



Prepared parents. Healthy families.

Parent Newsletter March 2023

Learn about local prenatal and childbirth resources!

Pregnancy is a time of uncertainty and excitement because so much of it is new and unknown. Most expecting parents have many questions about pregnancy and birth and how to care for their new baby.

Moms and dads who attend prenatal classes and connect with local resources and professionals tend to feel more confident in making decisions and have a more positive experience.

In this month's newsletter, we share information from the Community Doula Program, a local prenatal educator, and two Maternity Care coordinators about the programs and services in Linn, Benton, and Lincoln Counties that new parents can find during pregnancy.

Community Doula Program

Congratulations on your pregnancy! You may have read about doulas or know friends who have used a doula during their birth. There's a good reason so many families are choosing to give birth with a doula! People who give birth with a doula have shorter labors, fewer complications, and fewer cesarean births. They also reach their infant feeding goals more easily and have more positive feelings about their birth experience.

During your pregnancy is the perfect time to get paired with a doula. Your doula will meet with you one-on-one as you prepare for your baby's birth to answer questions about labor and birth, help you make a birth plan, and help you plan for the early days with your new baby. During your birth, your doula will provide physical and emotional support, comfort measures, labor position suggestions,



Community Doula Program

Connecting families with information and support during birth, pregnancy, and the early weeks of parenting through the care of a trained doula from your community.

Serving Oregon's Linn, Benton, and Lincoln Counties.
communitydoulaprogram.org

and options for managing pain, like massage. They will also advocate for you with your doctor or midwife to make sure your voice is heard. And they support your partner, friends, or family members by offering ideas for how to help you while you're in labor.

Once your baby is born, your doula continues to walk alongside you in your role as a new parent. They will visit you at home to help with newborn care, answer questions, help with feeding, and more.

At CDP, we know doulas can help the most when they fit in with your family, your birth goals, your culture, and your experiences. We match our families with doulas who are from their culture, speak their language and have walked in their shoes. We offer free full-service doula care to families living in Linn, Benton, and Lincoln counties with Medicaid, InterCommunity Health Network, Oregon Health Plan, or CAWEM health insurance. [Please contact us](#) if you would like additional information about working with a CDP doula! To learn more, [visit us online](#).

Prenatal Educator

The unknown is scary, but the more you know, the less you fear. Childbirth classes empower pregnant people to take an active role in their healthcare and view childbirth as a normal and healthy life event. When someone is involved in shared decision making with their provider, we see lower induction and cesarean rates. Research also suggests that when people take childbirth education courses, we see fewer admissions to the hospital with false labor, higher rates of breastfeeding, shorter labors, and higher satisfaction with the birth experience

My name is Heidi Donahue, and I am a Lamaze certified childbirth instructor, teaching Childbirth education and Newborn care classes at the Albany and Corvallis hospitals. I have five children and have had the privilege of being a foster mom to many others.

My number one goal as an educator is to see you walk into your birth feeling confident in your ability to birth your baby. I want you to know your options, learn about things before they happen, and play an active role in your healthcare team.

Not only will you get loads of great information, but you also have the chance to meet other families that are going through the same phase of life that you are.

Don't be surprised if many (or all) of the other pregnant people in the class are due within the same month that you are. If you are taking the class with a partner, it is a great way to get them involved in the process and to have the opportunity to work together to feel prepared for your baby's arrival.

A few things we will discuss include the anatomy of the pregnant person, labor hormones, labor stages, coping and comfort measures, birth options, what to expect while in the hospital, and postpartum care.

We have fun in the Newborn Care class and play with baby dolls! We talk about what to expect when you first see your baby and learn essential skills like how to bathe, diaper, dress, and swaddle them. We discuss baby carriers and will have several for you to try on. I go over normal newborn behavior and ways to comfort your baby. There is time to ask questions like "How do I know if my baby is getting enough to eat?" answered.

Learning more really does make you less fearful, and having some fun while learning makes it even better. For more information speak with your Maternity care coordinator or visit my website at www.yourbirthyourway.org



Childbirth prep & Newborn care classes

Unbiased and evidence-based information

Delivered in a fun and engaging way

By people who are passionate about supporting people

Childbirth Prep

- Classes held monthly at the Corvallis hospital
- Weekend and Albany hospital class options available

Newborn care

- Evening in-person class held every month, alternating locations at Albany & Corvallis hospitals
- Daytime virtual class, 1st Wednesday of every month

***Classes are 100% covered by IHN insurance**

www.yourbirthyourway.org

Maternity Care Coordinator

Throughout human life, there are very few experiences that are more intimidating, joyful, or miraculous than giving birth. My name is Amy Bliege, and I work as a Maternity Care Coordinator at the Albany Samaritan Hospital. I help to coordinate maternity care and prenatal education and connect pregnant mothers to available community services before, during, and after their birthing experience.

The beginning of a pregnancy is a great time to meet with a Maternity Care Coordinator to discuss your care needs, sign up for prenatal classes, and learn more about community resources that are available to you. In Albany, we offer a hospital tour for pregnant couples to help ease your mind by finding out where to go and what to expect from your hospital experience. We also explain the birthing process in-depth to help new parents feel more comfortable.

Care coordinators continue to support you after your baby is born. We follow up with each new family and help them find the resources they need for success. We can help families with needs such as finding a pediatrician, postpartum care, mental health services, drug & alcohol rehabilitation, shelters, food banks, and many more. We answer any questions and help make you as comfortable as possible with your care and learning about your new baby. Give your maternity care coordinator a call today! For more information visit [Samaritan Maternity Care Coordinators online](https://www.samaritan.org/maternal-child-health/maternity-care-coordinators).

Maternity Care Coordinator, Certified Childbirth Educator, & Spanish Interpreter

One of the most exciting news for a couple to receive is the news that they are expecting a baby. Shortly after they share the great news with family and friends, soon-to-be parents realize they have a lot of questions regarding prenatal and baby care, resources, how to find support, and many other things. The process of bringing a new child into the world can be challenging, and it can be an even greater challenge if English is a language barrier they have to navigate in order to receive the resources and help they need.



Samaritan
Health Services

[samhealth.org](https://www.samhealth.org)

My name is Rocio Badger. I am a Maternity Care Coordinator, Certified Childbirth Educator, and Spanish Interpreter at Samaritan Albany General Hospital and Good Samaritan Regional Medical Center in Corvallis. I have 20 years of experience helping Spanish-speaking pregnant women and their families to receive the best care and support possible through our free program, "Conexiones de Maternidad" (Spanish for Maternity Connections).

It has been a great relief for Spanish-speaking women and their families to reach out to Conexiones de Maternidad. During a one-on-one visit, I can help coordinate their maternity care with their medical providers, offer insurance information, and provide hospital orientation and pre-admission paperwork. We also discuss birth plans and offer community programs for mothers and babies. The resources we can provide have been of great help when moms are new in the area and need help connecting with other Spanish-speaking moms and groups.

1 in 10 women experience depression and/or anxiety during pregnancy, and 1 in 8 women experience postpartum depression. Through Conexiones de Maternidad, future

mothers and mothers with their new babies can participate in a group that I offer called Esperanza Para las Madres. Mothers receive compassionate support, education, fun and relaxing activities, and connection with other mothers that are going through the same emotional and mental issues related to childbearing. Moms love painting classes, exercising, cooking healthy food, and interacting with other mothers.

Expecting a baby, not knowing what to expect during labor and delivery, and wondering how to take care of a baby can create a lot of anxiety in both the mother and their support person. As a Certified Childbirth Educator, I offer classes in Spanish. Childbirth education has been shown to reduce fear and anxiety while increasing confidence. It has been very helpful for couples to learn about labor, birth, and baby care.

It has been a privilege to serve Spanish-speaking families through these years, connecting them with the best care possible, support, bilingual educational programs, and valuable resources in Spanish in our communities. My goal is that the mothers and their families have a very healthy, positive, successful, and enjoyable experience on such an important and special day of their lives.

Hope for Mothers Esperanza para las Madres

Are you pregnant, or have you had a baby? Do you feel sad, irritated, isolated, or anxious?

Come to Hope for Mothers/Esperanza para las Madres, offered in Spanish by Samaritan Albany General Hospital and Healthy Families of Corvallis. In this group, you will find a place where you will be heard, understood, supported, and informed.

This group meets every Monday from 11:00 – 12:30 pm at the Albany Boys & Girls Club. A virtual option is also available via Microsoft Teams.



For more information call

Rocio Badger at 541-812-4303 or Tina Soares 541-257-7257
samhealth.org

Additional Resources:



The Family Connects program supports parents by connecting new moms with free nurse home visits and community resources.

How does it work?



THREE WEEKS

Visits are scheduled around 3 weeks after birth



NO COST TO RECIPIENTS

As an eligible recipient, you will not be charged



REGISTERED NURSE

All visits are made by highly-trained nurses

What to expect at a home visit:

FOR MOM



- A health check
- Talk about changes and things to expect

FOR BABY



- Baby weight and health check
- Support with infant feeding, crying, sleeping and swaddling
- Talk about what to expect as baby grows

FOR FAMILY



- Explore childcare options
- Home safety, parenting support and resources
- Connections to playgroups and parent support groups
- Community connections as your baby grows

Contact Pollywog to get referred to a Family Connects nurse in your county.
541-917-4884 or pollywog@linnbenton.edu

kids and company of linn county

KIDCO HEAD START
strong children. strong families. strong communities.

Serving Linn & Benton Counties since 1965, Kidco believes in a holistic approach to education for pre-natal through preschool. We partner with parents to help ensure a child has good nutrition, established medical and dental care, and of course, a fun, hands on learning approach through play.

Kidco provides comprehensive services for pregnant women along with infants and toddlers at locations in Linn and Benton Counties.

Find us online at kidcoheadstart.org

@kidcoheadstart



Pollywog Helps Families

- Sign up for prenatal & parenting classes
- Find preschool and child care
- Get connected with local resources and agencies



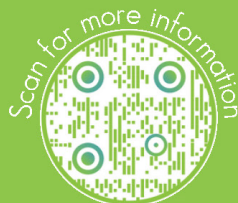
Pollywog's personalized services are free for all families!

Contact us today!
541.917.4884

Healthy families and prepared parents don't just happen, they are created by your efforts!

Pollywog helps you to make your family healthy and strong: learn how kids grow and develop, where to find child care, and connect with local resources.

pollywogfamily.org



There is no job more important than parenting

and we're here to help, one text message at a time.



What to expect from Bright by Text weekly text messages?

- Easy, practical tips and info for parents & caregivers.
- Messages timed exactly to your child's due date or date of birth
- Info about free services and events based on your zipcode

Text ELHKIDS to 274 448



Bright by Text only asks for your child's birth date and zip code. This service is completely free, but message & data rates may apply.



Available in English and Spanish.

- [Pollywog Facebook](#)
- [Pollywog Website](#)
- [Pollywog Instagram](#)
- [Pollywog YouTube](#)

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