

Mothers and Babies Study Newsletter



May 2015

Study Updates:

- * We have enrolled 26 women in the study and 2 Moms have completed her 3 month follow up visit!
- * We understand that life gets very busy with the arrival of a new baby. Although we would love to visit you for the follow up visits, we are more than happy to complete them by phone. Just let us know which method you prefer when we call to schedule your 3 or 6 month visit.

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

With warmer weather just around the corner, many Moms enjoy getting outdoors and participating in some type of physical activity. Even if you have not been active before, you can be active during and after your pregnancy by using the simple tips below.

GO FOR A WALK around the block, in a local park, or in a shopping mall with a family member or friend. If you already have children, take them with you and make it a family outing. Even newborns can enjoy getting out for some fresh air!

GET UP AND MOVE around at least once an hour if you sit in a chair most of the day. When watching TV, get up and move around during commercials. Dance while listening to your favorite song. Even a simple activity like walking in place can help.

Because each pregnancy is different, remember to always follow your doctor's advice about what types of physical activity are right for you.

Stork's Corner

We are happy to announce that **5 babies** * 2 girls
have been born in our participating home * 4 boys
visiting programs in Chicago:



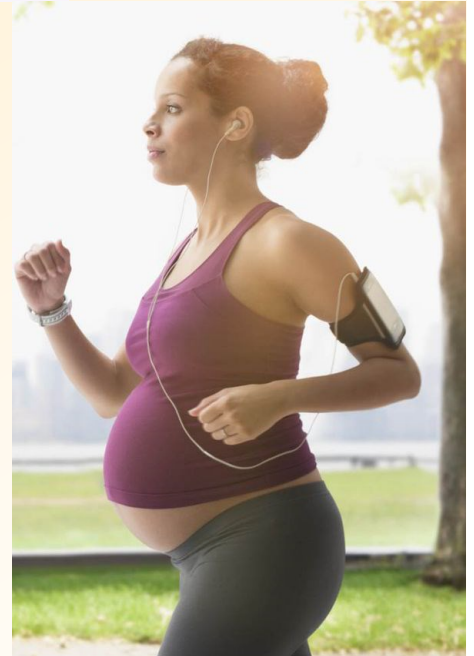
Congratulations Moms, Babies and Families!

Did You Know?

Regular physical activity is good for you and your baby!

Benefits:

- Strengthens the muscles needed for labor and delivery
- Helps control mood swings
- Reduces some of the discomforts of pregnancy (e.g., swelling, leg cramps, shortness of breath, backache, and constipation)
- Gives you more energy
- Helps achieve healthy weight gain
- Decreases your risk of developing diabetes during pregnancy



Community Link



Looking for a fun activity for the whole family? The Chicago Park District has many activities for the whole family. Many parks feature walking paths, playgrounds, swimming pools, and other options for physical activity for all ages. Call the Park District at (312) 742-PLAY (7529), or visit www.chicagoparkdistrict.com to find a location near you! Outside Chicago? Contact your local town or county park to see what they have to offer.

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>