

Becoming a Mom - Coming of the Blessing

Developed for the
March of Dimes
 By
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march of dimes



Community
Our programs help moms-to-be have full-term pregnancies and healthy babies.



Advocacy
We advocate to help moms and babies get care and services to improve their health.



Research
We research the serious problems that threaten our babies and work on preventing them.



Education
Our websites provide the latest pregnancy health information in English and Spanish.



Support
We offer information and comfort to families with a newborn in intensive care.





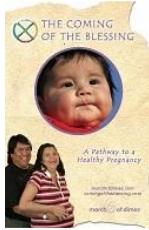
AI/AN Women's Committee, 2014



March of Dimes volunteers, researchers, educators, outreach workers, and advocates all work together to support healthy Moms and Babies

The Coming of the Blessing

- Based on the core values common to all AI/AN Nations
 - Love of family
 - Honor of mother and child
 - Importance of the father and family
 - Spirituality
 - Sacred time of pregnancy



The Coming of the Blessing

- Knowledge for a healthy pregnancy using the Circle of Life
- Values the traditional pathway of teaching by mothers, grandmothers
- Traditional and ancestral wisdom



The Coming of the Blessing

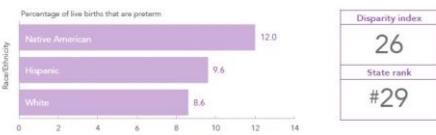
- Message
 - Positive and supportive
- Design
 - By AI woman
- Intent
 - For ALL AI/AN families with love
- 2nd Edition
 - Spring 2014



The Coming of the Blessing and Group Prenatal Care together help reduce the disparities in preterm birth and infant mortality



The March of Dimes Prematurity Campaign aims to reduce preterm birth rates across the United States. Premature Birth Report Card grades are assigned by comparing the 2014 preterm birth rate in a state or locality to the March of Dimes goal of 8.1 percent by 2020. The Report Card also provides city or county and race/ethnicity data to highlight areas of increased burden and elevated risks of prematurity.



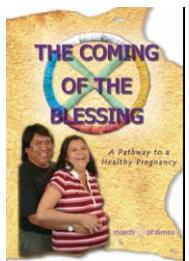
Disparity index
26
State rank
#29

The booklet made a difference!

- Results of the survey
 - 181 women from 44 different Nations
 - 88% between 18-35 years of age
 - 13 preterm births
 - Preterm birth rate of 7.5% vs. 14.1 for AI/AN infants in 2009



The Difference



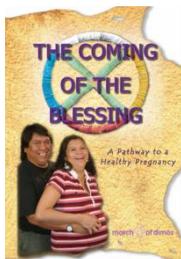
- 88% Kept all of their prenatal appointments
- 88% believed the ancestral wisdom was helpful
- 78% believed that the traditional beliefs were helpful

The Difference

- What the women wrote to us
 - Family is most of all important for supporting each other
 - Great information by Natives for Natives
 - Lets you know about our ancestors
 - It talks to you
 - THANK YOU



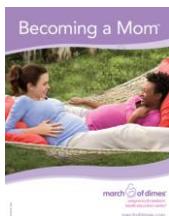
Award Winning



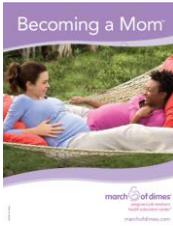
- 2009
 - National Perinatal Association Transcultural Award
- 2010
 - National Indian Health Board- Regional Impact Award
- 2011
 - APHA Effective Maternal and Child Health Practices

A Prenatal Curriculum - Goals

- To teach women about pregnancy
- To create a supportive environment
- To help participants overcome barriers
- Assertive consumers



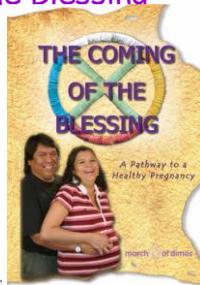
Cultural Adaptability



- Appendices with information on facilitation with
 - American Indian/Alaska Natives
 - Hispanic
 - African American

Becoming a Mom and The Coming of the Blessina

- You and Your pregnancy
- Prenatal Care
- Eating Healthy
- Stress During Pregnancy
- Things to Avoid During Pregnancy
- The Big Day
- Caring for Your Baby
- Postpartum Care
- Celebrate



Each Session Has for You



- Learning Objectives
- Key message
- Special Notes
- Background information
- Lesson Plan
- Reproducible handouts
- Facilitator check list

Learning Objectives/Key Message



- What participants would know by the end of the session
- The minimum take away information

Special Notes



- Things to think about as you prepare to teach that particular section
 - Any special information
 - Things to get for the session

Background Notes

- The basic information you will need for each session



Lesson Plan



- Step by step lesson plan to develop your class
- Can be adapted to meet the needs of your class or individuals

Reproducible Handouts



- Handouts to reinforce the information discussed in the class

Your Role

- Bring women together
- Make them feel valued and supported
- Empower them to become advocates for themselves



About Adult Learners

- When they need to know it
- When they see its use in their lives
- Bring knowledge with them



Adult Learners

- Respect participants time
- Stick to information they need to know
- Build on what they know
- Ask them to connect information to their life



Our Goal

- Inform, respect their beliefs and values and create an atmosphere where they feel comfortable to share



Knowing Your Participants



- Importance of prenatal care
- Creating a supportive environment
 - Values:
 - Support
 - Respect
 - Trust

Knowing Your Participants



- Embracing the concept of social support
 - Empowerment
 - Community building
 - Increased satisfaction

Knowing Your Participants



- Reduction in preterm birth
- Increased breastfeeding

Spirituality



- Many Moms have a rich spiritual tradition
 - Encouraged to support the physical, mental and spiritual to promote healthy behaviors

Behavior Change



- Each section teaches healthy choices
- Help identify unhealthy ways they may want to change

Creating a Supportive Environment

- Understand the world view
- Spirituality
- Identity
- Family values
- Time orientation



Common Health Beliefs



- Circle of life
- No separation of mind, body and spirit
- A balance of between physical, psychological, social and spiritual being

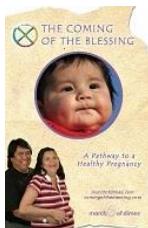
Strengths and Protective Factors

- Adaptability
- Community Strength
- Connection with the past
- Family and elders
- Holistic thinking
- Identification with culture



Cultural Beliefs about Pregnancy

- Becoming a Mom is a sacred event
- Keep a healthy balance
- Use of sacred herbs, plants, rituals and ceremonies
- Support of family, elders
- What are some of cultural beliefs here in Montana?



Role of the Father and family



- The family is often the most important relationship that American Indian/Alaska Natives have
- The father and other members of family are vital to the well-being of Mom and the child

Cultural beliefs about postpartum

- A special time
- Traditions
 - For bonding with the child, family, earth
- Special teas
 - Purify, cleanse body
- Grandmothers, aunts for support/teaching
- Are there special beliefs you can add?



Breastfeeding

- The tradition of the ancestors
- Protection
 - From obesity and diabetes
- Support of breastfeeding
 - WIC
 - NIH booklet online



Local Resources - Know what your community can offer

- Prenatal care choices
- WIC clinics
- Breastfeeding support
- Food programs



I. You and Your Pregnancy - The Blessing has been Planted



- Participants can make changes in their lives to help their babies be born healthy
- Becoming a Mom-Coming of the blessing provides a supportive place for participants to validate their knowledge and learn healthy behaviors

Getting to Know Each Other



- Basic ground rules
 - Confidential
 - OK to disagree
 - OK to ask questions
 - OK to use restroom
 - OK to talk to facilitator at breaks

Getting to Know You

- Open environment
 - Mutual respect
 - Sharing
 - Fears and anxieties
 - Frustrations
 - Ideas
 - Mixed feelings
 - Health beliefs



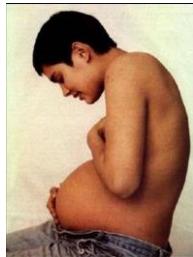
A FUN Activity

- What being a Mom means to them
- Turn into a poem



Keeping Healthy During Pregnancy

- Early and regular prenatal care
- Healthy lifestyle
- Take prenatal vitamin
- Reduce stress
- Practice safe sex



Traditional Wisdom



- Pregnancy is a sacred time
- Women are the "Life Givers"
- Look within your circle of support

Role of the Father

- May not know how to help Mom
- Normal for him to feel anxious
- Talk about feelings, work together
- Have him come to prenatal visits



Handouts for Session 1

- Getting to know you
- Keeping healthy during pregnancy
- Common discomforts of pregnancy



Lesson Plans for Session 1



- Activity - time frame
 - Getting to know you
 - You are going to have a baby
 - Something Old, Something new

Lesson Plan for Session 1



- Break
- Tips for a Healthy Pregnancy
- Common Discomforts
- Wrap up



2. Prenatal Care

- Prenatal care is important
- Pregnant women should be informed consumers and learn strategies to overcome barriers
- Pregnant woman should feel that she can call her health care provider if she thinks there is a problem

Father's Role

- Talk to each other about the changes happening
- Let him feel the baby "dance"
- Attend prenatal visits together - classes



Barriers to Prenatal Care



- Consider pregnancy as a normal event
- Money
- Language
- Culture
- Look at your resources



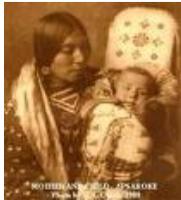
- The most important point to remember that once a woman is pregnant she needs early and regular prenatal care

Some Topics - Handouts

- Birth defects
- How can talk to my doctor?
- What is a miscarriage?



Risk Factors for Moms - Handouts



- Diabetes
- Anemia
- Preeclampsia
- Preterm labor

Preterm Labor

- Signs
 - Contractions
 - Change in vaginal discharge
 - Pelvic pressure
 - Low dull backache
 - Cramps
 - Cramps with or without diarrhea



A pregnant woman should always call her health care provider right away if she is experiencing preterm labor



Risk Factors

- Previous preterm birth
- Pregnant with multiples
- Uterine/cervical abnormalities
- Diabetes
- High blood pressure

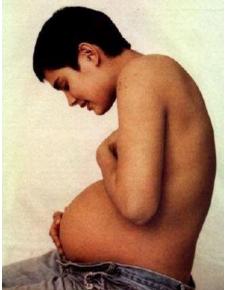




3. Eating Healthy



- Baby eats well only if mom eats well
- Healthy diet provides
 - development of healthy baby
 - more energy for mom
 - better weight gain pattern 25-35 pounds



- Mom's nutritional requirements increase during pregnancy to support the growth and development of the baby, and mom's support systems

Father's Role

- It is important for the father to keep a healthy lifestyle just as it is for the mother



Recommended Weight Gain



- For a woman who is
 - Average weight - 25 - 35 pounds
 - Underweight - 28-40 pounds
 - Overweight - 15 - 25 pounds
 - Obese - 15 pounds

Where Does the Weight Go?



- Baby - 7.5 pounds
- Uterus - 2
- Placenta - 1.5
- Amniotic Fluid - 2
- Extra blood - 3.5
- Breast tissue - 1.5
- Stored fat - 5 - 10
- Total 27 - 33

Folic Acid - B Vitamin



- 400 micrograms
- Up to 70% of NTD may be prevented
- For all
 - Normal production of RBS
 - May help prevent
 - Heart disease
 - Some cancers
 - Stroke

Changes in Nutritional Needs



- No Change
 - Fat
 - Vitamin A
 - Vitamin K
 - Iodine
 - Brain development
 - Sodium
 - Fluid balance
 - metabolism

Changes in Nutritional Needs



- Increased Needs**
- Folic Acid**
 - Calories
 - Carbohydrates
 - Protein
 - Calcium
 - Zinc
 - Protein metabolism
 - Magnesium
 - Cell metabolism



- A pregnant woman never should diet
- Mom needs 300 extra calories a day to grow a baby
- 300 healthy calories (not French Fries or M&M's)



Breads, grains, rice, pasta 6 ounces a day



- Carbohydrates - The best source of energy
- Provides vitamins and minerals
- Look for products fortified with **folic acid**



Healthiest Traditional Grains

- Corn, wild rice, potatoes, yams, corn tortillas, cattail, jerusalem artichokes, acorn flour



Fruits 1-2 cups and Vegetables 2 ½ cups



- Provide vitamins, minerals and fiber
- Try to include Vitamin C rich foods
 - Development of connective tissue
 - Development of vascular system

Healthy Traditional Fruits

- Fruits
 - Strawberries, cooked blueberries, peaches papayas, chokecherries, prickly pears, wild plums, rose hips, wild berries, persimmons



Healthy Traditional Veggies

- Milkweed, salsas, chilies, wild turnips, beans, wild greens, wild carrots, wild onions, Indian cucumber, fiddleheads, wild mushrooms



Dairy 3 cups daily

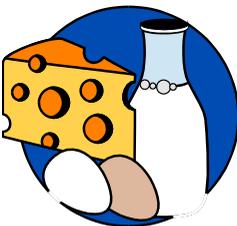


- Provide calcium for bones, teeth, heart and muscles
- Baby will draw calcium from mom
- Important for
 - Mineralization bones and teeth
 - Energy and cell production
 - Acid-base buffer

- Traditional calcium sources
 - Stone ground cornmeal, seaweed, black and pinto beans
 - bone soups, stews and broth
 - cook with an acid to pull calcium from the bone

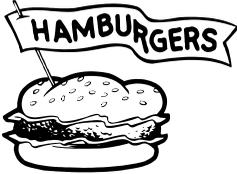


Other calcium sources



- Canned salmon with bones
- Cooked oysters and clams
- Tortillas
- For lactose intolerant
 - yogurt
 - lactose reduced products

Meat and Fish 5 - 5 ½ ounces daily



- Provides protein for baby's growth
- Provides iron for mom and baby
- Traditional meats
 - wild game
 - game birds
 - organ meats
 - turtle
 - fish

More about Meats

- **Meat substitutes:** nuts, dried beans, eggs, peanut butter, sunflower seeds
- **Iron rich foods:** red meat, dried beans and fruit, enriched breads and cereals
- Body will absorb iron better if eaten with a Vitamin C rich food (tomatoes, orange juice)

Oils, fats and sugars

- Not an essential food group
- Eat sparingly from this group
- Fast foods, canned foods and junk food have more sugar and fat than mom or baby needs



Omega-3 fatty acids and DHA

- Some fats are needed for growth and development
- Both you and baby need them
 - Help the brain and eyes develop
 - Good for breastfeeding



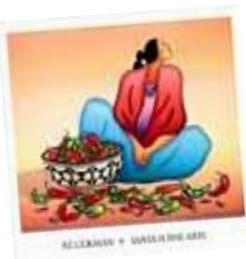
J. G. Schmitt, "Nursing Baby, 1919"

The Good Fats!



- Sources
 - Fish
 - Nuts
 - Vegetable oils
 - Multivitamins
 - Foods that have DHA added
 - Orange juice, milk

Healthy diet tips



- Eat a variety of foods
- Drink plenty of fluids 8-12 cups a day
- Go easy on caffeine
- Cut back on fats and sweets

Healthy Snack Ideas



- Fresh fruits
- Cheese and crackers
- Dried fruits
- Peanut butter
- Puddings
- Nuts, seeds
- Fruit juices

Common dietary concerns

- **Food cravings** - may increase, food aversion also common. Most of cravings disappear around the 4th month

- **Food cravings - most are harmless but some are not**
- **PICA** (a lack of iron in diet)
 - includes craving clay, ashes, dirt, laundry starch
 - may cause blocked intestines, constipation, decreased nutrition to mom and the baby



- **Junk Foods** - provide no nutritional value to mom or baby
- **Sugar substitutes** - saccharin is not recommended. Equal or NutraSweet appears to be safe



- **Lactose intolerance** - some people have trouble digesting sugars in milk
 - check for reduced lactose on labels
 - eat dairy in smaller amounts
 - eat other calcium rich foods - almonds, peanuts., yogurt, dried fruits, tortillas



Vegetarian Moms

- Must be careful to include enough protein, calcium, vitamin B12 and vitamin D



Foods Mom may want to limit

- Raw meat/fish
- Raw eggs
- Unpasteurized dairy products
- Fish high in mercury
 - Shark, king mackerel, tile fish, swordfish





4. Stress During Pregnancy



Choosing to change can help with harmony and balance in the world and becoming a healthier human being

Stress in Pregnancy

- Stress is a normal part of pregnancy
- It is important to take control of stress during pregnancy



Traditional/Ancestral Wisdom

- Family is most important
- Circles of support
- Traditional medicines



Traditional Wisdom



- Encourage her to talk to her health care provider about any herbal and or traditional remedies
- Natural does not always mean safe for a pregnancy

Traditional Medicine

- There are many sacred plants, rituals and ceremonies that women might use during pregnancy



Traditional Medicine

- It is important to be careful if Mom wants to participate
 - Hold sweet grasses or tobacco in the hand to pray rather than burning them
 - Always let the health care provider know if they are using any traditional medicines



Stress in Pregnancy

- Recent studies link stress to preterm labor
- Unrelieved stress can make her more vulnerable to illness
- It is important to not relieve stress with tobacco, alcohol or drugs

Methods to Reduce Stress

- Identify cause
- Learn to say no
- Professional counseling
- Ask for support
- Get help
- Use relaxation tech
- Get regular exercise



- Exercise and Pregnancy
 - Can make mom feel better
 - Can relieve some of normal discomforts
 - Always consult health care provider before she starts



When should a Mom not exercise?

- Have had preterm labor
- OB complications such as bleeding
- IUGR documented by ultrasound
- Hx of medical problems i.e. high blood pressure



The Do's of Exercise

- 30 min a day
- Increase fitness and stamina
- Start gradually
- Stop if fatigued
- Drink fluids
- Take time to stretch
- Eat enough calories



The Don'ts of Exercise

- Begin without talking to Dr
- Aerobics that inc jumping, high-impact
- Become overheated
- Use saunas
- Exercise on back for extended time frames



KEGEL IT!!!!

- Up to 50 times a day
- FOREVER



SEX and Pregnancy - YES



- May need to be creative with positions
- May have cramping after an orgasm
- May have spotting

When Sex is not recommended

- History of miscarriage/or preterm labor
- Unexplained bleeding
- Amniotic sac is broken
- Placenta previa
- Either has an STI



Emotional changes

- Can affect her relationship
- Varied reactions
- Family violence
 - Abuse is never OK
 - Abuse is an equal opportunity problem
 - ASK





5. Things to Avoid During Pregnancy

- The Circle of Life
 - One of the parts of the circle of life includes physical health and taking care of the body enhances health and the life of the baby to come





- People believed the placenta acted as a wall or barrier to harmful substances
- Today we know that whatever mom eats, drinks, or smokes goes to the baby

• A woman would not want to smoke, drink alcohol or abuse drugs while pregnant

• It is never too late to stop using these substances



A Closer look at Alcohol



- If a woman drinks during pregnancy so does her baby
- Drinking can
 - harm the baby's developing heart and brain
 - can result in fetal alcohol syndrome or FAS

The Recommendation



- No alcohol during a pregnancy

A closer look at Smoking

- Strong evidence that smoking is harmful to a developing baby
- Cigarette smoke contains
 - carbon monoxide, arsenic cyanide, ammonia and formaldehyde
 - formaldehyde is used for??



Women who Smoke during pregnancy

- May have a miscarriage
- Have increased chance of pregnancy complications
- May have smaller than normal infants
- Have increased chance of stillbirth
- SIDS is more common with smoking
- Baby can have more colds, ear infections and flu

Babies born to Moms who Smoke

- May be low birth weight
- May have asthma or other lung problems
- At increased risk for SIDS
- May have learning and behavior problems



Quitting isn't easy



- We know that women who quit smoking before the 4th month can reduce the risk to the baby



- The fewer cigarettes mom smokes the less likely her baby will have smoking related problems
- But quitting at anytime is still beneficial to both mom and baby

Risk of Secondhand Smoke



- Contains over 250 chemicals - 50 cause cancer
- Can cause IUGR
- Can cause LBW

A Closer Look at Drugs

- Taking street or recreational drugs is not good for a pregnant woman but is even worse for the baby



- Mom is at risk for
 - miscarriage
 - premature labor
 - HIV/AIDS
 - having a baby born addicted and suffer withdrawal



- Baby is at risk for
 - low birth weight
 - prematurity
 - breathing problems
 - baby may be born addicted



A baby born addicted



- Will go through withdrawal and
 - be very jittery
 - very difficult to comfort
 - will cry easily
 - may be unresponsive to mom and dad
 - have problems later in life

Methamphetamine Abuse

- Premature birth
- Growth retardation
- Birth defects
- Developmental disorders
- Fetal death
- Long term impact unknown



Over-the-counter Medications

- Always check with a health care provider
 - Aspirin
 - Some vitamins, esp. vitamin A
- Caffeine is considered a drug!
 - Avoid large amounts



Prescription Drugs

- Only prescribed by a Dr. who knows Mom is pregnant
- Known to cause birth defects
 - Ace inhibitors
 - Anticancer drugs
 - Levothyroxine
 - Tetracycline
 - Accutane
 - Thalomid (thalidomide)



Most Commonly Abused Prescription Drugs



- Opioids - pain reliever (Percodan, OxyContin)
- Sedatives - anxiety, sleep (Valium, Xanax)
- Stimulants - treat attention problems (Ritalin)

Traditional Medicine



- These may increase the risk of miscarriage or preterm labor
 - blue cohosh
 - juniper
 - pennyroyal
 - sage
 - raspberry tea ?

More herbs that may not be safe in Pregnancy



- Aloe
- Comfrey herb, leaf or root
- Anise oil, seed
- Ivy leaf
- Primrose root
- Juniper berry
- peyote
- www.marchofdimes.com/professionals

What can You Do



- Help women realize that coping with stress by drinking, smoking or taking drugs isn't healthy for the baby

Infections and Viruses

- Good list section 5 handout on Viruses and Infections and how they can affect the growing fetus
- How to reduce the risks listed
 - Hand washing
 - Thoroughly cooked meat and fish
 - Litter box care



6. Birth is a Normal Event!



- Women are strong and capable
- A woman can plan ahead for the birth
- What happens if the plan changes?

The Big Day

- How does Mom know she is in labor?
- What will happen at the hospital
- What is labor like?
- What to bring to the hospital
- Birth plan



Signs of Labor

- Baby moves lower into pelvis
- Pressure in pelvis
- Low backache
- Change in energy
- Change in vaginal discharge
- Diarrhea
- Contractions



Mom should call her health care provider

- Contractions are 5-10 minutes apart
- The bag of water breaks
- She feels an urge to push



Mom should call her health care provider

- If she has vaginal bleeding
- She doesn't feel the baby move
- Thinks something might be wrong



Ways to help with Labor



- Support person
- Doula
- Water therapy
- Changing positions
- Relaxation
- Drugs

Other birth topics

- Induction
- Episiotomy
- Pain relief
- Who can be with the mom
- Cesarean delivery





7. Caring for Your Baby



- It is important to protect the blessing of a child
- Giving love will not spoil a baby
- Breast milk is the best food
- Babies should always sleep on their backs

Caring for Your Baby



- What does a crying baby want?
- Bonding with your baby
- What does a baby need
- Basic care
- Breastfeeding

Caring for Your Baby

- Babies should always sleep on their backs to decrease the chance of SIDS



Caring for Your Baby



- Breast milk is the most nourishing food for the baby
- The gift of mother's milk can help bless the tomorrows of her baby

Breastfeeding



- Nutritional Components - Breast milk
 - 90% water
 - Lactose main carbohydrate plus others
 - Whey/Casein ratio changes according to infant
 - Fat is variable
 - Low in Vitamin D

Breastfeeding

- Breast milk Whey
 - Alpha-lactalbumin
 - Serum albumin
 - Lactoferrin
 - Immunoglobulins
 - lysozyme



Formula components



- 90% water
- Lactose only carbohydrate
- Adequate vitamins
- Whey/casein ratio at 60/40
- Whey
 - Beta-lactoglobulin
 - Alpha-lactalbumin

Caring for Your Baby



- When Mom responds to the baby's cries, the baby learns that he is loved and matters.
- Showing love
 - Touch, talk, sing, listen, laugh, feed
 - Read, play

Protecting the Blessing - Immunizations and Newborn Screening

- Heel stick for up to 29 health problems
- Vaccinations may start in hosp with Hepatitis B - needs
 - Measles, chickenpox, polio





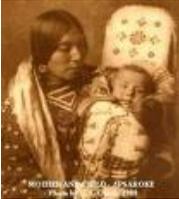
8. Postpartum Care

- The first 6 weeks after the baby comes
- Time to heal
- May have physical and emotional changes
- Talk to healthcare provider

A photograph of a woman lying in a hospital bed, holding her newborn baby. She is smiling and looking at the baby.

Normal Postpartum Changes

- Including
 - Vaginal discharge
 - Perineum soreness
 - Afterbirth pains
 - Exhaustion
 - Swelling
 - Breast engorgement
 - Nipple pain
 - Hemorrhoids

A painting of a woman holding her baby. The woman is wearing a patterned shawl and the baby is wrapped in a blanket. The scene is warm and intimate.

Normal Postpartum Changes

- Including
 - Constipation
 - Urinary problems
 - Sweating
 - Belly shape
 - Skin changes
 - Hair changes
 - Feeling stressed



Postpartum

- Can be an emotional time
- Baby blues -
Transient
 - Mood swings
 - Feelings of sadness
 - Weepiness
 - Difficulty sleeping
 - Feeling let down
 - No more than 10 days



Postpartum Depression

- Warning signs
 - Little interest in life
 - Feeling tired
 - Not sleeping or sleeping too much
 - Unable to care for herself or her child
 - Worried that she might hurt herself or her child



Postpartum Depression

- Warning signs
 - Trouble making decisions
 - Thoughts of suicide or death



Suggestions



- Talk to health care provider
- Ask for help
- Talk with partner
- Talk with elders
- Eat healthy
- Support groups
- Don't smoke, drink or use drugs

Family

- Father is probably anxious and nervous as well
- Keep talking to each other
- Remember you are becoming a family



Family

- Wait 4-6 weeks for resumption of sexual intercourse
- Wait 18 months to 2 *years before having another baby



9. Celebrating Our Accomplishments

- Moms have learned new information
- May have changed behaviors
- Met new friends
- Overcome barriers
- All worth a celebration!!!!!!!



Ideas for Celebration

- Graduation
- Gathering of families
- Share a "pot luck"
- Provide dinner...snacks
- Incentives?
 - Cradle board
 - Blankets
 - Baby needs



Can you imagine a day when every American Indian/Alaska Native Baby is born healthy??



We can.....
The American Indian/Alaska Native Women's Committee for the March of Dimes

The March of Dimes

- *Becoming a Mom- Coming of the Blessing* curriculum
- *Coming of the Blessing* and support pamphlets, handouts
- Contact Gina Legaz at glegaz@marchofdimes.org
- www.marchofdimes.org
- www.comingoftheblessing.com



References

- March of Dimes (2009.) *Becoming a Mom*
- March of Dimes (2007). *The Coming of the Blessing*
- Davidson, M., London, M., & Olds, P. (2016). *Olds' Maternal-Newborn Nursing & Women's Health Across the Lifespan* (10th edition). Upper Saddle River, NJ: Prentice Hall
- Images: *Coming of the Blessing*; Dr. Carol Arnold; and Google Images

How to Reach Us

March of Dimes

- www.marchofdimes.org
- www.comingoftheblessing.com

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The End - Thank you for Attending
