

Kootenay Parents Circle of Support

Background

Kootenay Perinatal Support Society has funding for a new program to support postpartum families with the transition of bringing a new baby home.

Focus

Improving support for community members in the Nelson, Castlegar, Winlaw and Salmo areas during postpartum related to gaps in services offered recognized by Apple Tree Practitioners.

Project Process

Work began by connecting with stakeholders including Kootenay Perinatal Support Society and Apple Tree Maternity. After developing a vision for a new volunteer support program we moved forward with the creation of parent and volunteer specific booklets and a volunteer training package. To further our understanding of a family's pivotal transition, we attended classes offered at Apple Tree Maternity.

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Outcome

Kootenay Parents' Circle of Support was created between students and staff at Apple Tree Maternity in Nelson, BC. Volunteer services include but are not limited to: infant and child support, assistance with household chores such as cleaning, cooking and gathering groceries. Volunteer support can connect parents with resources offered in their community to aid in their postpartum transition.

Conclusion

Our goal is to work with our field guide and colleagues on the finalization of the program, assist in the creation and implementation of volunteer training, and support advertisement modalities to help implement 'Kootenay Parents Circle of Support' into the Nelson, Castlegar, Salmo and Winlaw areas. Our hope is that this program will support families in the first 4-6 weeks postpartum so that they feel more confident as parents.

Acknowledgements

Apple Tree Maternity
Tanya Momtazian
Tracy Hill
Judith Fearing
Shannon Shah

The Sinixt, the Syilx, the
Ktunaxa, and the
Secwepemc peoples on
whose traditional territory
we live and learn.