

NORTHWEST INDIANA HEALTHY START

MOMMY, ME & MORE

VOLUME 12, ISSUE 12 SPRING 2007

PROJECT DIRECTOR'S MESSAGE

I certainly hope all of our moms had a wonderful Mother's Day! Lately I've been giving a lot of thought about motherhood and just what it means to be a mother. I've had 25 years of this label and now I'm looking back at some of the highs and lows. Unfortunately, even the joy of motherhood can bring some not so good moments as we travel through life. I suppose a lot of this reflection has to do with the reality that my one and only child will be getting married soon and in due time will probably become a mother herself. It's not just me. I have friends that are in motherhood transition too. One friend's child is graduating from college and moving away, while another friend is dealing with a child who has decided to embark on a military career. What immedi-

ately comes to mind is "Wow, where did the time go?" But that speaks only to how time goes by so quickly when we look back on it. Even though we may think that changing dirty diapers, coping with colic, and midnight feedings will never go away, before you know it you're attending school conferences, sports events and/or dance recitals. All of this signals that from the time our children are born, we are preparing them to leave us. Our job is to make sure that we are helping to develop people that are healthy, happy, and able to make good decisions. This is a tall task. The most we can do is give the very best or ourselves in laying a good foundation and pray for a good outcome. It's the fundamentals that we hope to help with here at

Healthy Start. This month's edition will inform you about the value of breastfeeding, your baby's best nutrition. But don't forget about feeding mom too. Read about how to get your day off to a healthy start with a good breakfast. You'll also enjoy reading about some of our participants and learning about one of our community partners. Motherhood is a long journey, full of twists and turns. With each phase there are new challenges. In the end we want to be able to look and know we gave our best. Happy motherhood to all!!!

COME ONE COME ALL!!!

HEALTHY START EDUCATION CLASSES ARE OFFERED TO EVERYONE

- *Breastfeeding*
- *Nutrition*
- *Family Planning*
- *Baby Bingo*
- *Post Partum Depression*
- *Labor & Delivery*
- *Infant Care*
- *Parenting*

INFO FOR NEW MOMS

Colostrum

Whether you've decided to breastfeed or not, colostrums is a word to become familiar with. Pronounced co-LOS-trum, it is mother's first breast milk. It's thick and yellow and very good for a newborn baby. Mothers start making colos-

trums during pregnancy. A few days after delivery, your body will start to make regular milk. Colostrum is considered to be a "miracle" food. Why, you ask? Well, colostrums is perfect nutrition for babies, it's free and ready to use. It prepares the baby's system for healthy digestion. It helps

babies pass their first bowel movement, it's full of antibodies that fight germs and it builds immunity.

Even if you decide not to breastfeed long term, consider giving your newborn colostrums for a few days!!



INSIDE THIS ISSUE:

| | |
|--------------------|---|
| PROJECT DIRECTOR | 1 |
| INFO FOR MOMS | 1 |
| NUTRITION | 2 |
| AGENCY SPOTLIGHT | 2 |
| PREGNANCY TESTING | 2 |
| JUST TO KNOW | 3 |
| PARTICIPANT INFO | 3 |
| HEALTHY START INFO | 3 |
| MISSION STATEMENT | 4 |
| SUMMER HAPPENINGS | 4 |