



# Services to New Parents

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How libraries can engage new parents  
to create a community of families  
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# About me

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- My name is Eleni Glykis (pronounced E-Leh-Nee Glee-kis).
- Director of Red Bank Public Library
- Rutgers Alumni
- Mom of Penelope



# Why New and Expecting Parents?

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- New parents present an opportunity for high engagement.
- New parents have a number of information seeking needs.
- A 2015 study found that librarians and libraries were not used and considered not important and not every useful by new moms.

# What are some information needs of new parents

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- Pregnancy, prenatal care, childbirth etc
- Health concerns relating to their new child
- Postpartum resources
- Child Rearing Concerns
- How to be a good partner
- Government and community programs
- Employment
- Legal assistance
- STDs/HIV
- Birth control

The good news is.....

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You're already providing  
services that fulfill these  
needs

# Existing Services

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- Storytimes
- Fitness Classes
- Job Searching
- Reference Services
- LibGuides
- Books and other materials

# Storytime for New Mothers

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Essex Libraries in the UK designed a program that focused Storytime around adults. During the session, the focus was shifted from the benefits of storytime for children, but to the effect storytimes had on the mental health and well-being of mothers. The workshop allows parents to take part in a story time for children, but parents will learn evidence based modifications and the effects these had on the mother's well being. Researchers found that the storytimes promoted feelings of achievement, enjoyment from social interaction and structure to the mother's days and reassurance seeing other children's developmental stages and also gave mother's a sense of pride and confidence.

# Stork Storytime

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Stork storytimes are just like regular story only it is done even before the baby is born.

Stork storytimes try to set a routine to present the notion that parents are the first teachers and helps parents get accustomed to reading aloud.



# Community Baby Showers

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A number of libraries around the country provide community baby showers for new or expecting parents. These programs typically include:

- Representatives from various health, community, social services and government organizations present to assist parents
- Introduction to baby story times
- Giveaways or free prizes
- Clothing and item exchanges

# Parent and Baby Yoga

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This class allows the baby and parent to relax, stretch and build the parent-baby bond. Baby yoga classes encourage brain development and stimulate senses while also incorporating some songs during the class.



# Expanding homebound Delivery

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Homebound delivery is a service used to bring books to those who are permanently unable to come to the library due to illness, individuals in nursing homes and more.

Some Libraries also offer Kids Book Bags programs, where materials for new babies or kids who are sick, the Kids Book Bags program is a pick up program where parents can fill out information for their families and have materials saved for them and/or delivered.

# Books for Baby

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Is a program offered by Quebec libraries. It encourages new parents to register new borns at the library. At the time of the registration, they obtain a gift bag including a book for toddlers, reading tips as well as a magazine intended for new parents. This program is a great success and makes it possible for young families to join and know the services offered at the library

# Books for Babies

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Books for Babies kits containing appropriate materials for parents and baby are available from United for Libraries. Each packet includes the following items, assembled in an attractive plastic bag:

- Babies Love Books guide for grown-ups, a delightful full-color, multicultural booklet about how you can read to your children anytime, anyplace.
- Books for Babies full-color brochure with reading tips.
- Baby's First Book, an attractive board book selected specifically for babies. Title may vary and is subject to change.
- A bookmark with tips on reading to babies.
- Raising a Reader, Raising a Writer, a brochure from the National Association for the Education of Young Children (NAEYC).
- Baby's First Library Card to be taken to your library to exchange for the real thing.

# Family Reading Partnership Kits

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- Made available to every child born in Cayuga Medical Center
- Kit contains a new sturdy board book at birth and information about reading to babies tucked into a red canvas book bag
- Babies who are welcomed into a family through adoption or home birth can pick up a bag with books and materials at any library in the county.
- Family Reading Partnership teamed up with libraries in 2014 and was able to connect with local libraries, kit has grown to include butterflies, magnifying glasses and more.

# Parent Packs

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Like Books for Baby or Books for Babies, Parent Packs by the Daniel Boone Regional Library are not to keep, but rather circulating. Each kit contain

- "The Expectant Father: The Ultimate Guide for Dads-To-Be" by Armin Brott
- "Parents Need to Eat, Too" by Debbie Koenig
- "Pregnancy From Preconception to Birth" by DK Publishing
- "The Mama Natural Week-By-Week Guide to Pregnancy and Childbirth" by Genevieve Howland
- "60,001+ Best Baby Names" by Diane Stafford
- "Yoga for Your Pregnancy" DVD
- 1 yoga block
- 1 yoga strap

# Parent/Child Workshops

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a five week program that involves toddlers and their parents and caregivers; features local professionals who serve as resources for parents; emphasizes the role of parents as the first teachers of their children; facilitates early intervention; and teaches strategies for healthy child development and early literacy.



# Birthing/Childcare Classes

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- Meet the Doula Night: Meridian District Public Library hosts a meet the doula night. Doula provide support to pregnant people and their families before, during and after childbirth. The Library provides the Meet the Doula class quarterly for information and an opportunity to meet the doula.
- Becoming a Mom: Atlantic City Free Public Library provides classes in both English and Spanish on how to become a mom. The classes are for pregnant mothers and focus on caring for oneself when pregnant, labor and delivery, child rearing, etc.

# New Parents & Infants Support Group

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Offered by the Ossining Public Library these support groups allow parents to come and go as they wish. The groups feature a certified post partum doula. The classes. The Support groups offer companionships, community advice or information, support for new pregnant women and a house on the water

# Whoa, Baby!

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Eastside Branch Public Library offers the Woah Baby program. Started by a former librarian who decided to leave her job and stay at home, the program follows a loose structure, discussions are group led and center on topics that want to be discussed by the members attending. The program follows an informal structure

# Baby Cafe

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At the James V. Brown Library in Pennsylvania – This group is a safe, child-friendly environment facilitated by a board-certified lactation consultant. Exchange tips about breastfeeding, receive breastfeeding support and discuss parenting concerns with other moms. Mothers are encouraged to bring babies. Free weight checks for baby are also provided.

The James V Brown Library also offers prenatal classes, baby weaning support classes and

# Outreach to new parents

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- Visit local pediatrician and Ob/Gyn offices.
- Partner with a local hospital and their labor and delivery unit.
- Advertise in mom groups either on social media or in the paper
- Present programs at local WIC or SNAP offices
- Partner with local day cares