

*“A BUDDY
NEAR THE CRIB”*

Perinatal coaching for
underprivileged families

A buddy near the crib

- Kick off in 2015
- Based on research
- Nursing & midwifery
- Elective course
- 6 credits (2x3)
- 2 years



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Buddy staat naast de wieg van kwetsbare gezinnen

De Thomas More Hogeschool in Turnhout gaf het startschot van het project Buddy bij de wieg. Studenten vroedkunde en verpleegkunde ondersteunen een kwetsbaar gezin tijdens de periode van de zwangerschap tot de eerste verjaardag van het kindje.

Bart Van den Langenbergh

Woensdag 17 juni 2015 om 21:39



The idea of a buddy

Future midwives and nurses take up the role of buddy in distressed underprivileged families during **pregnancy, birth and young parenthood**.

A buddy is a student who will voluntary **support and coach** a family to become more **independant** and **self reliant**.

A buddy will not provide health care, but be a **facilitator** towards health care.

Together with the families they will look for **solutions & create optimal chances** for the baby.



Did you know that...

In Flanders, **more than one child in ten** is born into a family living below the poverty line!



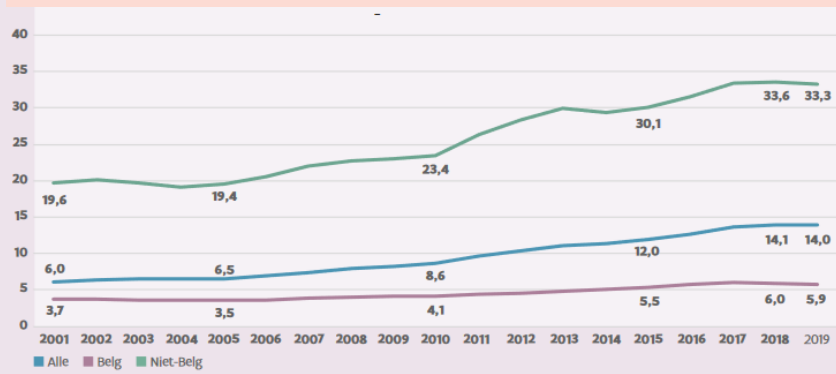
14 procent van de kinderen in Vlaanderen groeit op in armoede. ©BELGA

Child poverty index %



Bron: Kind en Gezin

Evolution of the deprivation index of the Flemish region according to the origin of the mother



4.14 Evolutie van de kansarmoede-index sinds 2001 naar origine van de moeder - Vlaams Gewest (percentage)
Bron: Ikaros/Mirage - registratiesysteem Kind en Gezin



Deprivation & Poverty

- Difficulties in finding access to pre-, peri- and postnatal care within the Flemish context
- Influence on outcome for mother and baby
- Children are less likely to be in good health & develop normally

Added value



Family:

- Fighting early childhood **poverty**
- **Connecting** families with all existing health care providers
- Responding to the possible **needs** (participation and empowerment)

Student:

- Improving **professionalization** of the students involved (autonomy)
- Develop **specific competencies**
- Learn to act as a **multiplier** to their colleagues

Organisation

BUDDY's



Perfect match

Selection



14 h of training

Preparation



24 h
intervision-
supervision

Support

Deprived families

Family selection
via
civil organisations

Informed consent
-
Rights and commitments

Family support
- Weekly contact (SMS, What's app, Messenger, mail, ..)
- Every 2 weeks live contact

5 areas:
Informative
Practical
Organisational
Referral
Emotional

Evaluation

Logbook

Process evaluation (during intervision with teacher)



Challenges

Building a trustful relationship and capacity building takes time - and sometimes individual health care has no time

Difficulty for students to handle priority issues: basic conditions (housing, eating, heating) first versus care first?

Language barriers



**KEEP
CALM
AND
BE A
BUDDY**



Thank you!