



# BABY BASKET: SUPPORTING NEW PARENTS

## WE WORKED DIFFERENTLY FOR CHANGE

The Child-Centred Model – a way of working for positive change developed by the community of Point Douglas – helped us find the best ways to develop the Baby Basket and support new parents.

**We worked to give additional help to those who need it most,** rather than giving every family identical supports regardless of need.

**We worked to provide choices for families regarding what can be included in their basket,** rather than delivering a one-size-fits-all solution.


**We worked to celebrate the arrival of a child,** rather than focusing solely on avoiding harm.

**We worked to provide families the option to connect with support workers,** rather than forcing these connections upon them.


**When we work within the Child-Centred Model, we are able to support positive change for children, parents, families, and the community.**

To learn more about the Child-Centred Model, read the full report at [winnipegboldness.ca/childcentredmodel](http://winnipegboldness.ca/childcentredmodel)

 /wpgboldness

 @winnipegboldness

 @winnipegboldness

 wpgboldness

Unit 5 –585 Jarvis Ave  
Winnipeg, MB  
R2W 3B2

(204) 790-BOLD (2653)  
[winnipegboldness.ca](http://winnipegboldness.ca)

## BUT WE NEED YOU TO SUPPORT FAMILIES

Through this work we found that there are larger barriers that affect families and community members. We need governments, non-profits, and businesses to:

- 1 | OFFER MANY PLACES AND WAYS FOR FAMILIES TO FIND SUPPORTS WHERE THEY FEEL COMFORTABLE.**
- 2 | PROVIDE SUPPORTS THAT TREAT BIRTH AS A CELEBRATION, RATHER THAN AN EMERGENCY.**
- 3 | ENSURE THAT FUNDING STRUCTURES SUPPORT WHOLISTIC AND FLEXIBLE APPROACHES FOR FAMILIES.**
- 4 | BUILD STRONG RELATIONSHIPS BETWEEN FAMILIES AND AGENCIES BY TRUSTING THAT PARENTS KNOW BEST WHAT THEIR CHILDREN NEED.**

To learn more, read the full Baby Basket POP report [\[reference\]](#), read our report on helpful ways to work with Point Douglas [\[reference\]](#), and explore our other POP reports [\[reference\]](#),

# BABY BASKET: SUPPORTING NEW PARENTS



The Winnipeg Boldness Project is working towards a bold goal:

**Children and families in Point Douglas will experience dramatically improved wellbeing in all aspects of self: physical, emotional, mental, and spiritual.**

We are working with families, community leaders, and businesses in the community to test new ideas to support the wellbeing of children and families. These ideas, which we are calling Proofs of Possibilities (POPs), support a vision for change in our community. We are exploring possibilities in the following areas:

## COMMUNITY VISION:

All families and their babies will have access to the supports that they need to thrive.

We provided a Baby Basket — a kit of materials and information to help new parents celebrate and support their new child. We worked with the North End Women’s Centre (NEWC) and healthcare providers to create a kit that helps families by:

- **Focusing on celebration:** Many available supports for new parents focus only on keeping the baby safe from harm, while the Baby Basket is intended to celebrate the arrival of a new child.
- **Growing trusting relationships:** The Baby Basket is an opportunity to invite families into an ongoing, supportive relationship with healthcare and community services.
- **Providing support where it is needed most:** Make sure that supports go to where they are most needed, rather than spread out evenly amongst everyone regardless of need.
- **Customizing to families’ needs:** The Baby Basket should help staff learn what options families prefer most and explore how these options can be given to families.