

## AUDIO RESOURCES FOR IMMIGRANT AND REFUGEE PARENTS

### Background

For the past year, the Audio Resource Committee of the Alberta Network for Safe and Healthy Children has been developing an audio parenting resource for immigrant and refugee families. The rationale is that new Canadians may be:

- unable to afford translated materials
- illiterate in their first language
- too busy to read print materials.

In a 2008 survey, we asked various Alberta organizations involved with newcomers about suitable content and languages for our project. They recommended content related to babies and toddlers. Of the 25 languages requested at that time, the most frequently mentioned were Farsi, French, Hindi, Kurdish, Low German, Middle Eastern Arabic, Oromo (or Amharic), Persian, Punjabi, Simplified Chinese, Somali, Spanish, Sudanese Arabic, Urdu, and Vietnamese.

### Work to date

Since then, we have decided:

- The focus will be pregnancy and parenting a child birth to 18 months (if the materials are successful we may look at creating additional tools focussed on parenting older children).
- The primary source of content would be Growing Miracles, a wonderful book distributed to new parents in the Calgary area that covers birth to six years.
- Pregnancy topics will include: emotions, nutrition, changes to your body, risk factors, etc.
- Parenting topics will include: sleep, feeding, postpartum depression, how babies communicate, play, teething and dental care, the demands of parenting, growth and development, etc.
- The resource will also be available in English for the service provider's convenience (assuming he/she does not speak the client's language fluently) and may also allow the client to develop their English-language skills.

We are currently preparing the content as scripts which will then be translated and recorded.

The Stollery Foundation as well as Children and Youth Services have provided project funding. The languages selected will ultimately depend on need, funds, available translation services, and preferred format (CD or podcast).

## AUDIO RESOURCES SURVEY

Please answer the following questions and return to Susan Patenaude by email at [susan.patenaude@albertahealthservices.ca](mailto:susan.patenaude@albertahealthservices.ca) or by fax 780-407-1521 by **October 15 2009**. If you require more information please contact Susan at 780-966-7880 or by email.

**My Name:**

**Position:**

**Organization:**

**Full Address:**

**Phone:**

**Email:**

- My organization has no use for such a resource.
- I can't answer these questions but I have forwarded the survey to:

<b>Name:</b>	<b>Position:</b>
<b>Organization:</b>	<b>Phone:</b>
<b>Email:</b>	

- I have answered these questions and also forwarded this survey to others who may be interested:

<b>Name:</b>	<b>Position:</b>
<b>Organization:</b>	<b>Phone:</b>
<b>Email:</b>	

<b>Name:</b>	<b>Position:</b>
<b>Organization:</b>	<b>Phone:</b>
<b>Email:</b>	

## FORMAT PREFERENCES

We hope to let families listen to our information when and where they want (cleaning house, feeding baby, in the car, etc). We may give them the materials or make the materials available for loaning or listening at libraries, public health centers, etc. Another option is podcasting (downloadable audio files).

We have considered two formats:

CD (audio only)	Podcast
<ul style="list-style-type: none"> <li>▪ Would be the costlier route in terms of production and distribution</li> <li>▪ Would require that the parent had access to a CD player (may be more accessible as a result)</li> <li>▪ Service providers would need to predict numbers of cd's required</li> <li>▪ Service providers would require some storage space and/or a system for loaning the resources</li> </ul>	<ul style="list-style-type: none"> <li>▪ The audio information would be available on a number of relevant websites and could be downloaded to ipods, MP3 players, CD's, etc or could be listened to online.</li> <li>▪ Eliminates the cost of CD production and distribution</li> <li>▪ Requires computer or download listening device.</li> <li>▪ Service providers could create CD's to make available to parents as needed without incurring excessive or unnecessary cost</li> </ul>

**My clients/patients would benefit most from:**

Format	Please explain your choice under comments
<input type="checkbox"/> CD	<input type="checkbox"/> Majority of clients have access to CD players
<input type="checkbox"/> Podcast	<input type="checkbox"/> Majority of clients do not have access to computers <input type="checkbox"/> We have the equipment needed to copy CDs for our clients <input type="checkbox"/> Majority of clients have access to computers and they could download to iPods or MP3 players
<input type="checkbox"/> Either one is fine	<input type="checkbox"/> Neither would work

## LANGUAGE PREFERENCES

In what languages would you want the resources to be available? If we opt for a CD format please indicate how many you would you need **a year** (paying only shipping and handling)?

LANGUAGE	QUANTITY (CD format only)	LANGUAGE	QUANTITY (CD format only)
Amharic		Persian	
Arabic (Middle Eastern)		Punjabi	
Arabic (Sudanese)		Simplified Traditional Chinese	
Dinka		Somali	
Farsi		Spanish	
French		Urdu	
Hindi		Vietnamese	
Kurdish		<b>Other languages and quantities</b>	
Low German			
Oromo			

**Please add any additional comments**

Thank you for your time, we will keep you informed of our progress.

Susan Patenaude  
 Provincial Coordinator  
 Alberta Network for Safe and Healthy Children  
 Stollery Children's Hospital  
 Edmonton, Alberta