



A program of the



## Early Learning Coalition

Altgeld Gardens | Concordia Place | Golden Gate | Riverside Village

# ALTGELD-RIVERDALE PARENTING PROGRAM



## THE ALTGELD-RIVERDALE PARENTING PROGRAM

To sign up for the  
Altgeld-Riverdale Parenting Program  
please contact:

Program Director  
Shavon N. Parker  
773.474.7224

Doula  
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773.474.7250

Family Support Worker  
Paris Anderson  
773.474.7260

**Main Office:**  
Jadonal E. Ford Center  
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Providing free support to expectant  
mothers age 21 and under in:

- Altgeld Gardens
- Concordia Place
- Golden Gate Homes
- Riverside Village



# WHAT IS A DOULA?

A woman professional trained to provide non-medical support to an expectant mother and her family to enhance her childbirth experience.

## WHAT IS THE ROLE OF A DOULA?

A doula provides reliable information and hands-on support to help a new mother's transition to parenthood.

Doulas make weekly or bi-weekly visits to the home and hold prenatal group discussions to help new mothers know what to expect during pregnancy, labor, and delivery.

Services include:

- Prenatal nutrition advice
- Comfort measures during labor and delivery (breathing/relaxation)
- Breastfeeding (coaching)
- Child bonding and learning support

## WHAT IS A FAMILY SUPPORT WORKER?

A professional trained in child development and family strengthening who supports new mothers and their infants in the home.

## WHAT IS THE ROLE OF A FAMILY SUPPORT WORKER?

- Makes regular in-home visits and holds new parent group discussions
- Provides support and problem-solving help for new mothers and their babies
- Plans fun activities for new moms and their children to do together
- Helps new moms balance their role as parents while working on personal goals, such as completing high school
- Assists parents in scheduling vision, hearing, and developmental screenings for their children

## ALTGELD-RIVERDALE PARENTING PROGRAM BENEFITS:

- Provides emotional and physical support for new mothers
- Increases mother-baby bonding
- Helps new mothers make informed decisions
- Supports the emotional needs of women
- Helps babies develop physically, mentally, and emotionally

