

NEWSLETTER



Website Updates and New Team Members

[HTTPS://WWW.MOTHERSANDBABIESPROGRAM.ORG/](https://www.mothersandbabiesprogram.org/)

- Check out our website to meet the Mothers and Babies team!
- We have updated our ongoing projects under the "Research" tab, where you can find a list of all the MB studies.

Our New Instagram

[@MOTHERSANDBABIESNU](https://www.instagram.com/mothersandbabiesnu)

- Check out our new Instagram account for weekly posts on MB resources, important events, and updates related to perinatal health.

INTERESTED IN PARTNERING WITH US?

ENRICH: Early Intervention to Promote Cardiovascular Health of Mothers and Children

ENRICH provides a toolkit of behavioral, social, and mindful approaches to promote cardiovascular health among pregnant individuals, new mothers, and their children.

If interested in participating, please contact:

Daniela Robledo (Research Coordinator)

daniela.robledo@northwestern.edu

INNOVATION UPDATES

MB TXT: Mothers and Babies Text

MB-TXT is a series of texts that complements MB content and focuses on skill reinforcement, homework reminders, and self-monitoring. All texts are available in English or Spanish.

If interested in MB-TXT, please contact us at:

mbtxt@northwestern.edu

(*FREE for MIECHV programs in Illinois)

FAB - Fathers and Babies

FAB is a stress management intervention that can be delivered alongside Mothers and Babies (MB), or as a standalone intervention. FAB is nine sessions and can be delivered in person/by phone, via text or as a combination of both. Preliminary findings from our FAB pilot with 30 father-mother dyads showed decreases in stress, depression, and anxiety. [Article link:](https://pubmed.ncbi.nlm.nih.gov/34335380/)

<https://pubmed.ncbi.nlm.nih.gov/34335380/>

If interested in learning more, please contact,

Jaime Hamil:

jaimie.hamill@northwestern.edu

PROGRAM SPOTLIGHT: Henry Booth House HFA Program

This quarter, we'd like to highlight a Mothers & Babies success story from Myia Smith, Family Support Specialist at Henry Booth House. In Myia's four years in her role, she has worked with diverse families with children from birth to three years of age in Chicago, IL. Myia was trained on Mothers & Babies (MB) in June 2021 and began implementing a month after training with a family experiencing homelessness.



Myia shared that she introduced MB to the family as a curriculum that she recently was trained in and thought it would help the parent cope through stressors she was experiencing such as housing insecurity, PTSD from being a victim of a crime, and having a premature baby at 6 months gestation. Myia explained that when introducing MB to this family, the parent had an elevated EPDS and had recently been diagnosed with postpartum depression by her provider.

Myia described challenges in the parent accessing therapy services due to long waitlists and COVID-19. The challenges provided various opportunities to utilize MB with the parent such as developing strategies with support from her supervisor on helping address some of the stressors the family was going through. One of the activities from the MB manual that Myia and the parent enjoyed doing was Worksheet 3.1 "Overcoming Obstacles to Pleasant Activities."

Myia found that by September, the parent had secured stable housing and by mid-September her baby was discharged from the hospital. By October, the parent had secured two jobs as well. Myia shares that she has continued to see the family grow throughout her time with them and is proud of all the work they have done together. We are cheering for Myia and the families she supports!



SPRING SELF-CARE

We at MB know how important self-care is for our moods. We address the importance of self-care in MB through Pleasant Activities-activities that prioritize well being and connection with self/others.

Here are a few examples of pleasant activities you can do as well as recommend for parents:

Going for a walk

Can be done with your **baby, alone, a friend, or a family member.**



Going window shopping

Can be done with your **baby, alone, a friend, or a family member.**



Gardening

Can be done with your **baby, alone, a friend, or a family member.**



Listening to music

Can be done with your **baby, alone, a friend, or a family member.**



Doing some light exercises

Can be done with your **baby, alone, a friend, or a family member.**

