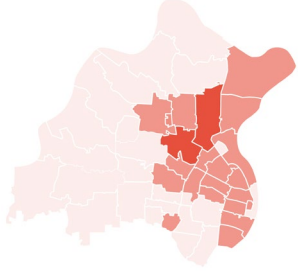




North Star

Zero racial disparities in infant mortality by 2033.

High Infant Mortality Zip Codes




63121, 63136

■ Priority Zip Code Served

■ Priority Zip Code

How much did we do?

 **19**
Parent participants

 **6**
2-Hour parenting workshops

Workshop Topics




- Self-Care Prenatal in the Womb
- Reading From the Start
- Safe Sleep
- Bonding
- Co-parenting
- Self-Care Postnatal

Program Description

This FLOURISH grant funded the "Let's Talk, From Partners to Parents!" project at S.T.A.R. For Early Childhood Educators Inc. The purpose of this grant was to bring awareness to the Black and Brown community about maternal and infant mortality rates. Additionally, this project provided resources and tools to both the mother and the father which allowed them to effectively communicate and strengthen their relationship for the well-being of the child. This program occurred between April 2021 and September 2021.

Priority Areas

FLOURISH Community Leaders Cabinet identified priority areas they believe will have the most significant impact on improving conditions for Black families. Infant mortality is a complex issue that can't be solved by one organization alone. Below, you will find population level data where FLOURISH is contributing to changes for Black families alongside other organizations. STAR Inc. is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH Priority Area	Category of Work	Population Level Data
 Social Determinants of Health	Education & Resources	▪ Access to Resources

FLOURISH uses a **results-based accountability** model of evaluation, because it helps show how collaborative efforts can make an impact on reducing disparities in infant mortality. We focus on how well programs address root causes of the issue and whether Black pregnant and parenting families are better off.

How well did we do it?



of parents attended **5 out of 6** workshops



of parents **increased skills** as a result of the workshops



of parents were **connected to** as resources they needed to thrive

Is anyone better off?

Parents experienced improvements in:

- Sense of self-worth
- Communication skills between co-parents
- Parent and infant health
- Economic daily conditions
- Ability to self-advocate and choose the direction of their health care experiences
- Infant vitality

Parent Experiences

An expecting mother during the prenatal session, asked how to go about choosing birth center, make a pregnancy plan, and choose a different obstetrician. The presenter was a doula and she answered all of her questions and the mother stated, 'you're better than Google search!'

A participant was listening to the presenters speak about strategies and skills she uses to co-parent. The presenter focused the first engagement on not using children as a force to hurt the other parent. As the participant listened, she admitted how she didn't allow the girlfriend of the father to see her child. She said "this class has given her a completely different outlook on outside relationships and how they could help her child not harm her child."

A father was in the postpartum class and given info about birth control, menstrual cycle, postpartum depression, etc. At first, he was uncomfortable, but the presenter told the men they needed to know these things to help the mothers of their children or their daughters. The father said, 'I never looked at it from that perspective, my daughters will have to go through this, and I need to know how to help them.'



Highlights & Learnings



Parents were open to have better relationships and see the other parent's point of view and concerns differently.

We learned from our project that everyone just needs an opportunity to be heard in order to heal! Also, people need to hear from professionals to receive info they didn't know they needed in their lives. We're very proud that we were able to bring this to our community and can't wait to do it again! We have a waiting list!

Community Resources



Bridge the gap between family needs and community resources for parents of newborns



Provide an enrichment program that supports parent and child's mental health and wellness



Address stress by empowering parents to strengthen their relationships with the co-parent



Equip parents with best practices and skills to make sound decisions to increase child-wellbeing

Partnerships



Infant Loss Resources

SUPPORT FOR FAMILIES | EDUCATION FOR CAREGIVERS



Ready Readers
Kids Who Read Succeed!



DA HOOD
ALKS
Podcast



FLOURISH St. Louis, an infant mortality reduction initiative powered by Generate Health, is bringing together people and organizations across the region to fix the systems that impact the health of Black families. This organization received a FLOURISH grant which was funded by Missouri Foundation for Health.