

# WHAT IS Babies' Best Start?

Babies' Best Start is for pregnant and parenting women with children 0-6 years of age. We support mothers of any background and there are no fees to join or attend programs.

We offer a variety of services including educational groups, nutritional support, social support, referrals, parenting strategies, and more.



## PARENTING WORKSHOPS

Pre-Registered programs such as, Circle of Security, Traditional Parenting, Active Parenting, and Nobody's Perfect. Groups vary throughout the year, please contact the office for current programs.



## EXAMPLES OF GROUPS TOPICS

- Children's Literacy
- Labour & Delivery
- Starting Baby on Solid Foods
- Breastfeeding Support
- Kindergarten Transitions
- Parenting Support
- Newborn Care
- Temper Tantrums
- Postpartum and Mental Health
- Safety and Baby Proofing
- Bedtime Routines
- Picky Eaters
- Food Budgeting
- and much more!

“

I've learned so much from all the groups that BBS offers; knowledge that I wouldn't have received elsewhere. It is an amazing resource that everyone should know about. The fresh food bag program has provided so much to our family and we are so appreciative that it's offered.”

## LITTLE CHEF'S

This fun program is geared for children ages 2-5. Every Little Chef's program has a fun theme that includes stories, crafts and making a yummy recipe with their parents!



## COOKING CIRCLE

Cooking Circle is a opportunity to expand your cooking expertise and nutritional knowledge. During Cooking Circle, parents get to cook, sit down and enjoy the meal together. Clients learn new skills, create a delicious meal and visit with each other.

## FRESH FOOD BAG

We partner with a local grocery store to order large amounts of fresh fruits and vegetables for our Fresh Food Bag Program almost every month. Eligible clients pay only \$10, and Babies' Best Start pays the rest and handles the ordering, purchasing, packaging and distribution of the bags.



## CULTURAL



During this group you learn how to make traditional items. You will be given a teaching on it's history and value in indigenous culture. Learn how to make Medicine bags, Moccasins, Drums and more.



## DONATION ROOM

Our donation room is filled with:

- Baby and toddler clothing
- Maternity clothing
- Diapers and wipes
- Toys
- Books
- Baby Gear (highchairs, tubs, blankets)

We are accepting donations of Diapers, wipes, formula, clothing and baby gear.

## VOLUNTEER

Please call 780-533-2347 if you are interested in volunteering in the Babies' Best Start program.



## LOCATIONS

Grande Prairie  
Sexsmith  
Clairmont

Grovedale  
Valleyview  
Wembley



Funding is provided by Public Health of Canada's CPNP and CAPC Programs. Babies' Best Start is sponsored by the Grande Prairie Friendship Centre.

“They are always there no matter what. I can call or email about anything not just about the programs but life. All the staff are amazing and treat you like a person and not just a client.”

## CONTACT US



780-533-2347



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# The Babies' Best Start Program

This CONFIDENTIAL Program offers non-judgmental support, education, & advocacy for pregnant and parenting women of all ages and cultural backgrounds.