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## Doula Corner: How a Doula Becomes a Doula

Many of the mothers we work with, after having the loving support of a doula themselves, think about how they, too, could one day be a doula.

Other families are curious about how our doulas come to know what they do about birth, breastfeeding and helping a new family after the birth of a baby. We hope this article will help Fond du Lac families get the answers to both questions.

What makes a **great** doula is great trainings and their own life experiences. Both allow her to help families get the information and support they need to have a wonderful start as a parent.

All Fond du Lac doulas are trained and certified (which means they have completed many steps in training and experience) with DONA (Doulas of North America).

All doulas receive a 2-day breastfeeding training on how to help families prepare to breastfeed. Doulas then give support after the birth: helping with the first feeding and then helping families the entire time they are breastfeeding.

They do this in person and over the phone.

After doulas attend birth and breastfeeding training, they are **helped** by an experienced doula until they are comfortable in their role. Even when doulas are comfortable in their role, they are never left “on their own”, and receive 24 hour support, 7 days a week from Public Health Nurses.



In addition, our doulas also **attend** local teachings to help in their work with American Indian families. We have ongoing talks with a local elder who helps doulas be aware of the cultural considerations in working with a family during pregnancy, birth and early days of parenting.

And finally, FDL doulas learn from the families they serve. Each birth **that** we have the honor to witness changes the doula’s life and her **future** work with families forever.

Thank you to all FDL families who have welcomed a doula for the honor of witnessing your miracles.

Are you interested in the Fond du Lac Community Doula Program?  
Contact Danielle:  
218-279-4112 or  
[daniellebongort@fdlrez.com](mailto:daniellebongort@fdlrez.com)

More information on how doulas get certified can be found at [ww.dona.org](http://ww.dona.org).





# Building Blocks - Prenatal Nutrition Can Affect the Unborn Baby

It is true that what you eat before and during pregnancy can affect your baby. Filling up on chips, cookies and pop isn't healthy. A healthy diet should consist of lots of fruits and vegetables, whole grains and water, moderate amounts of low-fat dairy and protein sources.

Nutrients, vitamins and minerals all play an important role in your growing baby's health.

**Carbohydrates** will provide mom and baby with energy, vitamins, minerals and fiber. Whole grain breads, rice, cereal, fruit and vegetables all contain carbohydrates.

**Protein** needs are slightly higher during pregnancy. An additional serving of protein usually helps a pregnant mom meet her needs. Protein is available in low-fat meats, dairy products, eggs and beans.

Adequate amounts of **iron** can help reduce pre-term births and low birth weights. Iron carries oxygen to cells and tissues, aids in brain development of baby and supports the immune system. Iron can be found in foods like lean red meats, cooked dried beans/peas/lentils, broccoli, raisins and wild rice. Most



prenatal vitamins contain iron, but should not be the only source of iron.

**Folic Acid**, or folate, is needed to help make new cells. During pregnancy, folate helps make the baby's spinal cord, which starts to form right after conception. That is why a woman should consult with her medical provider before trying to get pregnant. Folic acid can be found in foods like citrus fruits, dark green leafy vegetables and enriched grain products.

**Fats** are an important energy source and some fats play a role in the baby's brain and eye development. Not all fats are created equal. Healthier fats come from avocados, olive oil and fatty fish like salmon (be sure to check the restrictions on fish consumption).

**Calcium** is needed for strong bones and teeth. Mom and baby both need calcium. Pregnant moms should try to consume at least 3 servings of low-fat dairy products daily to help meet the calcium requirement.

**Zinc** is used by the baby for brain development, tissue growth and repair and to help other enzymes in the baby's body function properly. Zinc sources include lean beef, low-fat milk, nuts and wheat bran.

Another building block for baby's brain and spinal cord is **Choline**. Choline can be found in eggs, meats, oatmeal and iceberg lettuce.

Don't be fooled thinking you need to eat twice as much now that you are pregnant! A pregnant woman only needs an additional

300 calories a day during pregnancy. This can easily be obtained by adding a healthy snack during the day. Below are tips that can help grow a healthy baby:

- Eat a variety of fruits and veggies in different colors at meals and snacks.
- Add foods that are good sources of protein, vitamins and minerals to your regular meals and snacks. Examples include a cheese slice, a hard boiled egg, a salad, a handful of almonds, low-fat yogurt, veggie sticks, avocado dip or peanut butter on whole wheat bread.
- Eat smaller meals more often. This will help provide energy throughout the day and the pregnant mom won't feel so uncomfortable after eating.
- Take your prenatal vitamins as directed by the doctor. Inform your doctor if you are having difficulties with your prenatal vitamins.
- Prevent food sickness! Avoid raw or undercooked eggs, meat, poultry or seafood. Heat deli meat, lunch meat and hotdogs to steaming. Don't eat soft cheeses (like feta or Mexican-style) unless they are pasteurized. Avoid raw sprouts.
- Consult with your WIC staff, Public Health Nurse, dietitian or doctor with other concerns.

Sources: WIC Program/MDH and the Council for Women's Nutrition Solutions

# Playtime Is a Time to Learn

Play is important to children's development. It has been said to be their "work" as they learn about the world. Playtime is a fun way for babies to work on their skills, use their imagination, and develop their relationships with the people around them.

Even as a newborn, your baby is busy at work, learning from you and developing his relationship with you. Young children are able to make nearly any activity playful. You are your child's first playmate. With each feeding and diaper change, your child is watching your face. Think about how many times a day you have a chance to look into your baby's eyes while you are feeding him or changing him! Make your face a happy face and he will feel loved and cared for by you.

It's important to provide different toys

or activities for your child to try out. Let your child take the lead in exploring the toy or activity. It's okay to show your child how a toy works when needed, and encourage him to give it a try. Provide a little guidance to help prevent frustration and remember to have fun!

Young children aren't always able to tell you when they are getting frustrated or need a break. There are cues that children use to let us know that it is time to help them out or distract them. Some of these cues could be sounds, facial expressions, and gestures. As a parent, you will learn to read your child's cues and be able to help him change his activity. If you are having difficulty reading your child's cues, your public health nurse may be able to review these with you.

As your baby grows, it's important to make sure that his play area is safe.

Have you had a home safety visit if baby is six months old? Is there enough room for your baby to explore safely? Are small items picked up off the floor? Toy safety is also important. Check out [www.recalls.gov](http://www.recalls.gov) for concerns about toy safety.

The American Academy of Pediatrics recommends **zero hours of entertainment media time** (TV, video games, etc.) daily for children less than two years of age, **one hour or less** for children of pre-school age and **two hours or less** for school-age children. Activities that promote brain development are suggested such as reading, singing and playing.

Remember that from birth your baby is able to interact with you and the world around him. Provide a safe and stimulating environment for your baby. Most of all, have fun with your little one!

## Fond du Lac Nurse-Family Partnership Home Visiting Program

Violet and Rick Rockensock began meeting with Fond du Lac public health nurse Laura Greensmith when Violet was 11 weeks pregnant with their first baby. They are the first family in Duluth to utilize the new FDL home visiting program called Nurse-Family Partnership (NFP). NFP is a national home visiting model in which a family and their public health nurse meet frequently during pregnancy and throughout the first two years of baby's life. They work together to help mom have a healthy pregnancy and learn all about their baby. NFP is designed to meet each unique family's interests and needs.

Although home visits are usually

every two weeks, Violet says, "It's flexible. If we weren't able to meet we could call our nurse. We got to pick the time and subject so we looked forward to visits." Rick stated that it was also convenient to have the public health nurse come out to their home to meet. Violet also adds, "Having a public health nurse helps a lot. She was able to answer my questions or if she didn't know the answer she would find out."

On August 26, 2011, Violet gave birth to a healthy baby boy. Violet and Rick decided to name their son Frank Shawn Harold Rockensock after Rick's father, Frank Goodwin. When asked what it feels like to be a new parent, Rick says, "It's the best feeling in the world."

His favorite thing to do with his son is "hold him on my chest when he sleeps." Violet says she loves to cuddle him and that when he breastfeeds he gazes right at her face. It is clear that Frank is a very well loved baby and we are honored to have him as our first CAIR NFP baby!





# Fond du Lac Reservation

Fond du Lac Human Services  
Public Health Nursing Department  
927 Trettel Lane  
Cloquet, Mn 55720  
Phone: 218-879-1227  
Fax: 218-878-2198




## Upcoming Events

**FDL WIC Program**  
*Voucher Pick Up Dates*

- Oct 2011**  
18<sup>th</sup> & 20<sup>th</sup> MNAW
- Nov 2011**  
1<sup>st</sup> & 3<sup>rd</sup> CAIR  
15<sup>th</sup> & 17<sup>th</sup> MNAW
- Dec 2011**  
1<sup>st</sup> & 6<sup>th</sup> CAIR  
15<sup>th</sup> & 20<sup>th</sup> MNAW
- Jan 2012**  
3<sup>rd</sup> & 10<sup>th</sup> CAIR  
17<sup>th</sup> & 24<sup>th</sup> MNAW

\*Events in Cloquet/MNAW  
\*Events in Duluth/CAIR

**Fond du Lac Reservation Community**  
**Flu Shot Clinics\***




- Min No Aya Win Clinic*, Oct 18th, (During WIC pick up, use door #5), 12 - 3pm.
- Cloquet Community Center*, ENP Room Oct 24th and Nov 7th, 3 - 6pm.
- Sawyer Community Center*, Oct 25th & Nov 8th, 3 - 6pm.
- Brookston Community Center* Oct 27 & Nov 9th, 3 - 6pm.
- Center for American Indian Resources* Oct 27th, 8:30 - 12pm, 1 - 3:30pm.
- Center for American Indian Resources* Nov 1st, During WIC Pick up 12 - 3pm.

\*Parent/legal guardian must be present for children under 18 years old to receive a vaccination. Vaccine is recommended for ages 6 months and up.

**DULUTH Flu Clinics Look for Posting.**

**Breastfeeding Support**

- Oct 12<sup>th</sup>
- Nov 9<sup>th</sup>
- Dec 14<sup>th</sup>



Carlton County  
WIC 878-2853

**ECFE** Cloquet 879-9291  
*Baby & You* -  
Weds 10:30-11:45 am  
*Wonderful Ones* -  
Weds 8:45-10:00 am  
*Amazing Two's* -  
Thurs 10:15-11:30 am

**Fond du Lac Human Services**  
**Division will be closed on the following dates - 11/11; 11/24 & 25; 12/23 & 26; 01/02/2012.**