

## The Bi-Monthly Broadcast

**G**reetings! The Healthy Montana Teen Parent Program has now been up and running for over six months, and collectively, we have accomplished so much! Already, the Program has sponsored and coordinated four training opportunities, awarded six contracts (with more on the way), and completed a needs assessment of services available for teens in tribal communities. But more importantly, our contractors have supported nearly 250 pregnant and parenting teens, plus their children, in Montana. In this latest newsletter, you can read about the work of Florence Crittenton Home and Services in Helena, learn about National Children's Dental Health Month, and get familiar with Ready2Read, text4baby, and resources from the Ellyn Satter Institute. As usual, upcoming training opportunities nationally and statewide are also included. I hope this newsletter continues to be a resource for you and the young families with whom you work. As always, thank you for the work that you do to support pregnant and parenting teens, and their children in Montana.

-Kelly Hart, Healthy Montana Teen Parent Coordinator

### CORE SERVICE: Prenatal Care and Reproductive Health Services

#### Resources from the Ellyn Satter Institute



In November, the Healthy Montana Teen Parent Program held a workshop with Pam Estes, MS RD CD from the Ellyn Satter Institute. Pam talked about teens, their eating habits, and how those habits get passed on to their children.

In addition to books by Ellyn Satter such as Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook and Child of Mine: Feeding with Love and Good Sense, the Ellyn Satter Institute hosts a website full of educational resources for people of all ages. Many resources are also available in Spanish. In the context of Prenatal and Reproductive Health Services, two resources in particular may be of interest.

Eating for Pregnancy is a tip sheet with information for pregnant women to take care of themselves with eating, including tips like "Have meals with food you

enjoy. Learn to cook easy and tasty meals. Don't forget to eat. Only cook foods that are fancy or take a lot of time if it's fun for you."

This resource can be found at:

<http://www.ellynsatter.com/resources/Eat4Preg.pdf> The website also hosts a resource page, Eating During Pregnancy: Provide, Don't Deprive, which can be found at: <http://www.ellynsatter.com/eating-during-pregnancy-provide-dont-deprive-i-64.html>

Women face a lot of pressure when deciding whether to breastfeed or formula feed. This decision is personal; what is right for one woman may not be right for the next. To help women with this decision, Breastfeeding or Formula Feeding? offers information on the benefits of breastfeeding and how to decide which is right for you, with tips such as, "If you don't like it, don't breastfeed and don't feel bad about it. You have to be comfortable with the way you feed your baby to do a good job with it." This resource can be found at:

<http://www.ellynsatter.com/resources/Breastfeeding.pdf>

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## Contractor's Corner

By Barb Burton, Florence Crittenton Home and Services

*"I have been able to see two worlds in my lifetime: that of utter chaos and that of peace. I've lived two worlds but I HAVE broken the cycle."*

- Mary Davis former Florence Crittenton Resident, Speaking on behalf of Florence Crittenton

Mary is now 27, a college student with a bright future. Her journey is incredible. From being abused, abandoned at 16, pregnant and homeless to receiving her associate's degree, she is inspiring. Yet she represents the experiences of thousands of young women.

*"As a child and teenager, I was physically and emotionally abused on a daily basis. **My parents were not alcoholics or drug addicts; they were, in fact parenting me as they were parented.** I have memories of being left alone for hours – hungry, dirty, terrified and confused."*

For over 112 years, Florence Crittenton

has provided comprehensive services that assist young mothers in addressing their developmental and therapeutic needs while teaching them the importance of their relationship with their children. Today Crittenton's residential therapeutic milieu provides 24 hour support for academic achievement, life and job skills training, and guides teen mothers through pregnancy and parenting.

Florence Crittenton's model of care is **trauma informed and gender specific** in order to address the very specific needs of young mothers who have endured significant trauma, disruption and grief. Young fathers are encouraged to participate and often attend prenatal and parenting groups.

Residential programs are offered for up to 12 young women ages 12 to 21 who are pregnant, parenting or both.

Young women are admitted any time during pregnancy or after the birth of their baby for reunification. Adoption education is a standard part of parenting curriculum and young women making adoptive placements are welcome to stay after the placement of their child for as long as necessary.

Developmental and therapeutic needs are addressed through individual and group activities, including treatment with our own staff therapists. Medical care is provided through the local health care system. Girls attend local school or are tutored through an individualized education program.

Pregnancy and birth can be daunting even in the best of circumstances. Teen moms who have experienced trauma, particularly sexual trauma, need special coaching and preparation for the birth process. *Loving Your Baby from the Inside Out, (cont'd on page 3)*

LEARN ABOUT TEEN SUCCESS AND PLANNED PARENTHOOD IN THE NEXT ISSUE!

## She's One Smart Mom, She's Got text4baby

If you are not already familiar with the text4baby initiative, now is the time to let your pregnant and parenting teens know about this great resource! Launched by the National Healthy Mothers, Healthy Babies Coalition, text4baby is a way to get health information to pregnant women and new moms. By signing up, moms and soon-to-be moms can receive free text messages— there are over 250 different messages— about critical issues such as prenatal care, safe sleep, labor and delivery, breastfeeding, and family violence.

For pregnant moms, the messages are timed around the baby's due date. After the baby is born, moms receive messages through the first year of the child's life. Early evaluation of the initiative shows promise:

- 63.1% of women reported that text4baby helped them remember an appointment or immunization that they or their child needed;
- 75.4% reported that text4baby messages informed them of medical warning signs they did not know;
- 71.3% reported talking to their doctor about a topic that they read on a text4baby message; and,
- 38.5% reported that they called a service or phone number that they received from text4baby.

These messages are truly free, even for those without a texting plan, and also do not take away from a limited texting plan, thanks to support from the Wireless Foundation. Text4baby is also available in Spanish.

For more info, visit [www.text4baby.org](http://www.text4baby.org) or to sign up, text the word BABY (or BEBE for Spanish) to the number 511411.



(cont'd from page 2) Crittenton's own prenatal group provides teen mothers with a highly specialized view of their pregnancy focusing on the incredible ability of a woman's body to give birth. Group facilitators nurture each expectant mother while carefully reviewing each stage of pregnancy, labor, birth and the critical hours directly after birth. Normalizing the birth process for trauma affected teens changes fear into understanding and allows them to feel empowered by the experience. Attachment with their child in utero is emphasized through activities and by verbalizing their expectations and hopes for parenting their baby. Outcomes from this group include increased breast feeding rates among residents to over 95% as well a significant reduction in

non-medically necessary Cesarean sections.

Parenting education begins during pregnancy with the emphasis on relationship. Rather than simply teaching basic parenting skills, *Circle of Security Parenting*® focuses on teaching to a parent's state of mind, with the emphasis on attunement to and meeting their child's needs while always providing a safe and secure "holding environment" for their child. Videotaped sessions assist in recording positive interactions between parent and child. These interactions are used as teaching tools by the therapist to understand communication and need for connection that exists between child and caregiver.

*Circle of Security Parenting*®, *Loving Your Baby from the Inside Out*, and *STRIVE*, a goal setting and healthy relationships group, along with individual therapy are also available to young families in the community. Outreach training is available for groups and caregivers on attachment/attunement and the importance of healthy attachment/early intervention and prevention in the lives of children. Covered topics include supporting healthy attachment in children and an overview of the *Circle of Security Parenting*® philosophy and parenting curriculum. Attendees learn to recognize unhealthy/insecure attachment and understand the long-term ramifications of early attachment disruption. Videotape examples (cont'd on page 4)

## February is National Children's Dental Health Month

Every February, the American Dental Association (ADA) promotes National Children's Dental Health Month. This month, learn about resources related to dental health for teens and their children.



Establishing dental hygiene habits are important before teeth even arrive. The American Association of Family Physicians recommends wiping a baby's gums with a soft damp cloth after feedings to prevent the buildup of bacteria. Once teeth arrive, a soft children's tooth brush should be used twice a day. When the child is pre-school aged, fluoride toothpaste can be used. In addition to at-home care, early visits to the dentists are recommended by the ADA. In fact, the ADA recommends a child's first dentist visit occur no later than his or her first birthday. This will help establish the habit of regular dental check-ups, and help the child feel more comfortable with his or her dentist. To find a dentist in Montana, visit the Montana Dentist Association website to view a directory of providers:

<http://mtdental.com>.

For those paying out-of-pocket for dental services, Montana has a low-cost dental clinic available; the MSU – Great Falls College of Technology Dental Hygiene Clinic is a teaching facility which provides dental services at a lower cost, including services for children. While it cannot serve as a primary dentist office for patients, it can provide assistance for dental needs when other options are not available. Patients must meet certain criteria and be accepted into the clinic. For more information, visit: <http://www.msugf.edu/webs/DH/Clinic.html>.

The Montana Oral Health Program of DPHHS promotes oral health activities and awareness through prevention and education. Their website, <http://www.dphhs.mt.gov/publichealth/oralhealth/>, offers resources about oral health. Two brochures in particular may be of interest to your organization and clients. Pregnancy and Oral



Health discusses how pregnancy affects oral health, and how oral health affects prenatal health: <http://www.dphhs.mt.gov/publichealth/oralhealth/documents/PregnancyandOralHealth.pdf>. Another resource, A Healthy Smile for Your Baby– Tips to Keep Your Baby Healthy offers detailed tips on oral hygiene for babies: <http://www.dphhs.mt.gov/publichealth/oralhealth/documents/HealthySmileforBaby.pdf>.

Looking for a fun way to teach children about dental health? The American Dental Association and the National Museum of Dentistry



host an interactive website for children and educators to help teach children about teeth, food, visiting the dentist, and dental hygiene. Visit Mouthie and the laboratory at <http://www.mouthpower.org>.

(cont'd from page 3) of attachment/healthy attachment vs. the lack thereof are demonstrated as an excellent mode of training and supporting parents and staff in building positive relationships with their children. Most recently, trainings have been given in Rocky Boy, Fort Belknap, Salish-Kootenai Confederated College, Havre and Wolf Point.

For more information on programs at Florence Crittenton call 406-442-6950 or visit [www.florencecrittenton.org](http://www.florencecrittenton.org)



## Ready2Read!

The Montana State Library, in partnership with Montana Fish, Wildlife & Parks, has introduced a new initiative on early literacy— everything children know about reading and writing before they can actually read and write.



The initiative pairs literacy and nature to spark kids' interest in language, literacy, and learning.

The Ready2Read website offers great information, tips, activities, and resources for nurturing literacy skills for babies, toddlers, and preschoolers. You can find reading milestones, suggested books, songs and fingerplays for these age groups at:

<http://ready2readmontana.org>

## UPCOMING TRAINING OPPORTUNITIES

### MARCH

**National Healthy Start Association**— *Our Blueprint for the Future: Building Healthy Families*

March 11—14, 2012 • Washington, DC <http://nationalhealthystart.org/>

**Centers for Disease Control and Prevention**— *STD Prevention Innovation: Solutions in the Era of Health Care Reform*

March 12—15, 2012 • Minneapolis, MN <http://www.cdc.gov/stdconference/>

**Native Wellness Institute**- *Native Life Skills Training of Trainers*

March 13—15, 2012 • Prior Lake, MN <http://www.nativewellness.com/events/eventshome.html>

**Center on Social Emotional Foundations in Early Learning (CSEFEL) and the Technical Assistance Center on Social Emotional Intervention**— *Addressing Challenging Behavior: National Training Institute*

March 28—31, 2012 • Clearwater, FL <http://www.addressingchallengingbehavior.org>

### APRIL

**Internet Sexuality Information Services (ISIS)**- *5<sup>th</sup> Annual Conference on New Media, Youth, and Sexual Health*

April 1—3, 2012 • San Francisco, CA [www.sextech.org](http://www.sextech.org)

**Montana Department of Public Health and Human Services**- *2012 Family and Community Health Conference – Connecting to the Community*

April 17—19, 2012 • Billings, MT <http://www.dphhs.mt.gov/PHSD/family-health/FCHB-index.shtml>

### MAY

**Teenwise Minnesota (Formerly the Minnesota Organization on Adolescent Pregnancy, Prevention, and Parenting)**- *21st Annual Conference*

May 3—4, 2012 • Brooklyn Center, MN <http://www.moappp.org/training/conference.html>

**Montana Department of Public Health and Human Services**— *Montana Family Planning Training Conference*

May 9—10, 2012 • Helena, MT <http://region8familyplanning.org/>