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| **ISA ISPID  Abstract Submission  Nº: 245**   |  | | --- | | Topics: **Implementing best practices** | | Type: **Poster** | | **Yummy 2B Mummy** | | **Volpi-Wise, M.A**1 *1 - Manager Prevention Services SIDS and Kids.* | | **Results**Participants fall predominantly within the 18 to 25 age category. Qualitative data demonstrates participant expectations are met showing particular interest and knowledge identification in the area of creating the safest possible sleeping environment for their child as well as identify the importance of caring for themselves both physically and mentally after child birth. Men feel included in the experience and often nominate themselves when performing learnt behaviours, such as safe wrapping and co-sleeping techniques. Participants enjoy  not only the educative facet of the program, but also what they take away from the experience, such as the Belly castings, nutritional lessons and baby bundles.  **Conclusion** Pregnant women are the cornerstone to the health of future generations. With a significantly higher infant mortality and morbidity rate, there is a need for alternate and innovative approaches to supporting healthy pregnancies and infant care in Aboriginal communities. The Yummy 2B Mummy program empowers young Aboriginal mothers with the knowledge and skills to influence a healthy pregnancy and strong baby and thus contributing to the future generations of strong and healthy Aboriginal children. | |  |  |  |  | | --- | --- | | **CONTACT** | | | Name: | **M.A** | | Lastname: | **Volpi-Wise** | | E-mail: | **monniavolpiwise@sidsandkids.org** | | Country: | **Australia** | | Institution | **Manager Prevention Services SIDS and Kids** | | Cellphone: | **6104 58888021** | | City: | **Perth** | |