

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

What's New at the Healthy Start TA & Support Center? Webinar

Please join the Healthy Start TA & Support Center (TASC) for the **What's New at the Healthy Start TA & Support Center?** webinar on **Wednesday, November 18 from 2-3:30 p.m. EST!** For details about the webinar, please [click here](#). To register for this webinar, please [click here](#).

COVID-19 & 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.** For details about the webinar, please [click here](#). To register for the webinar, please [click here](#).

CIGNAL Webinar

Please join the TASC on **Tuesday, December 1 from 1-3 p.m. EST** for the Change Ideas to Grow, Nurture, and Lift (CIGNAL) Ideas for Maternal Mortality and Morbidity webinar. For details about the webinar, please [click here](#). To register for the webinar, please [click here](#).

Beyond COVID-19 Webinar Series

The third webinar in the five-part Beyond COVID-19 Webinar Series will be held on **Wednesday, December 3 from 12-1:30 p.m. EST.** For more details, please [click here](#). If you are interested in sharing your experience supporting maternal mental health during the pandemic on this webinar, please email healthystart@nichq.org. To register for this webinar, please [click here](#).

Harambee: Creating Context for Equity and Justice Webinar

Please join TASC on **Monday, December 7 from 2-3:30 p.m. EST** for the Harambee: Creating Context for Equity and Justice Webinar. For details about the webinar, please [click here](#). To register for the webinar, please [click here](#).

Native American Heritage Month

November is National American Indian Heritage Month! Throughout the month, the Library of Congress, National Park Service, Smithsonian Institution, and several other government agencies are hosting several webinars to pay tribute to the rich ancestry and traditions of Native Americans. Upcoming webinars include “Native Americans and the Vote: Teaching about American Indian Voting Rights through Documents” and “Youth in Action: Conversations about Our Future – Indigenous Food Sovereignty,” among others. **To learn more, please [click here](#).**

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 or click the button below. TASC 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!*

Email Us

Resources

National Prematurity Awareness Month: November 2020

Prematurity Awareness Month – and World Prematurity Day on November 17 – is a time to recognize and mobilize around the ongoing infant health crisis in the United States. In 2019, the [preterm birth rate increased](#) for the fourth year in a row, from 9.63 percent in 2015 to 10.02 percent in 2018. **That is the equivalent of 1 in 10 babies born before 37 weeks of pregnancy.** As Healthy Start programs are well aware, [racial and ethnic disparities in preterm birth](#) rates also persist. For example, in 2019, the [rate of preterm birth](#) among Black women (13.6%) was approximately 50 percent higher than the rate of preterm birth among White or Hispanic women (9.3% and 10% respectively). Similarly, the rate of preterm birth among American Indian and Alaska Native women (11.3%) was approximately 30 percent higher than the rate among White or Hispanic women. Given the climbing preterm birth rate, especially for Black women and other women of color, the work of each and every Healthy Start project is more essential than ever.

To support your Healthy Start program's work in preventing premature birth and working with women, infants, and families impacted by premature birth, the TA & Support Center has gathered the below resources. These resources provide information about recognizing the signs of preterm labor, caring for and feeding preterm babies, and supporting maternal and family mental health in the neonatal intensive care unit (NICU). We hope this information is helpful in guiding your daily work with Healthy Start clients.



Unspoken Stories: A March of Dimes Podcast

This podcast episode from the March of Dimes tells the story of Jay, Tatianna and their daughter Teagan who was born early at 29 weeks and spent 9 weeks in the NICU. The couple share how they stayed positive and supported each other through Teagan’s NICU stay. To listen to the podcast, please [click here](#).

News Moms Need Blog: COVID-19 & the NICU

In a new post on their [News Moms Need blog](#), the March of Dimes shares information about protecting your baby from COVID-19 while in the NICU. The post covers questions including, “can I visit my baby in the NICU during the pandemic?” and “what if I am diagnosed with COVID-19?”. To read the blog post, please [click here](#).

Supporting Premature Infant Nutrition (SPIN) Guide

UC San Diego Health’s SPIN Guide contains information about the benefits of breastmilk for ill and premature infants, producing and pumping milk for babies while they are in the NICU, and helping premature babies learn to breastfeed. To access the guide, please [click here](#).

SPIN Program Breastfeeding Videos

UC San Diego Health also created a series of videos, which features one family from their SPIN program. The series follows the family and their 24-week twins on their journey from skin-to-skin through learning to breastfeed as they prepare to leave the NICU. To watch the video series, please [click here](#).



Signs of Preterm Labor

In this video, Kaiser Permanente's prenatal medical experts describe the signs of preterm labor. They discuss how to differentiate labor contractions from Braxton Hicks (i.e., false labor) contractions, and what to do if you experience preterm labor. To watch the video, please [click here](#).

Healthy Children Ages & Stages: Preemie

Healthy Children's Ages & Stages webpage for preemies contains helpful information for parents and caregivers of premature infants. Topics include caring for a premature baby; corrected age for preemies; participating in the care of your baby in the NICU; and preemie milestones among others. To access the webpage, please [click here](#).

NICU Dad Discussions Podcast

This podcast series from Hand to Hold features NICU dads and dads who have lost an infant. They engage in conversations about anxiety, depression, and PTSD; how the NICU affected their relationships with their partners; and how to connect with other NICU dads. To listen to the podcast series, please [click here](#).

Healthy Parent Checklist

This tool from Hand to Hold can help parents with a child in the NICU check in with themselves and ensure they are supporting their own physical, mental and emotional health during their child's hospital stay. It also includes information about Hand to Hold's peer Mentor Program and support Groups. To access the checklist, please [click here](#).

TinyLife: Life at home with your premature baby

TinyLife is a resource developed by the University of California San Diego and Queen's University Belfast. The website provides information for parents, health care professionals, and social workers of premature infants. Topics include the first week at home; caring for the entire family; premature baby's growth and development; and getting support. To access the website, please [click here](#).



Healthy Start Fatherhood Corner

The Healthy Start TA & Support Center is excited to support Healthy Start staff in their efforts to engage fathers. To that end, we 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! Please email your stories to healthystart@nichq.org.

Supporting Fathers as Central to Family Life Webinar

This free webinar series from the Brazelton Touchpoints Center explores how early childhood programs, home visitors, health and mental health providers, and community agencies can increase their effectiveness in supporting father engagement and co-parenting. The next webinar, entitled “From ‘Second Shift’ to ‘First Shift’: Supporting Fathers as Central to Family Life” will be held on **November 17 at 2 p.m. EST**. To register for this webinar or watch the recordings of previous webinars, please [click here](#).

Fatherhood, Family, & Football: Work, Life, & Balance Webinar

This webinar is part of the National Responsible Fatherhood Clearinghouse’s new campaign: Fatherhood, Family, & Football. This exciting webinar will be held on **November 18 at 8 p.m. EST** and will feature several former professional and college football players discussing the importance of managing family time, fatherhood, and the responsibilities of work. To register for the webinar, please [click here](#).

National Healthy Start Association (NHSA) Fatherhood Webinar

Please join NHSA on **November 19 at 1:00 PM EST** for a webinar with Dr. Wizdom Powell, PhD, MPH, Director of the UConn Health Disparities Institute and expert on men’s and boy’s health. To register for the webinar, please [click here](#).

Dadication Campaign

The National Responsible Fatherhood Clearinghouse’s new Dadication Campaign depicts the many ways fathers can show up for their children even when they are facing common stressors like financial burdens and busy schedules. Their four Dadication videos feature real fathers who share their experiences making time for their kids despite life’s challenges. To watch the videos, please [click here](#).

Other Resources

The U.S. Department of Health and Human Service’s Office of Women’s Health has updated their *Your Guide to Breastfeeding*, which shares tips and resources about navigating the breastfeeding experience and overcoming common challenges. To access the updated guide, please [click here](#).



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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