



FOR IMMEDIATE RELEASE:  
Thursday, December 1, 2016



## Mountain Park's Award-Winning Baby Box Program Turns 1!

**Phoenix, AZ** – Today Mountain Park Health Center, an Arizona non-profit community health center, celebrated the one year anniversary of its Baby Box Program. When it started one year ago, Mountain Park's program was the largest of its kind in the country, giving a Baby Box to every expectant mother. Throughout this past year, dozens of programs providing Baby Boxes to new moms have launched around the country.

The Baby Box is filled with safe, cute, practical products for baby and mother to enjoy, and when emptied completely, is to be used as a comfortable and safe place for the baby to sleep. The box and the contents inside retail for approximately \$300, but are provided to our patients at absolutely no cost.

Reactions from moms who receive the Baby Box have been overwhelmingly positive. Moms are appreciative of the clothing, blankets, and burp cloths in the box, but their favorite items are the medical kit, the cloth wrap that allows moms to wrap baby close to them so they can still have use of their hands, and the actual box itself.

"Everything in the Baby Box is so useful, especially the box itself. I use it a lot, even when I'm doing work around the house – I love knowing my baby is sleeping safely, in the same room as me" said Luiza, a mother at Mountain Park's Gateway Clinic. "I also really enjoyed the clothes and blankets, but everything in it was great. I wouldn't change it for the world."

Mountain Park Health Center is the first organization in the country to initiate a Baby Box program of this size, and both medical experts and families receiving the Baby Boxes are excited by what this new initiative represents for the community.

"We are beyond proud to be able to offer Baby Boxes to our new mothers and their babies. The useful supplies inside the box, the box as a safe sleeping space and the relationship created with our staff and the new mom are all steps to ensure every baby born at Mountain Park as well as their mothers are off to a healthy start in life," said Dr. John Swagert, Mountain Park CEO.

"Moms have also shared with us that because of the medical kit and the informational book that come in the box, they have felt empowered to better care for their babies and have learned to identify when the baby needs to go to the hospital versus when it can be treated at home and then be seen by a pediatrician – so we are keeping babies out of emergency rooms which obviously is a good thing," he added.

For 75 years, Finland's expectant mothers have been given a Baby Box. The Baby Box is credited with helping Finland achieve one of the world's lowest infant mortality rates. The tradition, which continues today, is designed to give all children in Finland, no matter what background they're from, an equal start in life – and that is something we also strive for at Mountain Park.

For more information visit [www.MountainParkHealth.org](http://www.MountainParkHealth.org) or send an email to [BabyBox@mphc-az.org](mailto:BabyBox@mphc-az.org).