



How to Get Your Berkshire Baby Box

IF YOU LIVE IN BERKSHIRE COUNTY AND YOU ARE EXPECTING A BABY, YOU ARE ELIGIBLE FOR A FREE BABY BOX / AN INFANT BED DESIGNED FOR SAFE SLEEP

What is a Berkshire Baby Box?

Baby Boxes provide a **safe sleeping space** for newborns, filled with essential items to help ease the transition to parenthood and to connect families to education, support and local resources.

These have been given to new moms in Finland for over 80 years, and are a treasured rite of passage.

Who is eligible? This is for ALL expectant moms who are residents of Berkshire County. **You must complete an online Baby Box University syllabus.**



COMPLETE THE ONLINE SYLLABUS

Our public libraries have computers you can use – cell phone formatting is not ideal.

Step 1 - Register on Baby Box University at www.babyboxuniversity.com

(Berkshire County zip code required)

Step 2 – Select sign-up (new user) or log in (returning user)

Step 3 – Choose the Berkshire County Syllabus from the dropdown menu

Step 4 – Complete the Syllabus (this should take about 20 minutes) and earn your certificate.

Step 5 - Print this out or take a screen shot.

Step 6 – Contact one of the distributors to arrange picking up your box (on the back of this sheet.)

Nota: El currículo de nuestro programa está también disponible en Español.

Hopefully, you will return often to Baby Box University, as you will find valuable information on pre-natal and baby care, parenthood and child development.

Additional content is added on a regular basis.

ATTEND A BABY BOX WORKSHOP

There are many Baby Box workshops for expectant moms and partners scheduled throughout the county. These workshops will help prepare you for parenthood, introduce you to programs and resources available to new moms and families, and can help you avoid the feeling of isolation that often comes with having a new baby. Because we feel so strongly about participation in a workshop to maximize the benefit of the box, we are offering more items to those who participate in a workshop. See the list on the other side for the location closest to you. CALL to register.

Contact one of these organizations for information on finding a workshop and arrange your Baby Box pick up.

(We highly recommend getting your Box prior to your delivery date)

Family Center of Northern Berkshire County 210 State Street, North Adams
Regularly offers free scheduled Baby Box Workshops and women will receive their Baby Box at the end of the class. Call for dates and registration.
ccberkshire.org ahall@ccberkshire.org 413.664.4821

Berkshire North WIC Multiple Locations/Pittsfield, North Adams
Families eligible for WIC benefits will have access to a Baby Box workshop and a Berkshire Baby Box. Please call for dates and registration.
www.berkshirehealthsystems.org/wic msylvester@bhs1.org

Hillcrest Campus	165 Tor Court,	Pittsfield	413.664.4821
	510 North Street, Suite 11,	Pittsfield	413.447.3495
North Adams Campus	71 Hospital Avenue, 3rd Fl.,	North Adams	413.663.3012

Berkshire Medical Center Mother Baby Unit 725 North Street, Pittsfield
BMC's Family Health Education department offers a free workshop and Baby Boxes will be given out at the end of the class. Call for dates and registration
berkshirehealthsystems.org/Baby kcharbonneau@bhs1.org 413.447.2400

Community Health Programs (CHP) 444 Stockbridge Road, Great Barrington
CHP's Family Network offers free Baby Box Workshops every month and Baby Boxes will be given out at the end of the class. Call for dates and registration
communityhealthprograms.org mderr@chpberkshires.org 413.528.0457

Fairview Hospital Maternity 29 Lewis Avenue, Great Barrington
Will assist their patients with access to a tablet to view the Baby Box University course, to obtain a certificate and a Berkshire Baby Box. Call for more information.
berkshirehealthsystems.org/Baby 413 854-9980

Lifeworks Studio 50 Castle Street, Great Barrington
Offers Baby Box Workshops. Baby Boxes will be given out at the end of the class. Call Ilana for more information.
lifeworks-studio.com lifeworksgb@gmail.com 646.734.9501

If you have additional questions about how to participate in the Berkshire County Baby Box initiative please e-mail: hinda.bodinger@berkshirebabybox.org

