**A bold innovation to assessing and supporting social and emotional wellbeing for Indigenous parents-to-be**

Jayne Kotz1, Valerie Ah Chee2, Mel Robinson3, Prof Rhonda Marriott4

1. Ngangk Yira the Murdoch University Research Centre for Aboriginal Health and Social Equity, Western Australia
2. Ngangk Yira, Western Australia
3. Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM), Canberr
4. Ngangk Yira, Nursing and Midwifery Office, Department of Health, Western Australia

jayne.kotz@murdoch.edu.au

‘Baby Coming-You Ready?’ (BCYR) is an innovative approach to supporting the social and emotional wellbeing of vulnerable parents/parents-to-be. Using touch-screen technology, sensitive images and voice overs, users are guided through a strength-focused ‘yarn’ that explores culturally safe and relevant issues.

BCYR encourages open reflection and self-evaluation. It adopts ‘innocent’ inquiry and cultivates deep listening (daddiri) while fostering understanding for both users.

BCYR has been developed by Aboriginal people for Aboriginal people to address the many barriers to effective screening/ assessment currently faced by practitioners and Indigenous parents. BCYR embodies five key elements:

(i) engagement

(ii) trust

(iii) safety

(iii) control and autonomy

(iv) embraces strengths within the cultural viewpoint of Aboriginal and Torres Strait people, which are central to family/community centred-care.

Whilst it is intended to replace current screening practices eg: the Edinburgh Postnatal Depression Scale (EPDS), it goes beyond screening and women-centred care. Implementing BCYR is a strength-based and family-centered ‘intervention’.

Developing a parallel version of the BCYR for fathers was critical. As traditional roles/expectations of fathers change, many are becoming increasingly vulnerable and the BCYR for fathers, with its suite of supportive assets, is a key strategy to supporting family.

Widespread acceptance of BCYR in perinatal mental health screening and primary prevention circles is evident as organisations across the health care sectors elect to participate in the BCYR pilot process.