



- See your doctor early and often.
- Eat right.
- Don't drink alcohol or smoke.

The workshops will be offered by **Pat Camillo** R.N.C., M.S., a clinical nurse specialist in Women's Health Care, and a certified Nurse-Practitioner in Obstetrics and Gynecology. Ms. Camillo is also a full time faculty member in the Nursing Dept. of The State University of New York at New Paltz.

HUDSON VALLEY HEALTHY MOTHERS, HEALTHY BABIES



A COALITION FOR PUBLIC
EDUCATION TO IMPROVE
MATERNAL/INFANT HEALTH

YWCA of Ulster County
209 Clinton Ave
Kingston, N.Y. 12401
(914) 338-6844



WHAT IS IT?

Healthy Mothers, Healthy Babies is a public education effort being carried out through a partnership among government, professional, and voluntary organizations and agencies. Its goals are to:

- **PROMOTE** public awareness and education in preventive health habits for all pregnant women and their families.
- **DEVELOP** networks for sharing information among groups concerned about improving the health of mothers and babies.
- **DISTRIBUTE** public education materials on topics related to improving maternal and child health.
- **ASSIST** in the development of state and local **Healthy Mothers, Healthy Babies** coalitions.



WHY IS IT BEING DONE?

The program was launched as one means of achieving the U.S. Department of Health and Human Services' Health Objective for the Nation to improve maternal and infant health. There are 16 other nations with a lower infant mortality rate than the United States. In 1980, eight specific objectives were proposed to improve pregnancy outcome and infant health. Of these, one of the most important is the goal of no more than nine infant deaths for each 1,000 live births by 1990.

Achievement of this goal depends largely on provision of high quality prenatal, obstetrical, and neonatal care; preventive services during the first year of life; professional education; and broad public information activities aimed at pregnant women and their families. While these elements all require a long-term commitment of interest and resources, **Healthy Mothers, Healthy Babies** has been organized primarily to work toward improving the quality and reach of public education on prenatal and infant care.



WHO IS DOING IT?

The program is being implemented by the **Healthy Mothers, Healthy Babies** Coalition, an informal association of professional, voluntary, and government organizations with a common interest in prenatal and infant health. The purpose of the coalition is to foster public education efforts for pregnant women through collaborative activities and sharing of information and resources.



WHAT ARE WE DOING IN THE HUDSON VALLEY?

With the support of a grant from the March of Dimes, the following workshops will be offered at **YWCA IN KINGSTON**:

Early Pregnancy: information will be provided on nutrition, exercise and good health habits during pregnancy. Color slides will be shown of the development of a growing fetus, procedure for amniocentesis and ultrasound. Recommended for childbearing families particularly during the first five months of pregnancy.

Breast Feeding Preparation and Management: information will be provided on preparation for breast feeding, breast care, diet, pumping and storing breast milk, weaning and preventive care. Color slides will be shown and detailed instruction provided. Recommended for childbearing families at least 5 months into the pregnancy. This workshop emphasizes information and is not intended to pressure families into choosing breast feeding as a method of infant nutrition.

Care of the Newborn: information will be provided regarding physical care of the newborn: feeding, bathing, dressing etc. Emotional needs and bonding are also discussed. Color slides are presented depicting normal newborn appearance, newborn behavior and common hospital procedures such as circumcision. Information is also provided regarding danger signs in the newborn and appropriate emergency care. Recommended for all childbearing and adopting families preferably during the latter part of pregnancy or the early post partum period.



SCHEDULE OF WORKSHOPS FOR 1985-1986

Oct. 26 - Early Pregnancy
 Nov. 16 - Breast Feeding Preparation and Management
 Dec. 14 - Care of the Newborn
 Jan. 18 - Early Pregnancy
 Feb. 15 - Breast Feeding Preparation and Management
 March 15 - Care of the Newborn
 April 19 - Early Pregnancy
 May 10 - Breast Feeding Preparation and Management
 June 7 - Care of the Newborn
 July 26 - Early Pregnancy
 Aug. 23 - Breast Feeding Preparation and Management
 Sept. 20 - Care of the Newborn

There is no charge for these workshops but registration is limited to 20 couples per workshop.

REGISTRATION FORM

Name _____

Street _____

Town/City _____

State _____ Zip Code _____

Telephone: Home _____ Work _____

	<u>title</u>	<u>date</u>
Workshops:	_____	_____
	_____	_____
	_____	_____

Deadline to register is one week prior to each workshop.

Mail to: YWCA
 209 Clinton Ave. Kingston, New York 12401