



Baby Coming
You Ready?

WISHING YOU A MERRY CHRISTMAS & Birak Season

Kaya. 2018 is ending and it's a good time to reflect and share our achievements.

Since we last spoke, we have officially launched the 'Baby Coming – You Ready?' research project. Training and the pilot will be phased in from March 2019. Our team have been busy developing the resources to support an integrative platform that meets the needs of Aboriginal mothers and fathers-to-be.

Every single element of this project has relied heavily on the generosity of the Aboriginal community and professionals sharing their wisdom, expertise and time in bringing 'Baby Coming – You Ready?' to fruition.

'Baby Coming – You Ready?' Launch

On the 4th September 2018, the 'Baby Coming – You Ready?' team celebrated with the Aboriginal community, key collaborators, children, families and health care practitioners.

Mary G carried us through the day. Aunty Margaret Culbong and the Koolungah (Children's) Choir welcomed us all. Followed by a magnificent traditional dance by the Doorum Dancers. There was not a dry eye in the room when Deanna Hoy shared her personal story about the need to change the perinatal mental health space.

Key Aboriginal members Aunty Cheryl Phillips (Elder Advisory Group), Averil Scott and Alison Gibson (Women's Advisory group), Mark Griffin and Danny Ford (Men's advisory Group) highlighted the intercultural process involved with designing and developing the rubric.

We were lucky to have Dave and Stephen Pigram serenade us after lunch. The young people got to play throughout the day. Traditional games and activities with many thanks to Nyoongar sports, Olman Walley and ACHWA who provided a Koobarniny (ear).



MEEKA FROM DOORUM DANCERS



AUNTY MARGARET WELCOMES US TO
COUNTRY



DEANNA HOY
EDNEY PRIMARY SCHOOL

Some Memories from the 'BCYR' Launch



Jayne Kotz 'BCYR' Project Lead and Senior Research Fellow



Cameron Quartermaine Doorum Dancers



L-R: Aunty Cheryl Phillips and Aunty Margaret Culbong with their Grannies who are part of the Koolungah (Children's) Choir



Aunty Margaret and the Koolungah (Children's) Choir



Daughter and Mother, Alison Gibson & Averil Scott



Attendees at the Burswood on Swan

"A huge amount of knowledge was shared along the way. It was an absolute pleasure and a privilege to be part of the discussions and hear the cultural wisdom of other people in the room, to share stories about the important work we all do."

- Alison Gibson

Principle Aboriginal Liaison Officer to the Ombudsman



Gail Gibson, 'BC-YR?' Project Officer with her Granny



***Baby Coming
You Ready?***



Mary G.



L-R; Tracy Martin, Melanie Robinson, Des Blurton



Alex Wardlaw, from the Aboriginal Health Council of WA (AHCWA)

Thank you to every person involved with this project! We simply could not do this without you!

Your contributions of time, support, expertise, wisdom, shared laughter and tears continue to humble us and remind us why this work is so important for the community. To all the Aboriginal communities, families, researchers, collaborators, health care professionals. Thank you and well done for your fabulous work.



L-R: Murdoch University Jennifer Radford, Prof. Rhonda Marriott & Carla De Gois



L-R: Eunice Bynder and Cheryl Biggs Boodjari Yorga Grandmothers



Mary G (Left) entertains us all with Jayne and Ketut's help



CACH Team, Joanna Hamilton, Karol Resuggan & Kylie Hart.



*The AHCWA team show their support for the launch!
Thank you all so much!*



Genevieve painting Ciennah's face



L-R: Prof. Rhonda Marriott, Des Blurton, Melanie Samuels and Jayne Kotz speak on a panel our 'BC-YR?'



Uncle Greg Phillips looks over the 'BC-YR?' brochure.



L-R: Jayne Kotz, Deanna Hoy, Aunty Eunice Bynder, Averil Scott, Alison Gibson & Des Blurton



Nyoongar Sports & Wellbeing: Tilman Lowe, Mark Griffin & Anthony Colbung (CentreCare)

COMING IN 2019!

'Baby Coming – You Ready?' Pilot

The 'BC-YR?' training is beginning in March 2019 and a staged roll out of the 'BC-YR?' pilot will begin over the following months. We've been doing a lot of work behind the scenes to make sure that Aboriginal women, Aboriginal men and families and clinicians are supported to create better outcomes for the community.

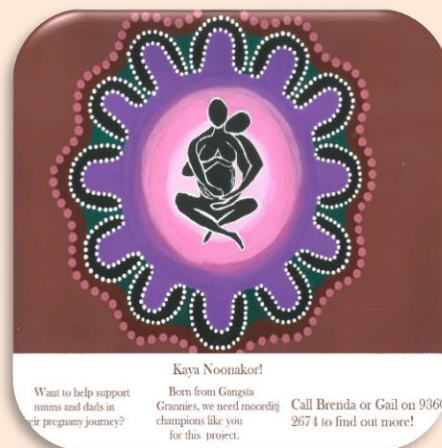
The 'Baby Coming – You Ready?' Clinician Training

The training has been developed as a pre-requisite to implementing the BCYR rubric to ensure we are all on the same page as we move forward in implementing the BCYR project. We recognise that every health care professional brings their own unique expertise.

The 'BC-YR?' training begins for midwives and child health nurses who will be piloting 'BC-YR?' after February 2019. This training will consist of 3 main phases including an eLearning module; face-to-face training with the 3rd and final stage being an online moderated self-reflective practice session where we will share what we have learnt, explored, what has worked for us and what could be improved for the future.

Baby Coming-You Ready?' is a digitised web-based rubric. Touch screen images enhance the relationship between non-Indigenous service providers and Aboriginal and Torres Strait Islander parents and provides an engaging culturally safe solution to the many barriers to effective screening and primary prevention currently available in the perinatal setting

Nifty Nannies



Artwork: Brenda Hill

A Grandmother program will be launched supporting new mothers-to-be during with an opportunity to receive guidance from an Aboriginal Elder during their pregnancy journey. Grandmothers will form a support network that connects a mother-to-be with a culturally safe community member.

Nifty Nannies has been instigated by Elders involved with the Kalyakool Moort project.

OTHER NEWS

Vicarious Trauma Training (SARC)

Fiona Mc Mullen and Madeline Anderson from the Sexual Assault Resource Centre (SARC) have been collaborating with the BC-YR? team to provide clinicians with [face-to-face Vicarious Trauma Training](#). The clinician feedback was extremely positive. Fiona and Madeline are kindly providing the team with support, insight and guidance to incorporate this important information into our online clinician training



Madeline Anderson and Fiona McMullen from SARC at the 'BC-YR?' Launch.

'BC-YR?' Rubric BETA Testing

In May the Lead Research Group (LRG) and the Women's Aboriginal Advisory Group (AAG) members came together to simulate a full 'BCYR' session. The afternoon spent at Edney Primary School with Aboriginal Mums and Dads generously sharing their time in a simulation with us. The feedback from humbling and overwhelming to the parents, researchers and midwives alike. [One of the Mums Tiahna Papertalk shared her experience here.](#)



Thank you to everyone who helped us BETA test the women's rubric!

We aim to build strong respectful relationships and engagement between Aboriginal and Torres Strait Islander and non-Aboriginal peoples as clients, community members, and organisations.

"It's good to know that you have the options to talk about things... Sometimes, you don't really know what you're feeling, and seeing the pictures helps you understanding yourself and your emotions..."

***Tiahna PaperTalk,
Mum***

Soroptomist International

The 'BC-YR?' team have been overwhelmed with the support received from the Soroptomist International who rallied together from clubs across Western Australia to support the project after Jayne spoke at their regional meeting in June 2019.

We extend our gratitude to the clubs from Maylands Peninsula, Rockingham and Fremantle for their support so far. We know the new Mums will be grateful for your support and well wishes!



Above: Photo 1: Soroptomist members Robyn Cain & Emma Potter at the Launch.

Photo 2: Soroptomist International Club of Fremantle members presenting Jayne with 300 blankets for new Mums.

Lotteries West Funding

The 'BC-YR?' team was grateful to be presented with a [Lotteries West Grant](#) by Yaz Murbarkai, MLA, Member for Jandakot on behalf of the West Australian premier. The Lotteries West funding has already assisted with our successful launch and will support the development and implementation of the Nifty Nannies, dedicated Grandmothers supporting sharing their knowledge with mothers birthing.



L-R: Jayne Kotz, Yaz Mubarkai, MLA, Member for Jandakot, Prof. Rhonda Marriott, Ngangk Yira Director, & Prof. Eeva Leinonen, Murdoch University Vice Chancellor.



This beautiful artwork is by artist Barbara Binder.
Ongoing support has been received Murdoch University Design.
Bronia Richards and Adam White.

Murdoch University and Ngangk Yira have a limited service period over the 21st December to 7th January over the Christmas and New Year period so we may be a little quiet for the next few weeks, but we so look forward to connecting with you in 2019!

Boorda!

From the 'Baby Coming – You Ready Working Team!'



L-R: Prof. Rhonda Marriot, Ngangk Yira Director; Gail Gibson – 'BC-YR?' Project Officer; Wen Chan, 'BC-YR?' Research Officer; Mary G; Brenda Hill, Project Officer & Ninny Nannies Liaison; Gabrielle Walker 'BC-YR?' Project Officer; Jayne Kotz, Senior Research Fellow and Project Lead. .

The 'Baby Coming – You Ready?' pilot is being supported through the generous funding provided by the Ian Potter Foundation, The Department of Health, Office of Nursing and Midwifery, Lotteries West, and WA Primary Health Alliance.

Many thanks to Midwives and health care professionals from Women's Health & Family Service; Moort Boodjari Mia (SJOG Midland); the Aboriginal Child Health Team at the Child and Adolescent Community Health (CACH); King Edward Memorial Hospital; Joondalup Health Promotion, Department of Child Protection, Aboriginal Health, Nursing and Midwifery Office (NMO), Murdoch University representatives, Boodjari Yorgas (Armadale Health Service); Ngala Health; Department of Communities; East Metro Health Service, Nyoongar Wellbeing & Sports for sharing your time expertise and wisdom. David Stanley. Jeda Harding & Carley Simpson from Utility Creative for coming over from Melbourne to help us go through the full process on I-pads. Deanna Hoy for liaising with parents and your ongoing support for the project.

To all our partners who provide daily reassurance and care for this project.

In-kind support is being generously provided by Murdoch University, Centre of Perinatal Excellence and Telethon Kids Institute.

For questions or if you need to get in touch with the 'Baby Coming You Ready?' team please contact Jayne Kotz on:

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Government of Western Australia
Department of Health
Nursing and Midwifery Office



WAPHA
WA Primary Health Alliance

