

Group Facilitation Strategies for Culturally Diverse Communities

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WEST HILL COMMUNITY SERVICES

Healthier Babies Program



Flexibility



- Allows us to teach to the immediate needs of the group



Games, Games and More Games

- Helps incorporate laughter and fun into what is often a very stressful situation
- Learning is facilitated at the same time
- Prizes allow us to provide items which our Moms are often unable to afford such as soap, toothpaste, baby clothes, blankets and food items
- Teams or partners encourage social connections and allows for varied literacy levels

Bingo!!!





Why BINGO ?

- Introduces new topics
- Great way to review a topic
- Great way to assess knowledge level
- Improves English skills (numbers beside words facilitate this)
- Each card is different and Moms work together to find words on their cards
- Allows needed items to be won



Breastfeeding Bingo

| | | | | |
|--------------------------|---------------------|----------------------------|-----------------|------------------------|
| Breaking the Suction (7) | Burping (15) | Motherisk (16) | SIDS (18) | Rooting (11) |
| Cracked Nipples (12) | LaLeche League (19) | Pillows (5) | Weaning (17) | Cradle Position (22) |
| Growth Spurt (25) | Air Dry (4) | free | Colostrum (26) | Football Position (20) |
| Let Down Reflex (27) | Areola (28) | Breast Pad (13) | Enough Milk (6) | Breast Pump (9) |
| Side-lying Position (21) | True (1) | Cross Cradle Position (23) | Vitamin D (2) | Latching (24) |



Prenatal Bingo

| | | | | |
|---------------------|--------------------|--------------------|---------------------|------------------|
| Cervix (29) | Toxoplasmosis (30) | Forceps (18) | Fundus (36) | Bloody Show (3) |
| Fetus (10) | Meconium (37) | Perineum (38) | Constipation (21) | Epidural (27) |
| Umbilical Cord (39) | Effacement (2) | free | Colostrum (28) | Prenatal (24) |
| Lochia (20) | Fontanelles (35) | Stretch Marks (31) | Episiotomy (6) | Uterus (25) |
| Heartburn (13) | Alcohol (17) | Vagina (26) | Amniotic Fluid (16) | Hemorrhoids (12) |



Other Bingo Games

- Health Bingo
- Nutrition Bingo
- Health Myths Bingo
- Anatomy Bingo
- Health Professions Bingo
- Postnatal Bingo
- Contraception Bingo

Cultural Practices



- A key curriculum component
- Allows misconceptions to be corrected
- Moms are eager to learn about Canadian practices
- Social connections are created as Moms share their own cultural practices

Unique Needs of a Culturally Diverse Group

- Dressing a baby in the winter
- Diapering
- Baby equipment
- Canada's Health Care System
- Lots of hands on teaching, use of teaching aids and posters as most Moms have English as their second language



Food is Always Good





Nutritional Components of our program

- A healthy snack
- Cooking demonstrations using foods that families are being given at our food bank
- Making baby food using foods that our families are eating
- Food identification game so that Moms can begin to get familiar with fruits and vegetables available in Canada
- Portion Size game where Moms actually measure out portions from all the food groups



Hands on Activities

- Grab box activities related to
 - What effects my Pregnancy
 - What to expect postpartum
 - Sun Safety
 - Childproofing your Home
 - What do I need when I am in Labour
- Bath demonstrations
- Demonstration of holding, carrying, burping and wrapping with real babies

Final Words from our Moms

- “I liked learning about how the health care system works here and where I can go for help!”
- “It is wonderful to have someone to talk to!”
- “The practical information like signs of labour beginning and how to bath my baby was so helpful for me”
- “Learning to eat healthy- especially more fruit and vegetables”





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Questions?

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