



## Good Beginnings of the Upper Valley

### **Volunteer Role**

A Good Beginnings volunteer is both trained and experienced. The volunteer visits the family once a week for 2-3 hours. These visits go on for about 3-4 months. A volunteer needs to have the ability to listen and observe mother-child interactions in order to help determine her role with the family. Most parents need an informed and friendly person who will listen in a non-judgmental manner, confirming the mother's worth as an individual and a parent.

Volunteers provide information on health and safety topics, infant care, infant/family adaptation, child development, postpartum issues and early literacy as the parents indicate their interests and ability to use it. They must progress at the caregiver's own pace in order to tune into any concerns and apprehensions. In addition, a volunteer will answer questions in terms that the family will understand. Parents really want a friendly, informed listener who is reliable and available and who respects their family values and rights to privacy.

Volunteers also provide respite child care, entertain siblings, promote early literacy, assist with light housekeeping and possibly meal preparation, offer information and referrals regarding community resources, sometimes provide transportation to appointments and connect families served with each other, if so desired.

I have read and understand my role as a Good Beginnings volunteer.

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Signature

Date

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Supervisor's signature

Date