



Baby & Me at the Farm!

New pilot program at The Jungle Farm

The Jungle Farm is adding yet another new program this spring, to complete its complement of reaching out to pre-schoolers, children, youth, teens and now parents and babies with educational programming!

The idea was sparked by Rehbeka Staples, Leona and Blaine's daughter-in-law, after the couple's second child was born last spring.

"When Lewis and I had our daughter Lilly in 2022, we had wonderful support from our friends and family. But being a new mom, I wanted to try and find a community with other new moms who might have questions or advice in regards to this new and changing chapter of life," said Rehbeka.

"However, everywhere I tried seemed to be more for socialization for the moms and less about the babies. Not really providing information about those questions or concerns that every new mom has regarding milestones, food, socialization, and dealing with post-partum isolation and the changes in every day life. Unfortunately I never did find a mothers group that I could fit into. And when we had our son Rowan in early 2024, I truly began to feel isolated with being stuck at home with two babies under two years old. Thankfully, whenever I wanted to get out of the house, or needed a hand, Leona and Blaine were always there with support and an invitation out to the farm. And I began to wonder, if I felt this way, and was having such a hard time finding a place to socialize and learn, I wonder if other moms were having this issue as well. I figured a program that brings new parents and their babies to the Jungle Farm, where they can connect with one another while learning important information about parenting, might be a worthwhile project."

Community professionals jumped to be involved with Rehbeka's idea, and The Jungle Farm will be host to a full roster of guests over the five 1-hour weekly Tuesday morning sessions beginning on July 8. The 'Baby & Me at the Farm' pilot program was planned alongside Joanne Brown from the Family Resource Network, and will involve 20 minutes of an educational topic facilitated by a community expert, along with 20 minutes of social time to build community among the group, and 20 minutes of free time. Participants might have additional questions for the guest facilitator, or a wish to connect further with one another, or an interest in exploring a bit of the farm. Participants will also pick in-season vegetables and take home recipes for preparing meals and snacks with them

"When Rehbeka shared with us that there might be an interest among young parents to learn and connect, to discover resources and parenting methods together, we were happy to make this happen at The Jungle Farm," said Leona. "We are grateful so many community people are interested in leading some of the sessions, and participants will be learning about nutrition, baby massage, early literacy, and more.

"We want everyone to feel welcome, whether it's moms or dads or grandparents, and older siblings are welcome, too. It's an outside program, but because we're dealing with babies we will have an indoor inclement weather option in our greenhouse. Bring a lawn chair if you'd like, otherwise you'll be sitting on a mat so the babies can crawl and older kids can colour among us. It will be fun!"

Baby & Me at the Farm program begins on July 8, and will involve five 1-hour weekly Tuesday morning sessions. Cost is \$50/family for the five week program.

Information and registration forms are [available at this link](#).

The Jungle Farm, 28120 Twp Rd 362, Red Deer County
www.thejunglefarm.com