

COMMUNITY NEWSLETTER

MAY 2024



NORMALIZING MOM BURNOUT

Motherhood – a word that resonates deeply with mothers as they reflect on their unique experiences. While the journey varies for each woman, the challenges of nurturing a child are universal. Motherhood encompasses both joyful moments and difficult days, yet the most rewarding aspect is witnessing your child evolve into the person you've guided them to be. Drawing from the lessons, memories, and hardships of their upbringing and applying them in the outside world showcases just a fraction of the impact mothers have on their children's lives.

Depleted Mother Syndrome, also known as mom burnout, occurs when a mother is mentally exhausted. This type of burnout arises when mothers feel emotionally drained from caring for their children around the clock. The syndrome may develop due to the constant pressure of being a mother. Lack of rest, poor eating habits, neglecting self-care, and striving for a perfect daily routine are actions that could contribute to this condition. Depleted Mother Syndrome can affect the connection with your children. Depending on the mother's current emotions, she might inadvertently project her feelings onto her child, leading to potential conflicts in establishing a nurturing relationship with them.

IN THIS ISSUE:

1
First Time Parenthood
Learn how to handle first time moments with your baby

2
It's Okay To..
Discuss self care ideas for mothers

3
Mother's Day Gift Guide
Gift ideas to celebrate Mother's Day

The Challenges of First Time Parenthood

Handling first-time experiences with a newborn baby is a journey filled with wonder, challenges, and immense learning. For new parents, the initial days and months can seem like a whirlwind of emotions, as they navigate the uncharted waters of parenthood. Every first with a newborn, from their first cry to the first smile, is a milestone that brings a mix of joy, anxiety, and a profound sense of responsibility.



1 Challenges of Crying

Babies tend to cry consistently. Crying serves as a way for parents to understand and fulfill the baby's needs. Typically, babies cry to signal hunger or tiredness. It's crucial for the parent to stay calm when the baby is crying. Instead, gently hold and rock the baby to provide comfort and security.

2 Challenges of Sleeping

In a safe sleeping environment, babies should rest. Establishing a sleeping routine is advised for infants. Be ready for late nights and early mornings as babies learn to extend their resting periods in the evening. While it may pose some challenges initially, the baby will eventually adapt to longer sleep durations during the night.

3 Challenges of Teething

When a baby starts teething, it can be a challenging period for both the baby and the parent. During this time, a baby may experience discomfort and fussiness. A parent's role is easing her baby's discomfort and providing comfort during this period.

4 Challenges of Bathing

With preparation and patience, bathing can be a bonding experience between a parent and child. Gather all of the important supplies beforehand. Make sure to have everything in reach to ensure that the baby isn't left unattended at any time during the bath.

Dear Moms,

IT'S OKAY TO:

- 1 KEEP A JOURNAL**
take time to write out your thoughts or feelings in a personal diary.
- 2 EXPLORE A NEW HOBBY**
find something that can later become something to add into your regular routine.
- 3 PUT KIDS IN BED EARLY**
adjust your kids to an early nights rest for extra time to reflect on your day.
- 4 BUDGET \$ FOR YOURSELF**
saving funds towards your personal desires proves that you are choosing you.
- 5 BE OKAY WITH SAYING "NO"**
setting boundaries is good for your mental health and your children's self discipline.
- 6 MAKE TIME TO TAKE A NAP**
if you have time, take advantage of it and rest your eyes.
- 7 SET PERSONAL GOALS**
goal setting allows you to focus on your personal growth.
- 8 DO SELF AFFIRMATIONS**
remind yourself daily how strong and amazing you are as a parent.
- 9 THINK, THEN REACT**
take a short mental pause: stop, breathe, and then reflect on the situation.
- 10 CALL A FRIEND**
call your favorite person and catch up on life outside of motherhood.



MOTHER'S DAY

Gift Guide for Expecting Moms



Jewelry



Body Pillow



Breastfeeding Essentials



Postpartum Recovery Kit



Baby Bump Headphones



Keepsakes for Mom



Customized Mug

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The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Ultrasound Made Easy



NEXT MONTH: Wakulla Healthy Start

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education, women's



health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



When putting your baby to sleep: Be sure to keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.

Your baby could roll into any of these items, which could block their airflow. These objects can increase your baby's risk of entrapment, suffocation or strangulation.

