



Families Matter Volunteer Position

Infant Holder

The Families Matter Society of Calgary strives to promote optimal child development and family resilience by helping caregivers learn about early childhood development, by providing concrete supports in times of need; by helping families build strong relationships, and by creating lasting, supportive social networks among families.

Purpose of the Role:

The purpose of the Infant Holder volunteer position is to offer background childcare support to clients who bring their babies to the Postpartum Support groups.

Here's what you can expect to do day-to-day:

- The Infant Holder assists with the comfort and needs of the infants during group sessions, thereby supporting parents to fully participate in group activities.
- The Infant Holder provides contact and interaction with the infants through hugging, holding, rocking, singing, talking, going for a walk etc. - appropriate to parent comfort level.
- The Infant Holder shall refrain from giving advice, suggestions, or feedback to the parents in group. Discussion and questions are welcomed with the facilitator after the group concludes.

Skills and Qualifications:

- Knowledge of Perinatal Mood Disorders/impact on parent functioning.
- Possess a patient and calm demeanour.
- Comfortability holding infants and responding to infant cues and needs.
- Physical ability to hold an infant for extended periods of time.
- Willingness to be flexible.
- Strong communication skills.
- Completion of a Criminal Record Check with Vulnerable Sector Search and Child Intervention Record Check showing no substantiated instances of child abuse or neglect. These must be cleared within the first 3 months of volunteering.

Commitment:

- Must be available for a 2 ½ hour shift weekly.
- Groups are held Tuesday, Wednesday, and Friday mornings (9:30am – 11:30am).

Supervision:

- Volunteers will be provided informal supervision and direction from Families Matter Group Facilitator, Perinatal Mental Health Program Supervisor, or Volunteer Supervisor.
- Monthly check-ins from Volunteer Supervisor.

Orientation and Training:

- Volunteers will be orientated to the agency through an onboarding procedure and given support group process information by a qualified member of the Postpartum team, emphasizing information on perinatal mood disorders.
- Ongoing training opportunities as applicable.

Here's a sneak peak of what's waiting for you:

- Receive continuing education on parenting issues and postpartum continuum.
- Log of volunteer hours for job reference or school requirements.
- A positive and vibrant volunteer space, surrounded by a team of skilled and enthusiastic leaders and service providers, all cheering for your success!
- Gain and enhance skills and knowledge.
- Volunteer recognition.
- Make a difference in families lives by providing quality care and support to families in your community.

If you are interested in this opportunity, please email volunteer@familiesmatter.ca with your resume to express your interest.