

# Mothers and Babies Study Newsletter



March 2015

## Study Updates:

- \* We have enrolled 4 women in the study in the Chicago area!
- \* We have enjoyed meeting with these women in their homes and at their home visiting agencies.
- \* We will call to schedule our next appointment around the time that your baby turns 3 months old and again when your baby turns 6 months old.

## Tips for Self-Care: Don't Forget About You!

Many new moms are so busy taking care of their babies that they forget to take care of themselves. Try one of the tips below to nurture yourself!

**Mommy Break** Ask someone you trust to watch the baby while you nap, bathe, read, shop, talk on the phone, anything! Short breaks are a necessity, not a luxury.

**Moms' Night** Set a regular time (weekly or monthly) to meet with other moms—with or without the kids.

**Pamper Yourself** Get a manicure, a new hairstyle, or ask your partner for a massage. Do something nice for yourself.

**Relax** Put your feet up, and try to take at least a few minutes a day just for yourself. Remember—even a few minutes helps!

**Help** You don't have to do it all. Accept help when it is offered.

## Stork's Corner

We are happy to announce that **2 babies** \* *1 girl at Family Focus-Lawndale*  
have been born in our participating home \* *1 boy at Metropolitan Family*  
visiting programs in Chicago: *Services*



***Congratulations Moms, Babies and Families!***

## Did You Know?

Breastfeeding can be healthy for you AND your baby!

### Benefits for Baby:

- ◆ Helps protect baby from colds and ear infections
- ◆ Breast milk is full of nutrients your baby needs to grow
- ◆ Breast milk is easier to digest

### Benefits for Mom:

- ◆ Can help you lose weight
- ◆ Helps you bond with your baby
- ◆ Releases hormones that help you relax
- ◆ It's free!



## Community Link



Looking for a fun activity for the whole family? Chicago Public Libraries host weekly story time for Moms, Dads, and Babies. Hearing books read aloud helps your baby's young brain grow strong and ready to read. Call the Children's Librarian at (312) 747-4300, or visit [www.chipublib.org](http://www.chipublib.org), to find a location near you!

### **Reminder:**

***Please let us know if your phone number, email address, or mailing address has changed, or will be changing soon, so we can keep in contact with you.***

### **Please contact us with any questions:**

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We're on the web!

<http://www.feinberg.northwestern.edu/sites/cch/research/mothers-babies-program/index.html>