

Here's how YOU made a difference for families this year



YOU gave

107
families

1400+
hours

of much-needed in-home
respite, support, and
companionship during the
tender postpartum period.

YOU provided

15

early parenting workshops

for 58 expectant
parents and grandparents.

YOU helped

14

newborns

and their families with basic
needs such as rent, utilities,
and baby supplies.

YOU gave

9

newborns

boarding at CVMC due to
health concerns, extra cuddles
and a strong start to life.



"My Angel gave
a gift of time, care,
rest, conversation
and knowledge.
Priceless."

SPOTLIGHT ON THE NEST

The vision for a community space **just for families with babies** began five years ago, as Program Director Ana Campanile sat and nursed her toddler in the car between errands. She wondered, "Why not create a public place in Central Vermont where families with babies are truly welcome, and where they can comfortably attend to family needs, like nursing and diaper changes, while out and about?"

Many other local parents expressed the same wish...and so The Nest was born!

The space is carefully designed for the developmental needs of infants and toddlers, with an infant swing, engaging handcrafted toys, and a selection of board books. Due to **strong community interest**, the Nest's drop-in hours were quickly expanded from once to three times a week. Since moving downstairs in 2016, attendance has grown dramatically - especially in the winter months - with between 10 and 15 families now visiting monthly.

The Nest is a permanent home for the local La Leche League's two monthly breastfeeding support groups. The Babywearers of Central Vermont hold meetings upstairs. The space hosts parent-led meet-ups such as a parenting book club, a twins support group, and an elimination communication group. **Staff are on hand** to help fit a baby carrier, connect families to community resources, or just offer a sympathetic ear.

Families come to the cozy, sunlit space to **connect** with other parents, **share** parenting tips, **support** each other, and **make new friends**. Some come on foot, pushing a stroller, and some drive from as far as Morrisville or Randolph for the chance to get out of the house and connect with other families. Here, friendships are born and maintained, first milestones are celebrated, and new parenting worries are soothed. Childproofed and equipped with a changing table, glider, comfy couches, and a Keurig coffee maker, the Nest is a place where PARENTS can relax too!

297

visits by

103

unique families

FROM 28

towns



"Thank you for making the Nest such a **warm, open, and inviting** place. It's where I dealt with my first **out-of-the-house diaper change** and did some of my first **out-of-the-house breastfeeding...**

Really helpful in **building my confidence** to get out and go places with baby."



202 FAMILIES

CHILDREN 292

3 SETS OF TWINS

EMERGENCY FUNDING \$1060

65+ ACTIVE VOLUNTEERS

Our Postpartum Angel Donors

Blue Cross Blue Shield of Vermont
State of Vermont AHS/CDD
Bonnie Chouinard
Catamount Solar
City of Barre
Jack and Dorothy Byrne Foundation
Molly Gleason and Adam Webster
National Life Group
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AND A SPECIAL, HEARTFELT THANKS TO ALL OUR VOLUNTEERS!

OUR MISSION

To create a caring community where all families with newborns have adequate support, connections, and resources to build stable homes in which children thrive.

OUR VISION

We envision a society where the transition to parenthood is supported and communities come together to ensure all infants thrive.

WHY IT MATTERS....

Of the families visited by a Good Beginnings volunteer:



2016-2017 Financials

Early Parenting Workshops
10%

The Nest
25%

How your gift was invested

Postpartum Angel Family Support
50%

Other Strategic Support
10%

In Loving Arms
5%

Misc
2%

Private Grants
25%

Individual and Business Contributors
40%

Income by Source

State of VT
12%

Events
13%

Town Allocations
7%



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