

FEEDBACK TO PARENTS & COMMUNITIES

Sharing the evaluation and resource development story for Maternal Early Childhood Sustained Home-visiting (MECSH)

MECSH was a program for families to support parents with little babies. Parents in MECSH got support from a nurse to feel good about themselves as parents, learn about what babies need to grow up strong and healthy, and make plans for the future for their family.



In 2021-2023 we talked with 198 parents in remote communities about the MECSH program to hear what they liked, and feedback to make MECSH better. We listened to parents' stories about what it is like to care for kids in their community.

Thank you to...

Jawoyn Yolngu
Mara Ngalakan
Mangarayi Gurindji
Ngarinyman Walpiri
parents

mums want to talk about their worries with someone they trust

dads need more support as parents

mums and families need extra help to get the things they need like Centrelink, healthcare & housing

mums liked having information about how babies learn and grow

dads liked learning new things about the baby too

dads like hearing and sharing stories with other dads

most mums (83%) trusted their MECSH nurse 'a lot'

family, language, country and ceremony are very important to growing up kids

it is good to have a special support person just for mum

Stories from parents



Thank you to our partner services: Miwatj Health Aboriginal Corporation, Katherine West Health Board & Sunrise Health Service. For more information about this study contact danielle.aquino@menzies.edu.au

What did we do with these stories?

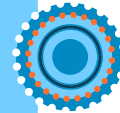
We looked at how the program was going, and looked at all the parents' stories together.



- We wrote reports for the health services and NT Government.
- We published papers.
- We worked with the health services, communities and parents to make new resources for the program.

We found out programs in remote NT communities need to:

- Follow mum's lead
- Ask about her worries
- Connect families to what they need
- Take time
- Build trust
- Encourage parents
- Build on family strengths



We made new books, videos, picture cards & activities based on what parents said they liked and what support they wanted

Together we made:

a comic book for dads to think about what they want for their family

a storybook for parents to hear how parents nurture their little ones

picture cards to talk about raising kids and how to help them feel safe and loved



and these...

a cartoon to show what the MECSH program is about

videos and fictional case studies for training new staff

a conversation starter to talk with families about their hopes and dreams for the future



Find out more at our website

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