

Kimberley Project sharing – Mums and Bubs Program

Your Project or Program Title	Mums and Bubs
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Organisation's Name	Boab Health
Program/project partners	Broome Youth and Families health Broome Drop-in Centre
Why?	
The Healthy Mums and Bubs program is aimed at educating mothers about the importance of iron rich foods in children aged 6 to 24 months and the ways this can be achieved through a balanced diet.	
Who? When? Where?	
The session ran at the Broome Drop in Centre on Tuesday the 12 th of July from 10-12pm with one mother and two Drop-in Centre employees attending the session.	
How did you make it happen?	
<p>The resources; Baker IDI Heart and Diabetes Institute 'Plating It Up: The Portion Guide' poster and Portion Perfection '1/4, 1/4, 1/2 Plate' poster lead the education aspect of the session.</p> <p>The program began with a discussion about the 'Wonder Bag' thermal bag that can be used as an energy efficient way to make and transport large quantities of healthy meals. The women were provided with recipes and instructions on how to create meals that are nutritionally balanced using the 1/4, 1/4, 1/2 plate philosophy. This was followed by a flipchart discussion about the importance of iron from edible sources in children aged 6-24 months and the effects of childhood anaemia. The next part of the discussion incorporated the 'Healthy Plate' resources and the importance of incorporating the right amounts of free vegetables, carbohydrates and proteins into meal time, providing poster and real life examples.</p> <p>The session was run in a very relaxed and conversational manner to create a safe sharing environment for the women.</p>	
So...	
<p>By the end of the session, the women were all more confident in their ability to create healthy large-pot meals like the stew we demonstrated. They were also more aware of Iron-blockers such as tea and coffee and the woman in the group with grandchildren stated that she would be careful not to have tea or coffee close to meal time in the future.</p> <p>Overall, the feedback from the women by the end of the session was positive, with all the women showing expressing that they had learnt something from the session that will influence their future behaviour.</p> <p>The mother in the group, who in previous larger sessions has been very quiet and reserved, was much more involved in the discussions and open to sharing. This was attributed partly to the small group size, but it can also be attributed to the relationship that has been built up over time through the sessions. The fact that she was more comfortable and happy to share in this group made delivery in the session easier but also highlights the importance of the relationship that has been built with her over the previous sessions.</p>	
How did you get feedback?	
<p>A verbal feedback discussion from the women in the group provided some valuable insight. The women found the Perfection '1/4, 1/4, 1/2 Plate' poster particularly valuable as they noted that often they don't consider foods such as potato and corn as carbohydrates and would make a stew typically with potato in it, serving it with bread and rice. This creates a meal that is extremely dense in carbohydrate and lacking in free vegetables.</p> <p>The mother in the group when asked if we could do anything different responded that she would like to know more about healthy food ideas for her son in future sessions.</p> <p>Although it was planned to have a formal feedback received from the women through post-it note suggestions, we felt that at the time, this would have disrupted the session and made them women feel uncomfortable.</p>	

Resources

Baker IDI Heart and Diabetes Institute 'Plating It Up: The Portion Guide' poster.

Portion Perfection '1/4, 1/4, 1/2 Plate' poster.