

INFANT

within Enhanced

MCH program

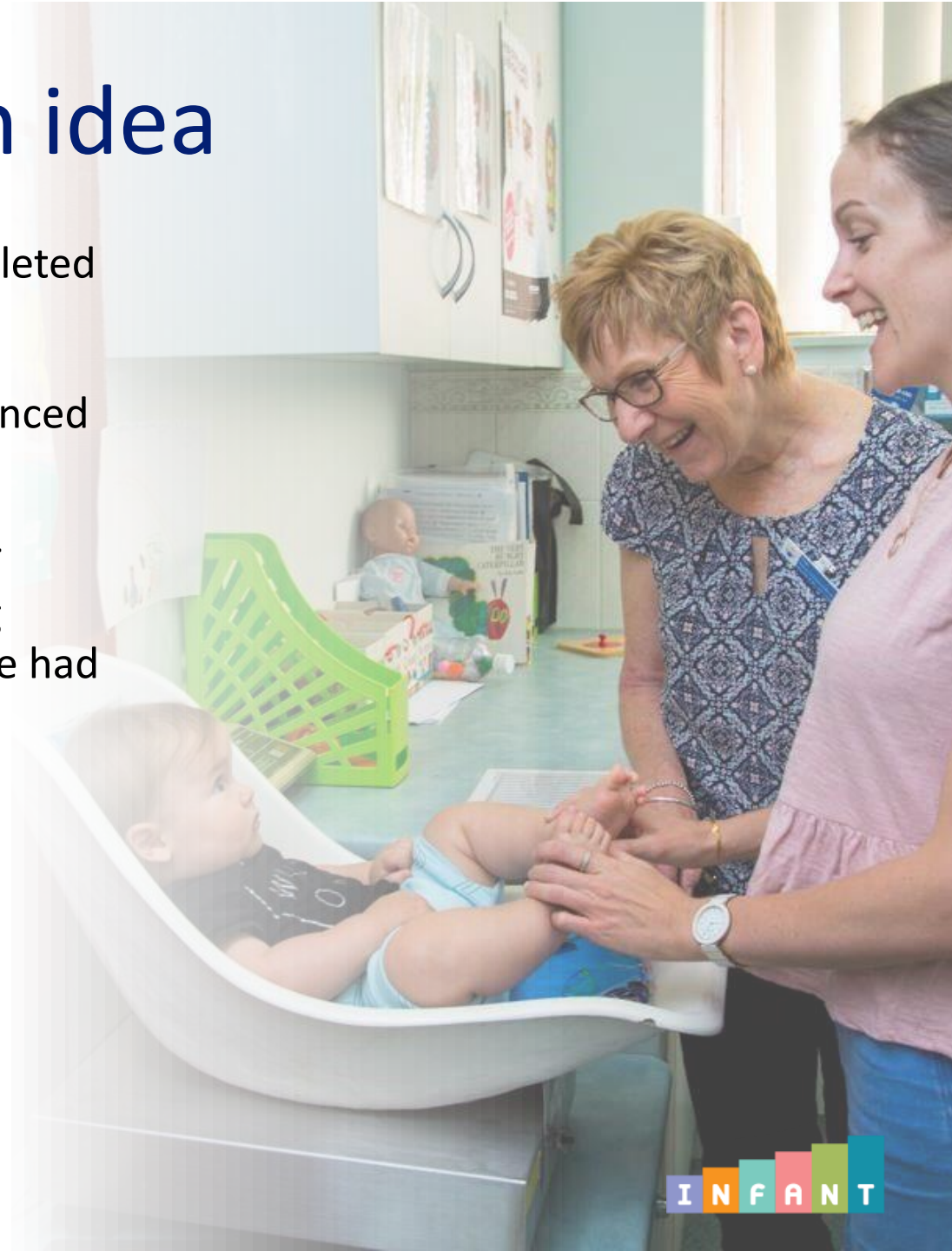
Cardinia Shire Council

February 2022



Started with an idea

- 1 Enhanced MCH nurse completed INFANT training
- Led to a discussion with Enhanced Team Leader
- Application for \$5000 INFANT implementation seed funding completed and approved – we had the green light to GO!



Team approach

- Whole team approach – key to success
- Allocated an EMCH Nurse as the INFANT champion to get the program off the ground
- All Enhanced team members booked into INFANT training (6 x MCHN; 2 x Family Support Workers)
- Team agreed on an opt-out approach to delivery (where families are automatically enrolled unless they ask not to be) – embedding it into the Enhanced service
- Opt-out approach enables EMCH nurses to promote INFANT as part of the EMCH program, generating a high attendance rate

Up and Running

- 6 groups commencing bi-monthly with 4 sessions planned (24 sessions) over a 12-month period, each with an allocated facilitator
- All groups were set up in CDIS (Child Development Information System) to make referrals and enrolments simple
- All room bookings were made in advance (non MCH rooms)
- Devised an excel spreadsheet of all current EMCH clients meeting the age criteria for planned groups (criteria set by the government – need to have > 2 vulnerabilities)
- All eligible infants already part of the Enhanced program were booked into an INFANT group to progress through the sessions together
- Consent was obtained by their EMCHN during home visits



Up and Running – enrolling parents/families

- All new infants are allocated to a relevant group during weekly allocation meetings. Parents are given the opportunity to opt-out when approached by their allocated EMCHN. EMCHN informs parents that group facilitator will be in touch with group date/time/location
- Responsibility of the group facilitator to contact the clients allocated to their group approximately 2 weeks prior to the start date
- Facilitator to provide parents with all relevant information in preparation for the group e.g. date/time/location & information on how to download the My Baby Now (MBN) app

Sustainability

- Flexible team approach, no changes made to INFANT structure so far, team happy to discuss and adapt should the need arise
- INFANT is discussed at weekly allocation meeting, and all eligible clients are booked into an INFANT group
- INFANT promoted/discussed as part of Enhanced service when meeting clients for first time
- All team members are invested in promotion and delivery of INFANT
- Promotion at Senior leadership Team meetings by Enhanced Team Leader



Feedback from parents so far



Great informal session, lots of questions answered. Loved the focus on feeding. I keep saying to myself, Parents provide, infants decide.

It has really helped [my baby] is so much calmer and has stopped vomiting. I know you told me this already. But sitting with the other mums and hearing they were trusting their baby helped me to take that leap too.

- Cardinia INFANT parent



Things I learnt:

- Introduce high-risk allergen food early
- The signs of when baby is ready for solids
- Parents provide, children decide!!!

- Cardinia INFANT parent

Feedback from parents so far



I felt [talking about tummy time](#) and the importance of it was [very useful](#). Also, the fact that it can be very hard for babies at first but keep persisting. Also, [hearing from other mums](#) about their struggles and how they overcame some hurdles [was also great](#), it [made me feel that I'm not alone](#) in this.

- Cardinia INFANT parent



The [\[My Baby Now\] app is wonderful](#), and I have been [looking at it regularly](#) and browsing the content. Also, great to know that it is [trusted information](#).

- Cardinia INFANT parent

Contact us



If you would like to talk to us about our INFANT program,
please get in touch:

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EMCH Service

Cardinia Shire Council

