



TA & Support Center News & Updates

Conversations with the Division

Please join the Division of Healthy Start and Perinatal Services (DHSPS) for the Conversations with the Division webinar **today, October 28 from 1:30-3 p.m. EST**. During this webinar, participants will hear updates about HRSA/MCHB; the Behavioral Health Program; the MCHB Strategic Planning Session; the Healthy Start Program; Healthy Start Data and Evaluation; and the TA & Support Center. Please ensure your data staff attend the webinar. This webinar will be recorded if you or your staff are unable to attend. To register for this webinar, please click [here](#).

Beyond COVID-19 Webinar Series

The second webinar in the five-part Beyond COVID-19 Webinar Series will be held on **Wednesday, November 4 from 12-1:30 p.m. EST**. This webinar will feature Healthy Start Subject Matter Expert Jana Glass of Supportive Solutions, Inc. and Faculty Planning Committee Member Wendy Davis of Postpartum Support International. Grantees will learn about best practices for providing case management virtually, including an overview of the most recent liability and HIPAA considerations; safety concerns for clients who may be experiencing intimate partner violence or child abuse; and how to help clients meet their most immediate needs virtually. To register for this webinar, please click [here](#).

COVID-19 and Breastfeeding Webinar Series

The second webinar in the four-part COVID-19 & Breastfeeding Webinar Series will be held on **Thursday, November 19 from 2-3:30 p.m. EST**. During this webinar, Cathy Carothers will share best practices and strategies that lactation consultants can utilize to build connection and reassurance with new parents, in order to support breastfeeding and maternal mental health during the COVID-19 pandemic. As a reminder, the TA & Support Center is in the process of applying for Continuing Education Credits (CEUs) for this webinar series. If approved, certified lactation counselors will retroactively receive L-CERPs for attending each webinar. To register for the webinar, please click [here](#).

Call for Abstracts - AMCHP Annual Conference

The 2021 AMCHP Annual Conference will be held May 22-25 in New Orleans. At this time, the Association for Maternal and Child Health Programs (AMCHP) is

planning for an in-person meeting in New Orleans, although the format could be modified due to COVID-19.

The TA & Support Center encourages Healthy Start grantees to submit abstracts for this conference, which are due by Tuesday, November 17th at 11:59 p.m. ET. Submitters with completed submissions by this deadline will be notified of their session status by the end of December. If your Healthy Start program plans to, or would like to, submit an abstract, please contact the TA & Support Center at healthystart@nichq.org. We are happy to support your submission, as needed!

Please visit AMCHP's abstract [website](#) for more information about this year's conference theme and tracks.

Contribute to the November SHSPP Newsletter!

In honor of National Prematurity Awareness Month in November, **the TA & Support Center would like to lift up your stories about working with clients who have experienced preterm birth.** Do you have an inspirational story or a success story to share with your fellow grantees? If you would like to share your story, please send a brief email (under 200 words) to healthystart@nichq.org. We look forward to hearing from you!

We are #HealthyStartStrong!

We would like to hear from you! **Do you have a success story about staying connected with existing clients or building relationships with new clients virtually during the COVID-19 pandemic?** If you would like to share your story, please send a brief email (under 200 words) to healthystart@nichq.org. The TA & Support Center may highlight your submission in an upcoming newsletter or webinar. The *heart* of Healthy Start is *community*. Let's show the nation *Healthy Start Strong!*

Resources

National Pregnancy and Infant Loss Awareness Month: October 2020

In 1988, October was named Pregnancy and Infant Loss Awareness Month to recognize the numerous families who suffer the tragic [loss of an infant or pregnancy](#) each year. As we discussed in our [September 2020 SHSPP Newsletter](#), about 22,000 infants die each year in the United States. [Stillbirth](#) affects about 1 in 100 pregnancies each year, and as many as half of all pregnancies may end in [miscarriage](#) (although the exact number is not known). Around the world, people who experience pregnancy and infant loss [often experience stigma](#), feel shame, and are discouraged from discussing their loss or expressing their grief. By shining a light on this still taboo public health issue, maternal and child health advocates hope to improve education and prevention efforts around pregnancy and infant loss.

Experiencing the heartbreaking loss of a pregnancy or infant can leave grieving parents and families feeling helpless and alone. According to Postpartum Support International (PSI), 1 in 7 moms and 1 in 10 dads experience symptoms of depression and anxiety during the postpartum period. Those who are [grieving the loss of a pregnancy or child](#) may experience many of these symptoms, which is a normal part of the grieving process. However, if the symptoms worsen or continue for longer than two weeks, they may be experiencing a [perinatal mood disorder](#).

Fortunately, there are many organizations and resources available, which are dedicated to supporting individuals and families through the experience of miscarriage, stillbirth, or infant loss – and the mental health issues that can emerge as a result. We encourage you to explore and share the below resources about pregnancy and infant loss with your colleagues and Healthy Start clients.



Perinatal Mental Health Discussion Tool

Postpartum Support International (PSI) created a [Perinatal Mental Health Discussion Tool](#) to help individuals experiencing pregnancy or infant loss track their mental health symptoms. This tool can also individuals them prepare to speak with their health care provider and advocate for their mental health treatment.

Emotional Healing After Miscarriage

Georgetown University’s School of Nursing and Health Studies created “[Emotional Healing After a Miscarriage: A Guide for Women, Partners, Family, and Friends](#).” The guide discusses self-care, personal healing, healing for families, healing for couples, and preparing for future pregnancies.

Stillbirth Matters Podcast

Star Legacy Foundation is an organization dedicated to preventing stillbirth and ensuring optimal care for families experiencing stillbirth. Their podcast, [Stillbirth Matters](#), covers many topics such as pregnancy loss during the COVID-19 pandemic, the impact of stillbirth on fathers, and the stigma associated with stillbirth.

Demystifying Miscarriage Podcast

NPR’s podcast 1A seeks to demystify the miscarriage in its episode “[What Does It Mean to Lose A Pregnancy?](#)” This episode features Reproductive Health and Family Planning Specialist, Dr. Jamila Perritt; therapist and psychoanalyst, Dr. Joyce McFadden; and chief of the Division of Reproductive Endocrinology and Infertility at Columbia University, Dr. Zev Williams.



NICU Love & Lost Podcast

Hand to Hold's [NICU Love & Loss podcast](#) aims to support grieving families who have experienced the loss of an infant before their first birthday. In each episode, parents share their stories and discuss the stages of grief and their path toward healing, with the hope of helping other families feel less alone.

Sudden Infant Death Syndrome (SIDS) Prevention

In [this video](#) from Children's National Hospital, Myesha, a mother who lost her son Darius to SIDS, shares her story. Dr. Rachel Moon who researches SIDs at Children's National shares key steps to preventing SIDs, including placing the infant on their back to sleep.

Back to Sleep, Tummy to Play

This [webpage from Healthy Children](#) aims to promote safe sleep and address concerns parents have about placing their baby to sleep on their back. For example, some parents fear their infant will develop a flat head from sleeping on their back, but Healthy Children shares tips for reducing this risk through adequate tummy time.

Why We Need to Talk about Pregnancy and Infant Loss

This project from the World Health Organization features [stories from people around the world](#) who have experienced pregnancy and infant loss. In addition to sharing personal stories, this webpage includes key tips for communicating with grieving parents in a respectful manner.

An Oldie but Goodie: Fetal Infant Mortality Review (FIMR) and Healthy Start Webinar

This August 2017 webinar discussed grief, loss and compassion fatigue. It provided examples of programs to support those working with families that have experienced an infant death. To view the webinar recording and access the slides, [please click here.](#)



Healthy Start Fatherhood Corner

As you know, in the 2019-2024 funding cycle, Healthy Start grantees are required to engage 100 fathers and/or partners connected to Healthy Start children each year. Research shows that paternal involvement during pregnancy reduces negative maternal health behaviors, risk of preterm birth, fetal growth restriction, and low birth weight. The federal Healthy Start program is the first program to have fatherhood as a required component within a maternal and child health (MCH) framework. The TA & Support Center is excited to support Healthy Start staff in their efforts to engage fathers. The TA & Support Center will share resources and information for Healthy Start programs and fatherhood coordinators related to fathers/partners in this “Fatherhood Corner” of the SHSPP monthly newsletter.

If you are doing work that specifically demonstrates successful inclusion of fathers in your MCH program, you are invited to share your story with us so that it can possibly be featured in the Fatherhood Corner!

September 2020 Fatherhood Talk Tuesday

The TA & Support Center's September Fatherhood Talk Tuesday focused on grief and supporting grieving dads. The webinar featured Rosemary Fournier, Fetal and Infant Mortality Review (FIMR) Director with the National Center for Fatality Review & Prevention. To view the webinar recording and access the slides, [please click here](#).

Dealing with Grief After the Death of Your Baby

This [webpage](#) from the March of Dimes shares information about grief after infant loss, including how men and women often experience and exhibit grief in different ways. Remember that there is no right or wrong way to grieve, and that sharing your thoughts and feelings with your partner can be helpful.

Fathers' Perspectives on Miscarriage

In this [video](#) from USA Today, a father shares his passion for addressing the stigma and shame around miscarriage. In another [video](#) from Upworthy, a father encourages

other men to give themselves permission to grieve, and to take care of themselves and their partners after a miscarriage.

Fathers Respond to Perinatal and Postpartum Mood and Anxiety Disorders

In this [video](#) from PSI, fathers share their experiences supporting partners with perinatal and postpartum mood and anxiety disorders. To connect with other dads and receive tips for managing stress, adjusting to parenting, and more, join [PSI's Monthly Dad Support Group](#).

Other Resources

This year, it is especially important for all families to receive an influenza (flu) vaccine to prevent coinfection with the flu and COVID-19, and to avoid overwhelming our health care system as the pandemic continues. To promote flu vaccination, the Centers of Disease Control and Prevention (CDC) has developed [various communications resources](#). We encourage you to use these resources to promote flu vaccination among your Healthy Start clients.



Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to healthystart@nichq.org.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

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