self-identity and develop a sense of confidence and competence as a mother
2. adjust to changes in their intimate and family relationships, including their relationship to their baby
3. navigate ordinary physical and emotional challenges
4. experience the dynamic achievement of personal growth as they adjust to the 'new normal' of motherhood and parenting in their own cultural context.

From 36 studies in 15 countries representing the views of more than 800 women.

Article Source: [What matters to women in the postnatal period: A meta-synthesis of qualitative studies](#)

Finlayson K, Crossland N, Bonet M, Downe S (2020) What matters to women in the postnatal period: A meta-synthesis of qualitative studies. PLOS ONE 15(4): e0231415. <https://doi.org/10.1371/journal.pone.0231415>





# Structure of Newborn Baby Talk

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## Weekly

Mondays 10:30–12:00  
year-round except public  
holidays. Enrollment  
on-going. New parents  
show up weekly.



## Sibling Care

Always offered and  
free!



## Weigh-Ins

Public Health nurse  
weighs babies and  
answers gain questions.



## 1:1 Check-Ins

I follow up on the week's  
previous issues





## Lactation Specialist

Available for questions.



## Questions & Topic

Every parent introduces  
self and asks questions,  
then all questions are  
answered.



# 12 Week Rotating Curriculum



Everything ties into the  
PECCF

Adjusting to Parenthood & Boundaries	PMADS (Guest Therapist)	Formula Demonstration & Carseat Safety
Relationship Changes & Comm. w/Partners	Illness in Babies & Prepping for First Colds	PP Body Care for Moms & Mastitis
Crying, Fussiness & Coping (Guest Chiropractor)	Tummy Time & Physical Devel. (Guest PT)	Returning to Work & Pumping
Self-Care & Prioritizing Sleep	Attachment & Social-Emotional Development	Language, Music, & Early Literacy



# Class Structure

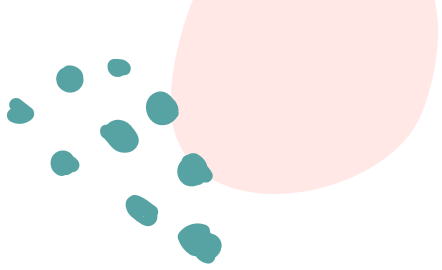
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- We don't spend a whole week on sleep because it comes up almost every single week.
  - For missed class due to holidays, parents get a "bonus" week.
  - Invitation to parent-run FB group.
  - When parents graduate on week 12:
    - give their "Words of Wisdom"...what have you learned that you want to share with others?
    - get a free book from Help Me Grow
    - get invited to next ECFE class for 3-12 month olds/evening 0-5
    - get email list to others in the group
- 
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# “Unofficial” Topics

- You're not alone!
- You know your baby best.
- You don't have to “love every moment.”
- Everything is a phase.
- Find your village of parents.
- It's ok to ignore social media/internet.
- No conversations after 10pm end well.
- Give yourself grace & compassion.
- You and your baby are learning together.
- Don't compare your baby to other babies and don't compare yourself to other moms.





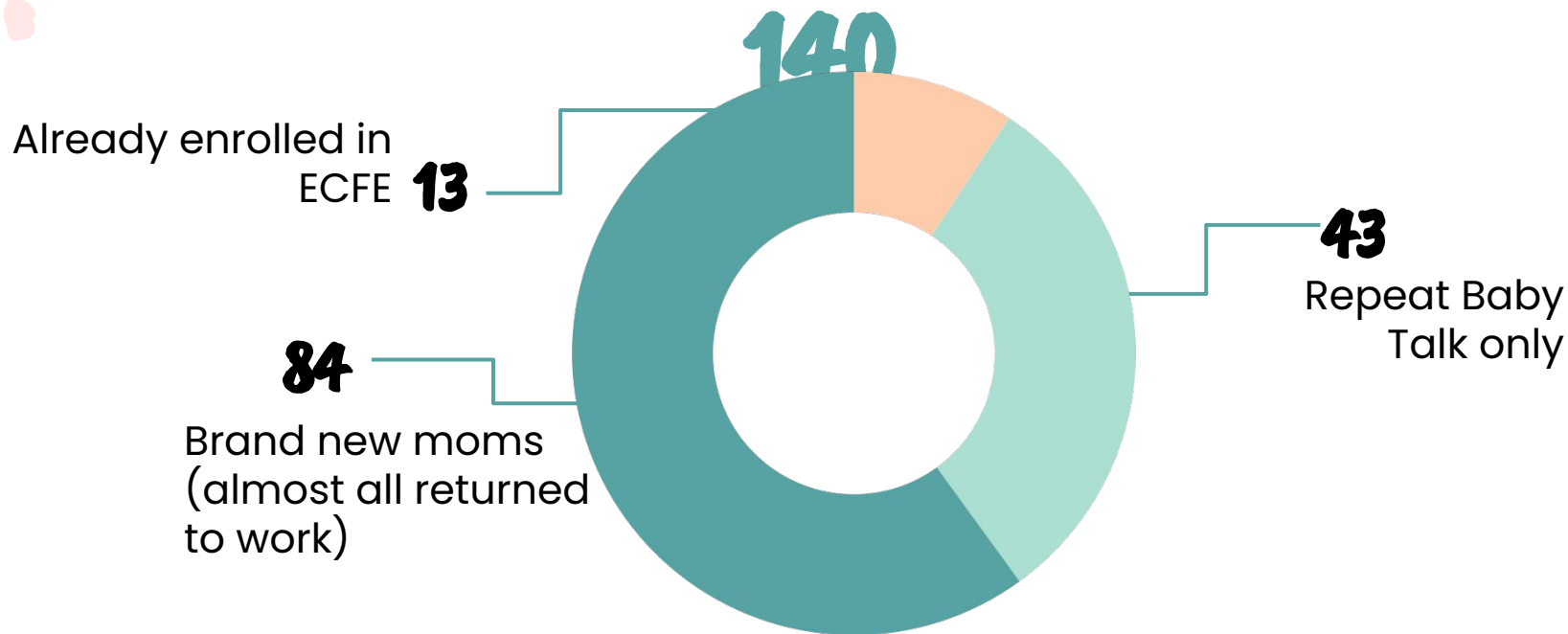
# 140 moms and babies

Cared for since August, 2021

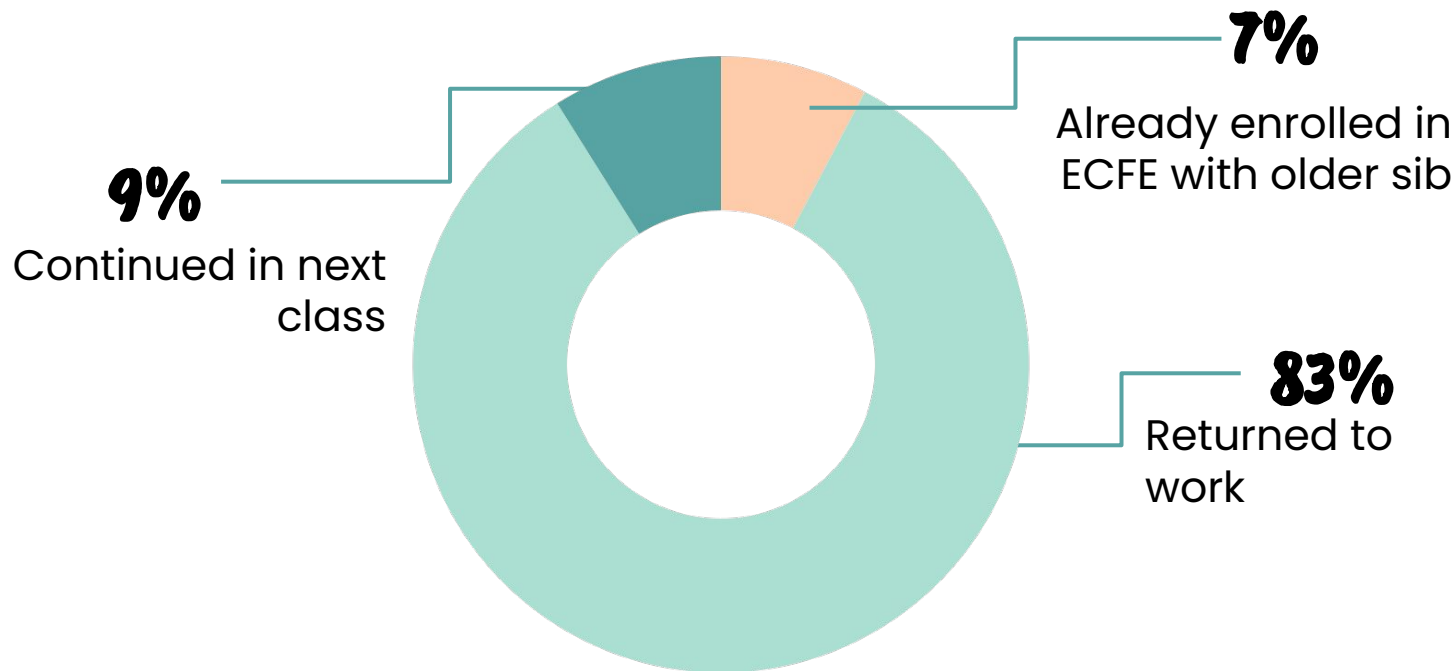




# Attendance since August, 2021:

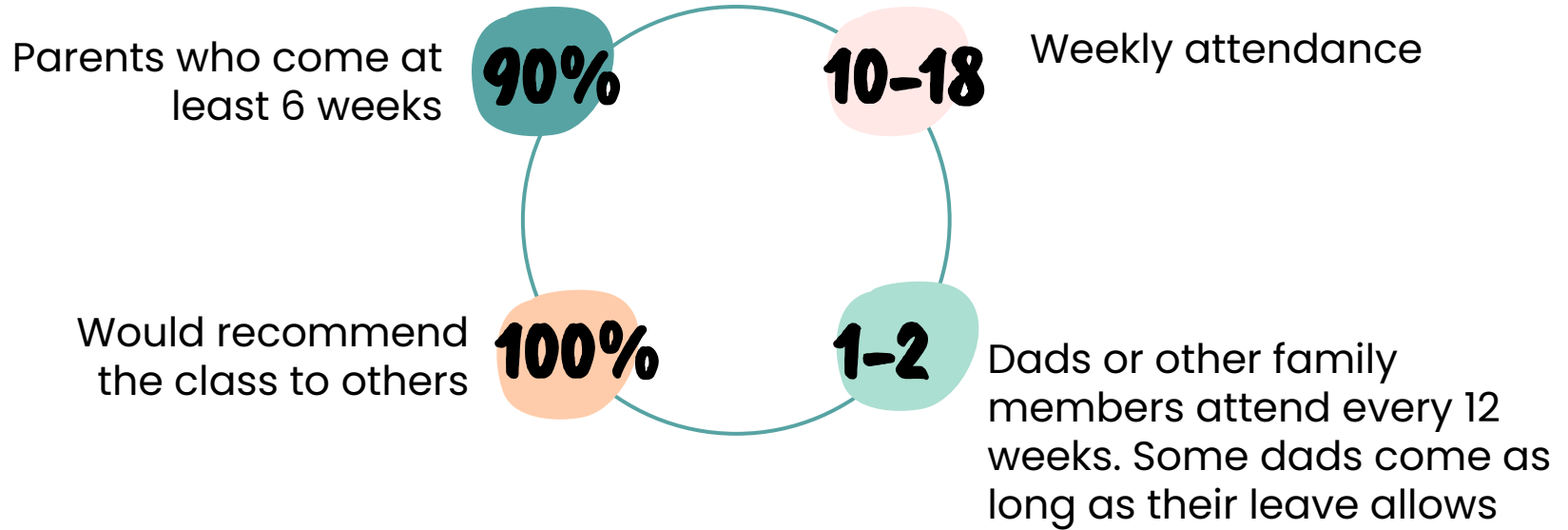




# How Many Continue to 3-12 month class?



**\*We do have parents who return later with toddlers or preschoolers**


# A Few Fun Stats





# Why Only 0-12 weeks?


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All moms are  
100% available  
while on leave




0-12 week infant  
development is so  
wildly different  
from 3+ months



New moms are  
historically lonely  
and secluded



Early connection to  
ECFE & other resources



# Possible Partnerships

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## Public Health

Reach out to yours, and have them reach out to Rice County!

Also, retired nurses are super valuable!

## Connect with hospital/clinic staff

If you can.

Connect with nurses and peds you \*know.\*

Have your devoted parents in your program take flyers in with them.

## Just Start!

If you can't find hospital or nursing staff, simply providing space and connection for tired and secluded moms can be magical

# Basic Ingredients for Newborn ECFE Programming

## 0-12 Weeks

Put **newborn** in the title, end it at 12 weeks & don't combine with older ages.

## Weigh-Ins

Moms love knowing their babies are gaining weight!



## Start Small & Free

Call it "Newborn Baby Chat" or "Newborn Coffee Hour"

## Advertize

Community ed, hospital discharge, ped offices, social media. Instagram! Word of mouth will happen!



# Newborn Baby Talk

**Free!**

**Mondays**  
**10:30am-12:00noon**  
**(except federal holidays)**



Attend class at the **Northfield Community Education Center, 700 Lincoln Parkway**. Free sibling care is available. Please text 507.301.7369 if you need sibling care.

If you have any questions, contact Ellen at [ehaefner@northfieldschools.org](mailto:ehaefner@northfieldschools.org) or call/text 507.301.7369.



For parents with babies 0-12 weeks.

A public health nurse, parent educator, and lactation specialist will be available to answer questions about your newborn and provide support and information on your new journey of parenting.

Facilitated discussions will cover feeding, attachment, sleep, development, family changes & returning to work. Parents coming in person have an opportunity to have their baby weighed.



Baby Talk is a collaboration between Northfield Hospital + Clinics, Northfield Public Schools' Early Childhood Family Education (ECFE) Program, and Rice County Public Health Nursing.



## *Welcome Baby!*

Congratulations on your new baby!

join us weekly for

## **Baby Stop**

Faribault Education Center  
340 9th Ave SW  
Door 22

**who:** Parents with babies 0-12 weeks

**what:** Join other parents to share in the joys and challenges of this new little human in your life! This class is free and co-led by a teacher and a public health nurse to help answer all of your questions.

**where:** Faribault Education Center


**when:** Thursdays from 10:30-11:45 am




No registration is required!



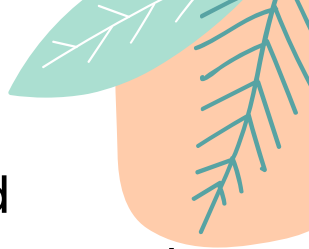
**PLUS**  
weekly weigh-ins  
for babies




I can't even put into words how helpful baby talk was to me in the early months with my son. I was always nervous that I was doing something wrong or wondering what is normal newborn behavior. This program helped to ease my worries, helped me feel more confident and showed me that all moms are in the same boat.



As a new mom with no other new mom friends, I felt like I was drowning. Baby Talk was like a life raft of support, resources, and connection to others who were experiencing/had experienced the same things. It's an excellent program – makes me proud to live in this community! It also opened the door to other classes I may not have known about for my child as she got older.



New moms are bombarded (or maybe not) with friends and relatives giving their opinions on baby raising, this class did a great job of answering questions and providing support (normalizing our experiences) which has helped me so much! Thank you!



This is an incredibly valuable resource that the Northfield community has! I have friends in other cities who do not have this resource -- I feel bad they don't have a place where they can be validated, encouraged and grounded as a new mom. Thank you for providing this resource!!



# Thank You!

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I'm happy to help!

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**CREDITS:** This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik**.



## Newborn Resources:

Instagram:  
Karrie Locher  
Taking Cara Babies  
Little Nest Sleep  
philbouchermd



Podcasts:  
Raising Good Humans w/ Dr. Aliza  
(search for newborn)