



Kiwaniis®



Here's your "All You Need" guide to planning and carrying out your own Kiwanis Healthy Baby Shower

Hosting A Baby Shower



All babies deserve the best start possible. By hosting a healthy baby shower for expectant parents in your community, your Kiwanis club is providing more than just diapers, essential baby supplies and health care information - you are showing parents support and giving them the confidence that they can be good parents. You are making them aware of how important nutrition and healthcare are to a baby's brain development. You will be helping parents raise bright, healthy children!

Identify the Guests of Honor

Contact local agencies that provide support services to pregnant women or new parents with limited income such as pregnancy help centers, prenatal clinics, WIC program, Visiting Nurse Association, Head Start, family homeless shelters, health department and/or a high school with a program for teen parents. Ask agency representatives how many pregnant women the agency serves and if they are willing to partner with Kiwanis to sponsor a community baby shower.

Determine Scope of the shower

Depending on your club's resources, you may decide to hold a shower for just a few families with many needs or provide a few key items to a larger number of families. In 2018, Divisions 13 and 16 Kiwanis Clubs held four community baby showers for a total of 41 families

participating. Each family received a "Healthy Baby" backpack with the Kiwanis logo on it. The backpack contained a digital thermometer, newborn diapers, baby bath supplies, swaddle, a soft doll, a Kiwanis child development calendar plus other essential items. The cost of each bag and gifts was \$100.



Make a budget

Once you have decided how many families you will "shower" and how much money you can spend per family, create an itemized budget. See attached Healthy Baby Shower Shopping

List for recommended items.

Determine the location and date of shower

You will want to hold the shower in a neighborhood where families with limited incomes live. Churches and libraries will often let you reserve a large room, including tables and chairs, for free or a nominal fee. If you plan to serve food at the shower, you will need a facility with a sink and refrigerator. A good rule of thumb is to have the location within walking distance of a WIC clinic, food pantry or a location where transportation is available.

Plan the educational component of the shower

Community baby showers are the ideal opportunity to hold discussions with parents-to-be about prenatal nutrition, food safety, breastfeeding, infant nutrition, infant brain development and/or other health and safety issues. Contact your local Extension office, WIC program, hospital or high school for potential presenters. A suggested script for an informative, fun and lively shower is attached.

Get help from community partners

Contact agencies, community groups, and vendors to see if they would be willing to donate money or baby items to the shower. Obtain brochures from various agencies, such as WIC, Head Start, Count the Kicks (free app for your phone Count the Kicks!), libraries, childcare referral services, etc so you can set up an "Informational Literature" table at the shower. New parents are eager to learn about the local services available to them. Your Kiwanis club could also put together a folder of useful resources for each family (with a Kiwanis logo on it).



Invite your guests

You might be able to depend on a single agency to invite your guests. For example, the Division 13 and 16 clubs partnered with the Young Women's Resource Center (YWRC) for one community shower. The YWRC invited 15 pregnant women who attended the center as well as providing a large room, decorations, etc. The agencies involved can take reservations for the shower or the moms-to-be can call for reservations. The Central Iowa Kiwanis clubs partnered with the Polk County Extension office which provided a staff person to take shower reservation calls.

The person taking the registration calls should record the following information:

- Full name
- Address
- Phone Number
- Email
- Expected due date



- Food Allergies (if food will be served at the shower)
- Number of guests the mother-to-be will bring (suggest one)
- Number of children (if child care is provided)
- Special needs (e.g. if mother is expecting multiples, speaks a language other than English or needs an accommodation for a disability)
- How mother-to-be found out about shower

The day before the shower, a volunteer needs to contact the guests to remind them of the day, time and location of the shower. On the day of the shower a volunteer should check in the registered guests.

The person in charge of the registration should be aware of the number of guests determined in the budget. They might need to start a waiting list if the number of callers exceed the number of guests determined in the budget.



Publicize the shower

If your club is not partnering with a specific agency, you can send group emails with attached shower invitations to agencies that serve pregnant women with low incomes. Social media is a great way to reach young parents-to-be but be sure to target low-income families.

Organize the shower

Divide tasks among your committee members. One person can order gifts, another can purchase gift bags, tissue paper and ribbon and have club members wrap the gifts at a meeting. Division 13 and 16 clubs dispensed with gift bags by simply placing all the gifts in the backpack.

Assign at least three people to set up the shower at least an hour in advance. Decorate the room with streamers or other baby shower decorations.....make it a happy, fun environment! Don't forget table cloths, disposable plates and flatware if food is being served.

Plan a healthy meal or refreshments for the shower. You may consider serving a salad made with pre washed dark green leafy vegetables and low fat dressing, whole grain crackers, fruits, low fat flavored yogurt, whole-grain granola, low fat milk, fruit juice, flavored sparkling water and/or sandwiches made with whole grain buns, lean chicken, turkey or egg salad. Guests can serve themselves at a buffet table. Avoid cake, candy, ice cream and soda pop. Remember that deli meat is not recommended for pregnant women because it can be a source of food-borne illness. Keep meats and dairy products cold.

Assign a person to welcome each guest at the door, check the guest's name against the registration list and usher the guest to his or her seat. If children are allowed at the shower, they should be directed to another reserved room where a volunteer or paid child care provider can engage them in activities.



Develop an agenda for the shower. Plan the shower activities so that guests may eat, chat with one another, listen to the speaker, engage in educational activities, and receive and examine their gifts all within the two hour shower. Allow time to explain and/or demonstrate how to use the gift items, if necessary (digital thermometer, swaddle, etc).

Develop an evaluation survey and allow at least 10 minutes for the guests to complete it at the end of the shower. You will want to find out what your guests learned and their comments on the food, activities and gifts and if they would recommend the shower to a friend.

Have guests sign a photo permission form so you can take photos during the shower (attached).

After the shower

Hold a post-shower meeting to discuss the evaluation surveys and identify what went right or wrong with the event. This will help you in planning future showers. Write thank you notes to everyone who helped with or donated to the shower. Send photos and evaluation summaries to your community partners, the local newspaper and the NE-IA Kiwanis District Office.



Healthy Baby Shower Gift Ideas

Bathing

Bath tub Baby towel Baby washcloths Bath books

Feeding

Nursing pillow Burp clothes Bibs Baby spoons

Baby bowls Sippy Cups

Entertainment

Books Music player Toys

Toiletries/First Aid

Digital thermometer Diaper rash ointment

Baby Shampoo

Nail trimming set Soft hairbrush Bulb syringe

Hand sanitizer Teething rings Pacifiers

Other Gift Ideas

Diaper bag Diapers Wipes Gentle laundry soap Swaddle

Car seat Stroller Sling Bouncy Seat Clothing

Baby proofing

Outlet covers Cabinet latches Window blind cord keepers

Furniture corner covers Knob guard





Kiwaniis®

CONSENT AND RELEASE For voice, video and photography

Participant: _____ Date of Birth: _____

Name of Parent/Guardian (if Participant is under the age of 21): _____

Kiwaniis Club: _____

In return for being permitted to participate in events sponsored by or connected to Kiwanis International, Inc. ("Kiwaniis"), I agree to allow Kiwanis to use the following for any purpose whatsoever, and in any media throughout the world, including, but not limited to, publication in newspapers, magazines and other print and electronic media (including Kiwanis-affiliated websites):

- my first name my last name my voice my photograph and/or film footage that includes me
- the photographs, film footage, artwork or other works created by me and described on Exhibit A (the "Works")
- the following biographical material related to me (please specify - age, school, state of residence, etc.)

The information marked above, including the Works, shall be collectively referred to herein as "My Information."

I release, discharge and hold harmless Kiwanis and its respective affiliates, directors, officers, licensees, sublicensees, and agents from and against any and all claims and liabilities based on or arising out of the use, reproduction, transmission, display, publication, print or dissemination of My Information as authorized by this Consent and Release, including, but not limited to, any and all claims of copyright infringement, libel, defamation, invasion of the right of privacy or infringement of the right of publicity.

I waive any right to inspect or approve any publication or medium in which My Information may be used pursuant to this Consent and Release.

I represent and warrant that I am the owner and creator of the Works, and that the Works do not and will not, in whole or in part, infringe upon the intellectual property rights of any third party or misappropriate the trade secret or violate the privacy or publicity rights of any third party.

This Consent and Release is effective from the date set forth below in perpetuity and shall be binding upon my heirs, successors, assigns and legal representatives, and shall inure to the benefit of the legal representatives, licensees, successors and assigns of Kiwanis.

This Consent and Release: (i) shall be construed in accordance with and shall be governed by the laws of the State of Indiana; (ii) may not be amended except in writing signed by both parties; and (iii) constitutes the entire agreement of the parties hereto with respect to the subject matter hereof.

I warrant I am over the age of twenty one (21), that I have read this Consent and Release, and that I understand and agree with its terms.

Signature Date: _____

Printed Name

Street Address City State Zip

CONSENT OF PARENT OR LEGAL GUARDIAN

I am the parent and/or guardian of the above-named Participant, who is aged _____. I have the legal right to consent to and do consent and agree to the terms and provisions of this Consent and Release.

Signature Date: _____



Printed Name

Street Address City State Zip

Exhibit A -- Works [insert description of Works here] _____

