

MomsFirst

New Beginnings



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20 Years, Better & Stronger

Cleveland's MomsFirst Program Celebrates 20 Years

This year is the twentieth anniversary of the National Healthy Start project. In honor of this milestone, Cleveland's MomsFirst Program created a video "MomsFirst, A 20 Year Journey", which debuted on September 10, 2011 during the city-wide Infant Mortality Awareness Month event. The video chronologically depicts the twenty year history of Cleveland's MomsFirst program. It is narrated by Project Director, Lisa Matthews and features Karen Butler, Director of the Cleveland Department of

Public Health; Frank G. Jackson, Mayor of Cleveland; and Sherrod Brown, Ohio Senator. The video explores the changes and accomplishments that have taken place throughout the Project's twenty year history. Mayor Jackson presents a Proclamation to MomsFirst in one of the video's highlights. The video can be viewed on YouTube at: <http://www.youtube.com/watch?v=SL156XQR0FQ>

By Valeria Davis
MomsFirst



Gloria Agosto - Breast for Success & Crystal Calhoun - MomsFirst Community Health Worker



Event attendees and vendors



Fun-N-Games

Baby Shower Games

Alphabet Name Game - Start with the letter "A" and go around the room in a rhythmic pattern saying names throughout the alphabet. If a person can't think of a name beginning with the letter that you have come to, and can't stay on the beat, then they're out.

Create a Name - Take the mom's first name and the dad's first name plus their last name and create as many baby names as you can create with those letters.

The Pot Calls Out the Kettle - Have everyone write down a bizarre baby name. Have the mom-to-be try to match up the made-up baby name with the person who wrote it. Or, everyone write down a name suggestion (serious this time!) and the mom-to-be does the same thing and tries to match up the name to the one who wrote it.

All Tied Up - Pair two guests together. Take the right hand of one guest and tie it to the left hand of the other guest; then have them dress a baby doll with their free hands as fast as they can.





Quarterly Topics Updates



Readers Corner

Reading to Your Baby

The more of your baby's senses you stimulate the quicker their brain will develop. When you read aloud to your child it is an activity you know is stimulating many of their senses as they listen to your words, touch the pages and see the colorful pictures.

<http://EzineArticles.com/814416>

"The home is the child's first school, the parent is the child's first teacher, and reading is the child's first subject."

Barbara Bush

Breastfeeding

Why Breastfeed?

The benefits of breastfeeding your baby are varied and numerous. The important thing to remember is that even if you are able to breastfeed for only a short time, your baby will experience numerous benefits from breast milk. Here are many of the benefits of breastfeeding for a baby, the mother, and others.

Health Benefits for Baby

- Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- Most babies find it easier to digest breast milk than they do breast milk alternatives.
- Breast milk contains antibodies, which help protect infants from illness. Breastfed babies are more able to fight off infection and disease, are sick less often, and require fewer visits to health care providers.
- When you breastfeed, there are no bottles and nipples to sterilize. Human milk straight from the breast is always sterile.

Health Benefits for Mom

- Some of the normal weight gain during pregnancy is done to lay down fat stores for nursing.
- Nursing uses up those calories, making it easier to lose the weight you put on during pregnancy. It also helps the uterus to get back to its original size and lessens any bleeding a woman may have after giving

birth.

- Breastfeeding lowers the risk of breast cancer and may lower the risk of ovarian cancer.

Other Benefits for Baby and Mom

Convenience

- Breastfeeding saves time and money.
- A mother can give her baby immediate satisfaction.
- Breastfeeding requires you to take some quiet relaxed time for yourself and your baby.

Emotional Benefits

- Breastfeeding can help you to bond with your baby. Physical contact is important to a newborn and can help them feel more secure, and warm and comforted.

Societal Benefits

- Total medical care costs for the nation are lower for fully breastfed infants than never-breastfed infants. This is because breastfed infants typically need fewer sick care visits, prescriptions, and hospitalizations.
- Employers benefit because breastfeeding mothers do not miss as much worktime caring for sick babies. Employer medical costs are also lower and employee productivity is higher.
- Breastfeeding is better for our environment because there is less waste compared to that produced by formula cans and bottle supplies.

<http://www.gotmom.org/index.asp?bid=14>

