

New Beginnings

MomsFirst provides support to expectant mothers living in the City of Cleveland. We are dedicated to helping Cleveland moms deliver and raise healthy babies.

Honoring National Infant Mortality Awareness: MomsFirst Baby Crawl and Baby Buggy Walk



On September 10, 2022, MomsFirst commemorated National Infant Mortality Month with a Baby Crawl and Baby Buggy Walk at Merrick House. The event featured a resource fair with vendors from partners such as Cleveland Public Library, Cuyahoga County Board of Health, Friendly Inn Settlement House Moms Quit for Two, MetroHealth, The Caring and more. Volunteers from Mobilize the Vote registered twenty new voters. The enjoyable event concluded with special guest, Mayor Justin M. Bibb, reading a book to the children.

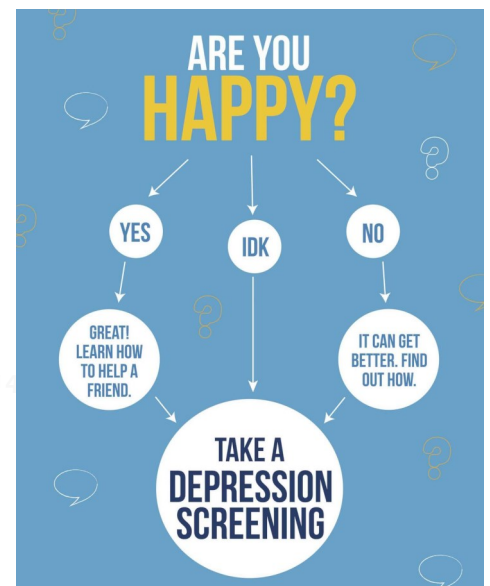
Traditionally, MomsFirst's event for National Infant Mortality Awareness Month has featured a "Baby Buggy Walk", which continued at this event, the first of its kind since September of 2019. This year, a new tradition began with the addition of a Baby Crawl. Crawling-age babies participated in a race and the winning baby won a trophy. Many thanks to the organizers, volunteers and attendees for making the day enjoyable and fun! To view more photos, visit www.momsfirst.org/photos.

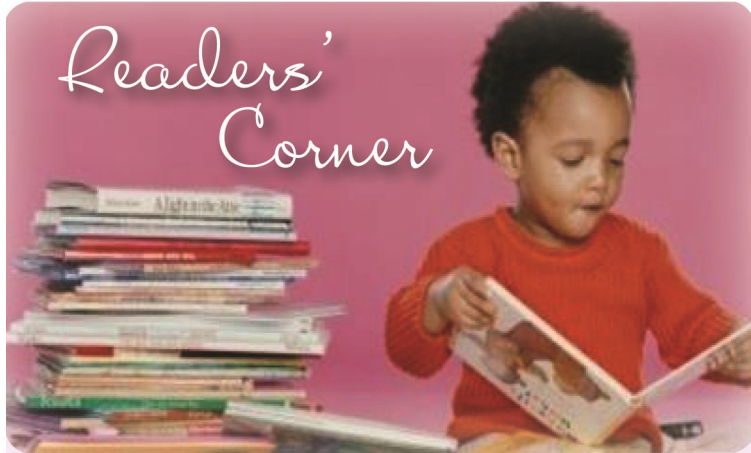
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October 6th is National Depression Screening Day

Ask your Community Health Worker about depression screening today!





Readers' Corner

Ready to Read: Literacy Tips for Children

Science Starts Now!

Science for babies and toddlers? That's right! Science is all about observing, exploring, and discovering which is a natural fit for babies and toddlers. Science is already a part of their world. And, if you watch you will see their wide-eyed wonder when they see or do something for the first time. When a baby shakes a rattle, they discover it makes noise. When a toddler plays with sand at the beach, they dump water on the sand and watch how it changes and explore the changes through play.

A Few Tips to Support Your Child's Science Learning*

- Answer questions and ask questions that spark curiosity.
- Explore and find answers together.
- Give your child time and space to explore.
- Accept that explorations are often messy.

Visit your library for age-appropriate books like these and explore science with your child!



*Adapted from <https://www.naeyc.org/our-work/families/support-science-learning>

Contributed by Sandy Nosse, Family Engagement

☆ Service Spotlight ☆



OUR WELLNESS NETWORK (OWN)

Our Wellness Network (OWN) is a network of African American mental health professionals and peer support specialists who hope to provide Black community members with the support they need to manage depression, anxiety and stress before, during and even after pregnancy in an effort to improve maternal and infant health outcomes. Individuals who have experienced a miscarriage, stillbirth or infant loss may contact OWN 24/7 by calling **888-505-7245**.

OWN offers a number of support services, including grief support, group support and therapeutic services. Individuals can use whichever form of support they feel most comfortable with as they move through healing.



Hope is Here.
We Are Here.

Free Healing Support

*call for eligibility

ARE YOU FEELING SAD, STRESSED, OR ANXIOUS?

African American licensed therapists and peer specialists are available to help men and women who are:

- Pregnant
- New Parents
- Have experienced miscarriage, stillbirth, or a loss of a baby before age one

SCHEDULE AN APPOINTMENT TODAY. 1-888-505-7245

For more information visit us online at PAILConnect.org or email us at ourwellnessnetwork@gmail.com

Our Wellness Network (OWN) is an initiative of First Year Cleveland's Pregnancy and Infant Loss (PAIL) Committee, which supports African Americans in their healing journey.

@PAILConnectCLE

Our vision is for every person to be provided with timely, accessible and culturally relevant services.

MomsFirst partners with Neighborhood Family Practice

COVID Corner

Thank you to the MomsFirst staff who participated in the listening sessions with Neighborhood Family Practice (NFP). The goal of NFP is to ensure that we all spread truth about COVID-19 to help families make informed decisions. Although COVID-19 cases have decreased, we want to continue sharing vital information with the community. If you have questions about COVID-19 and pregnancy, please visit the CDC website (listed below).



<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>

If you have questions about NFP and their pregnancy services, please visit <https://www.nfpmedcenter.org/midwifery/>

Upcoming Events

Wave of Light Virtual Candle Lighting Ceremony, Saturday, October 15, 2022 6:30pm-8:00pm. Individuals or parents that have experienced the loss of an infant or unborn child are encouraged to light a candle in remembrance. For questions or more information, please contact 216-513-6481 or waveoflightevent@gmail.com.

News from Moms First

Welcome to new Community Health Worker Anita Moreno (Lexington-Bell Community Center). We are happy you joined the MomsFirst family!

Do you want to help improve birth outcomes?

Join our team! Several MomsFirst sites are hiring. Contact your local neighborhood site today (see back page for contact information)!



Michael's Corner Make Smart Financial Moves

Emergency Rental Assistance

If you're having trouble paying your rent or utility bills, help is available. For Emergency Rental Assistance (also called the Ohio Home Relief program), contact:

1-833-377-RENT (7386)

or apply online at

<http://www.neorenthelp.org>

Get Connected @

Listen to her, talk to her **Believe Her**

Join the Dr. Shalon's Maternal Action Program



The Believe Her app provides peer-to-peer support, ambassador led-group discussions with support, and regional and topic specific groups. The Believe Her app provides resources for both postpartum and birthing persons and their support partners too



Sign up today and start your 2 week trial today and \$0.99 per month after.

www.believeherapp.com
www.drshalonmap.com



Are you pregnant or a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

For support, understanding, and resources,
CALL OR TEXT 1-833-9-HELP4MOMS
(1-833-943-5746)

Free - Confidential - Available 24/7

MomsFirst Neighborhood Sites

Friendly Inn Settlement House
2386 Unwin Rd.
(216) 431-7656

Lexington Bell Community Center
7724 Lexington Ave.
(216) 391-4100

May Dugan Center
4115 Bridge Ave.
(216) 631-5800

Merrick House
1050 Starkweather Ave.
(216) 771-5077

MomsFirst Participants and Community Health Workers Participate in Research on Attitudes and Beliefs Regarding the COVID-19 Vaccine

COVID-19 has been impacting our communities for over two years now, changing how we work, socialize, and communicate. Pregnant women are at higher risk of serious complications from COVID-19, and getting COVID-19 while pregnant can be dangerous to both the mother and the baby. One of the ways that we can decrease the spread of COVID-19, and lower the chance of serious illness if someone gets infected, is through COVID-19 vaccination. A researcher at Case Western Reserve University interviewed Community Health Workers and pregnant women participating in MomsFirst to understand concerns around COVID-19 vaccination and how we can improve it in the future. These interviews showed several things: first, a lot of the concerns about the vaccine come from distrust of healthcare and medical systems.

Community Health Workers can help improve that trust and address concerns about the vaccine. Second, participants expressed uncertainty about the vaccine's safety. Luckily, as time goes on, we get more and more data about how well the vaccines work and how safe they are for everyone, including pregnant women. Third, many people felt that they weren't getting enough information about it, or that there was too much information out there and it was hard to tell what was accurate. The CDC shares the most up-to-date and accurate information about COVID-19 and its vaccines. As we move forward, it's important for healthcare systems, the government, and local organizations and communities to work together to find common ground for vaccinating pregnant women against COVID-19. If you would like to know more about this research, please contact Dr. Gwendolyn Donley at gadonley@wisc.edu.



CITY OF CLEVELAND
Mayor Justin M. Bibb

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Invest in Children



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