

March 2014

Great Local Resources for Area Women

Most women need extra support from family, friends, and their community around the time of childbirth. It's a time of tremendous change for a woman and her partner or family. Everything can be affected, including their social life, their finances, their ability to stay at a job, and all their other relationships.

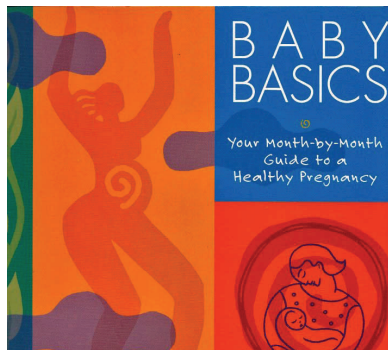
Parenteen is happy to highlight two wonderful community resources for pregnant women and childbearing families that are available right now in Charlottesville!

Baby Basics

Baby Basics is a weekly support and information group for pregnant women and any support person they would like to bring with them. It's a great way to get information about childbirth, ask questions about what to expect, meet other mothers, have a snack, and take home useful baby supplies and gifts, just for participating.

Women are invited to come every week at either one of the two

convenient sites. Groups meet in **Room 255-A at the Jefferson School** located on 4th Street, on 1st and 3rd Tuesdays from 6-7:30 pm and 2nd and 4th Wednesdays from 9:30-11 am. Groups also meet in the **second floor classroom at Trinity Episcopal Church** on



Preston Avenue, on 1st and 3rd Mondays from 9:30-11 am and 2nd and 4th Mondays from 5:30-7 pm.

Six core topics will be covered this spring, and each will be repeated if someone has to miss one. Topics include: safe sleep, pre-term births, nutrition, depression, relationships, and substance abuse. Questions? Call 434-924-9920 or 434-654-7009.

Some help with transportation or babysitting is available for the Jefferson School site, if you call ahead at 434-654-7009.

Birth Expo

Birth Expo is an annual Saturday Childbirth fair being held **this Saturday from 10 am – 2 pm at the Herman Key Rec Center** on the Downtown Mall. All kinds of health providers, services, products, and activities will be in one place for women and their families to find out about, try out, and talk to. It's fun, free, and there are great door prizes! There will be a play area for children, a breastfeeding corner for Moms, and demonstrations and workshops. Everyone is welcome. Learn about prenatal providers, lactation services, infant massage, women's mental health, children's portrait studios, doulas, recreation facilities for children, and lots more, all available in the Charlottesville area!

Healthy Birth  Healthy Baby

BIRTH EXPO 2014

ParentTeen C'ville

joins with parenting teens to strive for health and a positive future for themselves and their children.

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Groups/Community Events

Birth Expo 2014, March 1st, 10am-2pm at Herman Key Center. Area agencies supporting birthing, parenting, and family-health community will be available with free give-a- ways, information, and door prizes. There will be workshops and demos. Cville-birthexpo.com

Early Learning Playgroup for children newborn to age 5 and their parents/caregivers:

- Tuesdays at Incarnation, 10am-noon; bi-lingual
- Wednesdays at Southwood, 10am-noon; bi-lingual
- Thursdays at Friendship Court, 10 am-noon

Family Movie Matinee, March 31st, 2pm at Central Library. Free, for all ages. Bring a blanket and pillows and join JMRL for family friendly movie, "Babe". Fresh popcorn will be provided.

Baby Basics Moms Club, A free program for expectant moms. Come meet and talk with other moms-to-be, enjoy snacks, and get free giveaways. It's fun, informative and free! You can attend as often as you like, and you are welcome to bring a friend or family member with you. There are 2 sites to choose from:

- Trinity Episcopal Church, 1042 Preston Avenue ,2nd Floor Classroom. Questions: call Diane at UVA Women's Health Services, at 434-924-9920.
*1st & 3rd Mondays, 9:30—11 am
*2nd & 4th Mondays, 5:30—7 pm
- Jefferson School City Center, 233 4th St NW, Second Floor, Room 255A. Free cab rides and some free babysitting services available. Call Martha Jefferson Health Connection 434-654-7009, or marthajefferson.org
*1st & 3rd Tuesdays, 6—7:30 pm
*2nd & 4th Wednesdays, 9:30—11 am



Did you know....

Reading and singing to your child are two activities which enhance language skills and promote emotional

development.

- Read slowly and expressively; change your voice for different characters in the story.
- Pause often to notice your child's reactions to the story, to ask questions, or to let them comment.
- Most babies enjoy rhythm and rhyme. The nursery rhymes of Mother Goose are fun to share.
- Babies also enjoy listening to music and singing. Try fun songs, written especially for young children, like Old MacDonald, Itsy Bitsy Spider, Wheels on the Bus, and Twinkle Twinkle Little Star.
- Add hand movements or signs to songs for even more learning fun with your baby.

*Courtesy of Your Baby's First Year week by week,
Curtis, M.D. and Schuler, M.S.*

Congratulations Corner!

- To **Jasmine** for keeping 3 scheduled home visits in a row and selecting diapers as her incentive gift!

ParentTeen Louisa

joins with parenting teens to strive for health and a positive future for themselves and their children.

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