



SUMMER 2023

MOTHERS AND BABIES

NEWSLETTER

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.

[Click here to access the Article.](#)

If interested in learning more, please contact us at: fathersandbabies@northwestern.edu

INTERESTED IN PARTNERING WITH US?

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

Northwestern University is providing an opportunity for HFA or PAT home visiting programs to partner with ENRICH.

ENRICH provides a toolkit of behavioral, social, and mindful approaches to promote cardiovascular health among pregnant individuals, new mothers, and their children. To learn more, including involvement and responsibilities, please click the title hyperlink above.


If interested in participating, please contact:
Danielle Lorch: dmlorch@northwestern.edu



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www.mothersandbabiesprogram.org





SUMMER SELF-CARE

DIY POPSICLES

Cool down this summer with your baby!

Summer is the perfect time to enjoy an icy, and sweet treat that can keep you cool, and now. Now, there is a way that your baby can get in on the fun too!

We encourage introducing solid foods with caution and guidance from your pediatrician. Popsicles are a great way to introduce solid textures, new flavors, and aid your baby's teething!"

There are many different ways you can make these sweet treats healthy and safe for your baby to enjoy. A couple ways to do so is by:

- Blending fruits and veggies with *milk to create a puree and then pouring the mixture into popsicle molds and freezing them.
- If your baby hasn't been introduced to solid foods, then you can simply pour *milk into popsicle molds and freeze them into popsicles.
- For kids that are slightly older, you can mix fruits with yogurt and pour the mixture into popsicle molds and freeze them.

Popsicles and Teething

Not only are popsicles a sweet and cooling treat, but they also provide relief to the sore aches of teething. Frozen popsicles soothe the baby's sore gums as well as encourage additional hydration. The cooling effects of the treat can reduce inflammation of the gums by constricting the blood vessels (Tsang, 2010, as cited in Solid Starts, n.d.).

Other Benefits- Introducing New Foods

Babies can learn through the sensory experience of eating a popsicle, which is used in feeding therapy to improve swallowing safety and prepare for eating new foods. Homemade popsicles with mixed textures and unique flavor combinations can also be a fun way to introduce new foods (Solid Starts, n.d.).

Banana Milk Popsicles

- 1 ripe banana
- 1/4 cup *milk

1. Peel and mash the banana in a small mixing bowl.
2. Add the milk into the mashed banana mixture.
3. Mix the ingredients thoroughly before pouring the mixture into popsicle molds.
4. Freeze this for 3-4 hours, or until completely frozen.
5. Once frozen, remove from the molds and allow your baby to enjoy the sweet treat!

This is just one example of many different recipes. You can substitute the banana for any different fruit/veggie to whatever is your baby's favorite, and create many different flavors!

** Milk: please use whatever "milk" that is recommended and discussed with your child's pediatrician.*

Additionally, it is important to introduce new foods one at a time to watch for any signs of allergies.

Solid Starts. (2021, June 17). Popsicles for Babies: Safe, Healthy, and Fun Ways to Introduce Icy Treats. Solid Starts. Retrieved May 2, 2023, from <https://solidstarts.com/popsicles-for-babies/>

Tsang, P. A. (2010). Dental treatment planning for the pregnant patient. Modern Dentistry, 37(5), 50. Retrieved May 2, 2023, from http://www.moderndentistrymedia.com/sept_oct2010/tsang.pdf



PROGRAM HIGHLIGHT



Nicolasa Rodriguez Galindo, Mariela De La Torre, Cristina Sotelo, Alejandra Campos

CENTRO BINACIONAL PARA EL DESARROLLO INDÍGENA OAXAQUEÑO

HIGHLIGHTING: ALEJANDRA, NICOLASA, AND MARIELA

Alejandra Campos, and Nicolasa Rodriguez Galindo, are promotoras (community workers), alongside Mariela De La Torre, a clinician, who have collaborated to provide maternal mental health support to the Oaxaqueño and Triqui communities in Greenfield, California.

They have used the Mothers and Babies curriculum in a group setting to teach mothers about mental health, how to identify their feelings, and practice self-care. Alejandra and Nicolasa as promotoras, facilitate the groups in their native languages, Mixteco and Triqui, respectively. Both of them, being mothers themselves, wanted to use their own experience as a way to pioneer change in their communities and support other mothers alike. Nicolasa mentioned that, "This is [her] mission to help other moms of [her] culture and explain how mental health is". Mariela, with her clinical work, provides the framework and understanding for the facilitators to deliver culturally appropriate mental health support. She uses unique techniques by incorporating movement, dance, and music into connecting with mothers during sessions, making it an environment that feels friendly and comfortable.

The use of native languages has been pivotal in creating a safe space for the mothers, henceforth, allowing successful implementation of the Mothers and Babies program. As noted by the community workers, "Women feel more comfortable to open up and talk in their native language," which is essential in breaking down cultural and linguistic barriers that often prevent individuals from seeking mental health support.

The program has been successful in providing mothers with a welcoming environment to learn about mental health and normalizing symptoms, reducing the stigma of mental health. One of the mothers opened up, sharing, "The program provided a lot of support because she did not feel lonely anymore. She felt safe to open up about her struggles as a mother [especially as a mother] of a child with special needs".

We are so proud and excited to continue seeing their progress! We encourage others to help create a safe space for mothers to engage meaningfully with Mothers and Babies! ♥♥♥♥♥