

Annual Report 2009-2010

Dear Families, Colleagues, Volunteers and Friends,

Welcome Baby is completing one of our busiest years ever. We offered more programming than ever before, including new courses: the Incredible Years for Parents with Babies, and the Circle of Parents. With these additions, we are currently offering six different parent support and family literacy options that are grounded in the best evidence-based and promising practice research for young children available today.

Why offer research-based programs to families? Because they work. In an analysis of our participants, the Frank Porter Graham Child Development Institute showed that families that had completed the Incredible Years Basic Parent series experienced a remarkable decrease in the frequency of their children's disruptive behavior. For example, parents shared that their children were more cooperative about bed time, had fewer temper tantrums, fought less with friends and siblings, and completed chores. Parents also learned new tools and put them into practice.

Participating families reported more use of positive parenting tools (e.g., praising or complimenting the child and providing extra privileges for doing a good job) and use of clear expectations. Parents also reported a decrease in their use of yelling and spanking and better follow-through with discipline.

The bottom line is that better parenting skills contribute to a close, healthy bond between parent and child and research shows that children with solid social and emotional footing perform better in school and later in life. A report on the Incredible Years demonstration project is available at <http://dpfc.net/Admin/uploads/photos/Documents/reports/FinallyBrief.pdf>

In addition to our expanded parent education offerings, Welcome Baby is still a resource for practical assistance with car seat safety, gently-used children's clothing, and community resource and referrals. This year 398 parents attended car seat safety classes and learned how to properly install seats. Participating families received additional 475 safety seats. Over 900 families received clothing assistance. Staff connected families with over thirty different community resources. We also continued to support families with a new babies by making 2600 visits to Duke and Durham Regional hospitals to distribute resource packets. Nearly 7000 families received our Welcome Words developmental newsletters throughout the year.

*Another exciting project that enabled us to reach more families is the East Durham Children Initiative—a new community effort modeled after the successful **continued** →*



About Welcome Baby

Welcome Baby is a program of Durham County Cooperative Extension and Durham County Government, supported by funds from Durham's Partnership for Children, a Smart Start initiative, the NC Office of Community Programs and the GlaxoSmithKline Foundation in collaboration with the Center for Child and Family Health. Services are available to interested Durham County families with children ages birth-5. We provide a range of services from car seats and free clothing; workshops for parents; lending library; volunteers who call parents of newborns and discussion groups. For more information or to be added to our mailing list, please call us at (919) 560-7150 or visit our Web site at www.welcomebaby.org

Welcome Baby—a Durham resource for parenting young children



Harlem Children's Zone. The project is designed to improve school readiness and educational outcomes for children from Pre-K through college to career. With our Incredible Years program partner, Healthy Families Durham, we have had the opportunity to meet and work with dedicated community members and offer classes through a parenting college at Antioch Baptist Church and the Y.E. Smith Elementary School. Our work in East Durham has been supported through two new funding sources, the NC Department of Community programs funded four targeted Incredible Years series and the Glaxo Smith Kline Foundation is supporting the Incredible Years Baby series. We are grateful for the additional grant funds.

Welcome Baby is also grateful for our community partners and friends. Durham Mothers Club kindly donates the proceeds from their annual bake sale to us. The Red Hen Consignment Store helps keep our Giving Closet stocked. The Kids Connection and our friend, Lori Barbier of Healing Waters, Healing Hands made terrific diaper donations. The ladies of Clickin' for a Cause and our friend, Kay Simpson donate lovely hand-knitted hats, booties and blankets.

Volunteers make a big difference to our capacity to get the work done. This year volunteers contributed 2672 hours to assist with childcare, giving closet, peer phone support and hospital visits. Services valued at over \$50,000! Two Welcome Baby volunteers, Nikki Carter and Jane Rosemond, were recognized at the 2010 Key Volunteer Recognition and Luncheon.

We also are grateful to our Advisory Committee that lend both time, energy and expertise to help improve our programming. Members include Joanne Liddle, Chairperson, Karine Stallings, Rachel Cummings, Rebecca Romaine, and Wendy Burnette.

Welcome Baby has a wonderfully talented and committed staff. All of them take advantage of development opportunities to bringing the best services to families. WB staff member, Kimberly Ingram is the first and only certified Incredible Years Parent Trainer in North Carolina. Evelyn Rojas, Latino Parent Educator, is now a certified parent education through NC Parent Educators Network and is working on her Incredible Years certification. Our wonderful Newborn Support Coordinator, Anne Drennan, retired after training and organizing parent support and hospital visits for the last nine years. In recognition of her outstanding work in family support, Anne was recognized by Durham's Partnership for Children as a 2009-2010 Champion for Children.

We look forward to another year of working together with you and your children. Your input on ways we can improve the programming that we offer is always welcome. Give us a call at 560-7341.

Warmest Regards,

Pat Harris, Program Coordinator

WB Staff Members: *Von Brown-Volunteer Coordinator, Carmen Cone-Latino Parent Educator, Nestor Gonzalez-Car Seat Instructor, Kimberly Ingram-Parent Educator, Patience Mukelabai-Parent Educator, Carmen Reeves-Latino Newborn Support, Theo Roddy-Program Aide, Evelyn Rojas-Latino Parent Educator and Deborah Waterman-Office Manager*

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Welcome Baby Family Resource Center

NC Cooperative Extension

721 Foster Street

Label Here

