

New Beginnings

MomsFirst provides support to expectant mothers living in the City of Cleveland. We are dedicated to helping Cleveland moms deliver and raise healthy babies.

New Year! New Baby? You Have the Power to Decide

Do you want to have a baby this year?



- ⇒ Start taking a daily prenatal vitamin
- ⇒ If you take medications, check with your health care provider to see if they are safe for use in pregnancy
- ⇒ Avoid all over-the-counter medications (including herbal and high dose vitamins), unless approved by your doctor
- ⇒ Eat healthy food, including lots of vegetables, and exercise everyday to maintain a healthy weight
- ⇒ Get a dental checkup
- ⇒ Stop smoking and drinking alcohol
- ⇒ Learn your family history
- ⇒ Get mentally healthy
- ⇒ If you have other children, remember it is healthiest to wait until your baby is at least 1 year old before you get pregnant



- ⇒ Choose a birth control method that is right for you.
- ⇒ Long-Acting Reversible Contraceptives (LARCs) such as IUDs and implants are a great choice for teens and women of all ages due to their high effectiveness.
- ⇒ Emergency Contraception is now available without a prescription (over-the-counter) or you can ask your health care provider for a prescription
- ⇒ Use a back-up method (such as condoms or abstinence) if you haven't been consistent with using your birth control
- ⇒ Visit powertodecide.org for more information

**POWER
TO DECIDE**

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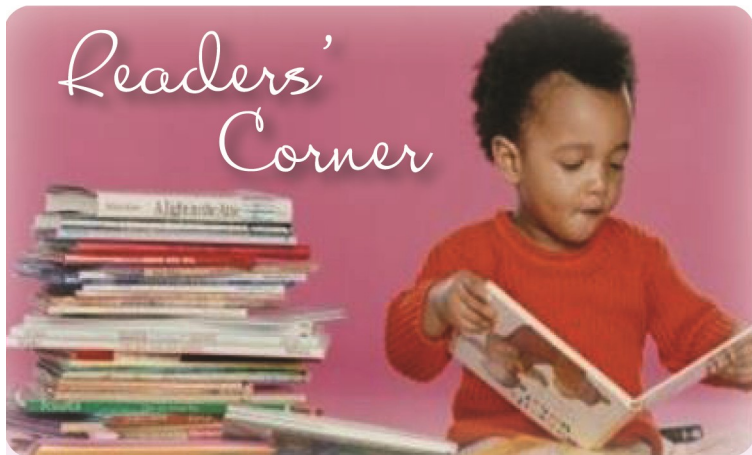
FEBRUARY 

**Teen Dating Violence
Prevention Awareness Month**

Dating & violence should not be a couple

Visit thatsnotcool.com to learn more about healthy relationships, become an ambassador or join the conversation in the social hub.

Readers' Corner



Ready to Read: Literacy Tips for Children

Hello in There, Baby!

There are plenty of resources and research that shows we should read, talk and sing to our babies from the time they are born. But, what about before they are born? For obvious reasons, research is limited. An article from the U.S. National Library of Medicine states that in Week Five, your baby's brain begins to form and your baby can hear around Week 19. Of course, your baby's brain and other organs will continue to develop throughout your pregnancy.

Why should you read, talk and sing to your baby before they are born? An article featured in Psychology Today states research shows it can have an impact on your baby's early social development and even later learning. Give your baby a head start before they are born!

Here are some tips:

- Choose a book, song or have a conversation aloud that is pleasant and helps you relax and your baby will benefit, too.
- Make it a family affair. You do not have to do this alone! Have your partner, baby's siblings and others who will be significant in your baby's life read, sing and talk, too.
- Visit your local Library and begin exploring books for babies and make reading to them a part of your routine before they are born and continue afterwards.

Don't worry about how you sound, your baby can only benefit from hearing your voice and the voices of those who love them!



Contributed by Sandy Nosse
Family Engagement Specialist
Cleveland Public Library

☆ Service Spotlight ☆

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

Newborn Home Visiting

Bringing home a new baby is an exciting and potentially frightening time for parents. The Welcome Home Newborn Visiting program provides a home visit from a registered nurse within the first 6 weeks of the baby coming home. A home visiting representative will sign up eligible families during their stay in participating hospitals.

Home Visiting is provided free of charge by funding through Invest in Children.



During the home visit, the nurse will:

- Weigh your baby
- Do a baby health check
- Talk with you about baby care
- Give you a free diaper bag and resources
- Answer questions about baby and self care

Common questions or concerns include:

- Feeding, including bottle and breast
- Safe sleeping arrangements
- Weight loss
- Umbilical cord healing
- Maternal depression

For more information, contact 216-201-2000.

Lead can pass from a mother to her unborn baby

Lead poisoning is preventable

Potential sources of lead in a child's environment:

- Paint
- Soil
- Drinking water
- Toys and other products
- Foods, cosmetics, and medicines
- Lead brought home from parents' jobs, hobbies or other activities

<https://www.cdc.gov/nichq/lead/prevention/default.htm>

Exposure to lead can harm a child's:

- Hearing and speech
- Growth and development
- Brain and nervous system
- Learning and behavior skills

<https://www.cdc.gov/nichq/lead/prevention/health-effects.htm>

Over 500,000 children in the U.S. have elevated blood lead levels. These children are more likely to have learning difficulties, behavior and speech problems, hearing loss, and other health and developmental concerns.

The good news is that childhood lead poisoning is 100 percent preventable.

For more information, call the Cleveland Department of Public Health Lead Hotline at 216-263-LEAD (5323).

Lead Poisoning is 100% Preventable

Learn what **YOU** can do to prevent childhood lead exposure

There is NO safe level of lead exposure for children

Lead poisoning is preventable

Preventing Childhood Lead Exposure:

1. Remove lead hazards
2. Blood lead testing and follow-up



Upcoming Events



Sigma Gamma Rho Sorority, Inc. Alpha Lambda Sigma Alumnae Chapter Annual Project "CRADLE": Saturday, February 15, 2020, 9:30am-12:00pm at Fatima Family Center, 6600 Lexington Ave. Project "CRADLE" is a prenatal education and resource program. The goal is to provide a wealth of information, resources and tools for women of childbearing age to help ensure a healthy baby.

News from Moms First

Our direct service staff continues to grow! Welcome to new Community Health Workers Lindsay Apko-Esambe (Merrick House), Emily Brodke (NEON), Tia Bryant (Friendly Inn Settlement House) and Sonya Campbell (Lexington-Bell Community Center).



Michael's Corner Make Smart Financial Moves

Why pay to have your taxes prepared? Neighborhood Housing Services (NHS) of Greater Cleveland offers free tax preparation to residents throughout northeast Ohio. Tax preparers are volunteers, professionally trained in tax law by the [Cuyahoga Earned Income Tax Coalition](#) and appointments are available between January and April.

Come get your taxes prepared by a team of dedicated volunteers at NHS of Greater Cleveland's office location. Visit <http://www.211oh.org/> or dial 2-1-1 to schedule a tax appointment or to learn more about either of these free tax preparation programs.

Get Connected @



Bringing Light To Motherhood

Visit <https://www.maternalmentalhealthnow.org/> and click on the Bringing Light to Motherhood App link to access a resource designed to help you feel more prepared to adjust to the demands, joys and stressors of pregnancy and parenting.

This app can help you in the following ways:

- ◇ Make you better prepared for the journey.
- ◇ Understanding the importance of self-care—and practicing it—can help you plan for the transition to parenthood and focus on the well-being of you, your baby and your family.
- ◇ Understanding the different reactions to motherhood can make you aware of signs to seek support and/or help.



Milk Mission

Visit <https://www.themilkmission.com/free-course/> so you can soar through common breastfeeding problems with ease and confidence. Sign up today and start on the 4 email course designed to help prepare expectant and existing mothers. Breastfeeding is a natural process, but it is also a learned skill that improves with knowledge and practice.

We've got you, so don't stress!

MomsFirst Neighborhood Sites

Friendly Inn Settlement House

2386 Unwin Road
(216) 431-7656

Lexington Bell Community Center

7724 Lexington Avenue
(216) 391-4100

May Dugan Center

4115 Bridge Avenue
(216) 631-5800

Merrick House

1050 Starkweather Avenue
(216) 771-5077

NEON

8300 Hough Avenue
(216) 231-7700

The Importance of FATHER INVOLVEMENT

Children who grow up with involved fathers:

are

39%

more likely to earn mostly A's in school

45%

less likely to repeat a grade

60%

less likely to be suspended or expelled from school

2x

as likely to go to college and find stable employment after high school

75%

less likely to have a teen birth

80%

less likely to spend time in jail



Source: Child and Family Partnership at The University of Texas at Austin



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<http://www.momsfirst.org>



MomsFirst is a partner of
Invest in Children

"This publication is supported by the Health Resources and Health Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$950,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government."