

Fond du Lac Public Health Nursing Maternal Child Health Newsletter

**INSIDE
THIS ISSUE:**

Meet the MCH Team 2

Meet the MCH Team 3

Meet the MCH Team 4

Summer Safety & World Breastfeeding Week Calendar of 6

Infant Feeding Survey (you could win a prize!) inserted

Our First Newsletter!

We are excited to offer you our very first Maternal Child Health Newsletter! We hope you enjoy learning about our many wonderful programs to serve American Indian families as well as enjoy learning about topics of interest to you and your family. We welcome questions and comments! Please feel free to contact us.



Baby Moccasins: gifts to expectant mothers who attend 5 prenatal visits with Public Health Nurses.



Danielle Le Bon Gort, Maternal Child Health Team Leader

Hello! Welcome to our first newsletter. I've been a Public Health Nurse serving the Fond du Lac community since 2001. I sometimes have to pinch myself to check if it is really true that I get to do this work that I love so dearly. In my time with Fond du Lac I've been blessed to be part of a great team of dedicated professionals to help families get off to a good start from early on in pregnancy and up until the toddler years.

I am honored to be welcomed in families homes for family home visiting, a fun way to learn about pregnancy, birth and parenting on your own turf. I have a passion for helping families receive the loving support of a Doula for their birth and breastfeeding beginnings. I've also enjoyed teaching families about breastfeeding, infant massage, baby sign language-so many great things! We will be sure to talk about them all in newsletters to come.

When I'm not working, I love spending time with my own little ones, ages 7, 4 and 10 months. We enjoy hiking together, spending time outside and dipping our toes in Lake Superior as much as we can.

I can be contacted at:

218-279-4109 or daniellelebongort@fdlrez.com



Valerie McCarney, Public Health Nurse



Give baby his own babysafe cupboard in the kitchen, filled with noisy pots, pans and measuring cups.

I started as a Public Health Nurse in July of 2008. I love working with families and it's an honor to be able to see the little ones grow. It's fun to talk about the new things the little ones are doing and learning. It's amazing how much they grow between visits. I am available when you have questions or concerns or

just need to talk about how you're feeling about the ups and downs of parenthood. I have worked with a variety of families including families who are homeless, in treatment or jail, families that have steady work and college degrees. My goal is to support families wherever they are at. When I am not working,,

I enjoy being with my friends and family and enjoying the outdoors. My husband and I are expecting our first child, a little girl, at the end of August.

If you are interested in contacting me I can be reached at:
218-279-4112.



Laura Greensmith, Public Health Nurse



Listen to Every Child's Melody.

Greetings! I am the newest Maternal Child Health Public Health Nurse and have had the pleasure of working with the Fond du Lac community since September 2009. I came to nursing as a second career and am glad I made the switch and landed in public health! I have already learned so much in my time here from new mothers, fathers, babies, and coworkers alike and am grateful to all who have

shared their story with me.

I grew up in Duluth and after living in the Twin Cities for a number of years, I am glad to be back up north! I enjoy doing almost anything outside and worked for 5 seasons at a canoe outfitters in the Boundary Waters. I also like to read, cook, and

garden. I play the fiddle and am a folk dance caller. In my free time I enjoy taking our dog, Simon, for long walks and spending time with my family.

I hope your summer is filled with fun and new beginnings!

-Laura 218-279-4108



Pam Galle, Lactation Consultant

Hello. Since 1995 I have been helping mothers and babies with breastfeeding challenges and concerns. In 2001, I joined the team at Fond du Lac Public Health, which has given me the opportunity to visit mothers who would like breastfeeding help and to provide

breastfeeding education for mothers, FDL staff and agencies. It has been a privilege for me to be part of many family's early parenting experiences. I am available for breastfeeding help at any time.

When not working, I love to

spend time with my husband and 2 sons, ages 16 and 20. Favorite pastimes are hiking, cross county skiing, gardening and playing music.

If you would like to contact me with any breastfeeding questions or concerns, I can be reached at **218-724-8966**.



Laura Garza, Public Health Nurse & WIC Nurse

“By breastfeeding your infant you are using up more calories than a non-breastfeeding mom.”



Kara Stoneburner, Registered Dietitian & WIC

Welcome to our first MCH newsletter! I am proud to be part of this great team. As a Dietitian and a mother of two breastfed boys, I am also a huge supporter of breastfeeding. Breastfeeding is the best way to start your baby off to a healthy lifestyle.

One concern I hear in the WIC clinic from postpartum moms is “How can I lose the weight I gained

during pregnancy?” By breastfeeding your infant, you are using up more calories than a non-breastfeeding mom. By choosing the right amount of food from each food group and visiting your doctor, you can get back to your pre-pregnancy weight.

Exclusively breastfeeding moms should strive for 2 cups of fruit, 3 cups of vegetables and 3 cups of

dairy each day. The amount of grains, meat & beans and fats will vary depending on your needs. Most women will need between 6-8oz of grains and 5.5-6.5oz of meat & beans each day.

Water is the ideal beverage for all women. If you drink juice, pop or other sweetened beverages, limit your intake to smaller amounts.



Celeste Nelson, Public Health Nurse

Hello! My name is Celeste Nelson. I have been part of the Maternal Child Health team here at Fond du Lac for seven years. Before that, I worked at a Duluth hospital for fourteen years. My oldest child was born the month after I graduated from high school. Within three months, I learned that he was going to have developmental disabilities. I started college that

Fall, but stopped after a year to take care of him. Years later I was a stay-at-home mom, taking care of my three children, when I decided to go back to college. Because my son required special care, I was drawn to the field of nursing and discovered that I enjoyed it! The work that I do, combined with my personal experiences, allows me to provide support to other

families with unexpected pregnancies and/or outcomes. I hope to be a role model for teen parents to show that they can complete their education and provide a stable life for their children. My goal as a nurse is to support families as they learn to enjoy and nurture their children.
218-878-3705



Discrete Nursing Tip: Cut nursing slits in a inexpensive tank top. Layer the tank top under your shirt for a private (and cheap!) nursing shirt for on the go, anywhere, anytime.



Robin Johnson, Public Health Nurse

I have been working at Fond du Lac with the Maternal Child Health Program for 5 years. It is amazing how quickly time goes by when you get to work with such great families and amazing staff!

One thing I find very rewarding about my job is watching the babies grow! Sometimes we get to work with families before the baby comes and then hope-

fully for that year or so after. I feel honored to be part of the growing families life and participate in watching the exciting milestones that happen along the way to baby's first birthday!

I grew up on the Fond du Lac Reservation and most of my family is still in the area. I enjoy being outdoors with my family during the different seasons: hiking, camping, going to parks or just

hanging out in the yard!

I look forward to being able to continue to work with growing families here on the reservation. Please feel free to call to find out more about the fun programs we have to offer for prenatal, well-child and postpartum families!

218-878-3712



A baby is born with a need to be loved...and never outgrows it.
-Frank Clark



When they place you in my arms, you slipped into my heart..



Bonnie La Fromboise, Lead Public Health Nurse

This December it will be 18 years of service for me to the Fond du Lac people and it certainly has been an honor! I have enjoyed the work I've been involved in and one of my favorite areas involves the babies. They are so very precious and beautiful. I truly believe you can not spoil a baby by holding and nurturing them. The greatest

gift you can give your baby is your time. Simple as that!

I am given the privilege of raising 4 of my own children. My youngest (Nick, 16) will be a junior at the Cloquet High School this fall. My daughter, Shelby, 19, starts her second year at the FDL TCC this fall. Mitch, 25, is majoring in graphic design at UMD. And my oldest, Everett, 28, works

in the local area. When I became a mom I was a teenager on the Turtle Mountain Chipewewa Reservation and this has not held me back in getting a college education. Something which my parents strongly believed in.

These days I work in the office a lot with program planning and operations. I can be reached at 218-878-2132.

American Indian Community Doulas

What is a Doula?

A Doula is a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and after childbirth.

A Doula

- Recognizes childbirth as a key experience the mother will remember all her life.
- Understands the birth process and emotional needs of a woman in labor.
- Facilitates communication between the woman, her partner, and clinical care providers.
- Perceives her role as nurturing

and protecting a woman's memory of the birth experience.

Our Doulas

- American Indian women.
- Help families during their pregnancy, birth and after.
- Can help families in their home after the birth of their baby. Examples include: light housekeeping, meal preparation and a kind ear for listening.
- Can help those wishing to breastfeed get a good start and support them as they continue to breastfeed.

We currently have 9 American Indian Doulas eager to help families before, during and after birth.

If you are interested in learning more, call Danielle at 218-279-4109.



Where's teddy?
Play a fun game with baby by hiding her stuffed animals around the house. Join her in calling for teddy and searching in fun hiding spots. She'll love playing with you and learn too!

Doulas are on the Web! Check us out at: <http://www.fdlrez.com/HumanServices/phn/familysvc5.htm>



Summer Safety for your Little Ones Valerie McCarney

Summer is a great time to enjoy getting outside together as a family. There are some things we need to remember to keep our children safe in the summer. We all know...kids are FAST. It's amazing where they can get to and get into in a matter of seconds.

Let's keep our kids safe by keeping our eyes on them when they are outside so they don't wander off or get in scary situations like fast cars and strangers.

Children should always be supervised closely when playing in or around water, even if its just a bucket.

To prevent sunburn keep your little ones in the shade and lather up with the sunblock.

It easier for little bodies to get overheated. So, keep an eye to make sure they are getting enough liquids and not getting too hot.

Ticks are in full force this year. Make sure to check for ticks. Tucking little pant legs into socks and using insect repellent can also be helpful.

Lets all do our part to make sure our kids have a fun and safe summer!

Summer Safety Quiz

- When should you apply sunscreen to your children?
A) when outside B) 30-45 minutes before going outside C) 2 hours before going outside
- Your young child is ok to play in the kiddie pool when?
A) When you are watching from the porch B) They are wearing floaties C) When they are in arms reach "Touch Supervision"
- what age can you start using insect repellent with DEET?
A) 2 months B) immediately C) 1 year

"Breastfed babies are less likely to get infections and sickness, less likely to develop diabetes, obesity and SIDS"

World Breastfeeding Week Danielle Le Bon Gort

To commemorate World Breastfeeding Week — a worldwide acknowledgement of the importance of breastfeeding for mothers and children — the Fond du Lac Public Health Nursing Department Breastfeeding Program "Nooniwinji-mino-ayaayang" has a number of activities planned.

On August 3rd we will be hosting the "Business Case for Breastfeeding" training from 8-Noon at Min No Aya Win. This training will focus on building lactation support programs at businesses, and the benefits to businesses for doing so. Business Leaders and employees welcomed!

On August 5th, we will be hosting our annual "Breastfeeding Honoring Dinner" for breastfeeding families. If you are a breastfeeding mother or expecting a baby, look for your invitation in the mail with details.

Breastfeeding Help

Breastfed babies are less likely than formula fed babies to get infections and sickness, and less likely to develop health problems

such as asthma, diabetes, obesity and SIDS [sudden infant death syndrome].

Mothers benefit from breastfeeding too, as it helps the body recover from pregnancy and labor and lowers a mother's risk for developing diabetes, ovarian cancer and some forms of breast cancer.

But while the benefits for both mother and child are clear, breastfeeding is not always easy. More than 86% of women served by our programs breastfeed after giving birth, exceeding the national Healthy People 2010 breastfeeding goal of 75%. But these levels drop off quickly. Only 20% of mothers continue breastfeeding to 6 months. Many women say they stop because they need to return to work or are worried about not having enough milk for their baby.

Mothers in need of breastfeeding help can call on our team. All of our Public Health Nurses are knowledgeable on how to help breastfeeding families. In addition, we also have an Internationally Board Certified Lactation Consultant (IBCLC), Pam Galle, to help with breastfeeding challenges. For ongoing support, we have doulas trained in

breastfeeding to help mothers breastfeed for as long as they'd like to.

Breastfeeding Task Force

As part of its continued effort to promote breastfeeding, we have recently formed a Breastfeeding Task Force. We are gathering opinions and stories from the community to help us better support breastfeeding women.

If you would like your voice to be heard, please fill out the survey attached to this newsletter and drop off at MNAW or CAIR or call to share your story. In addition, community members are welcomed to participate in the task force. Call Danielle at 218-279-4109 for more information. Happy Nursing!



Fill out a survey and enter to win a photo package at JC Penny! Drawings held World Breastfeeding Week!

July 2010

August 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		MNAW Prenatal Waiting Area*		1 CAIR Prenatal Waiting Area*	2	3
4	5 MNAW and CAIR Closed	6 CAIR WIC Pick Up Noon to 3PM	7	8	9	10
11	12	13 CAIR WIC Pick Up Noon to 3PM	14	15	16	17
18	19	20 MNAW WIC Pick Up Noon to 3PM	21 Breast-feeding Task Force 3-4:30	22	23	24
25	26	27 MNAW WIC Pick Up Noon to 3PM	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
1 World Breast-feeding Week!	2	3 MNAW Prenatal Waiting Area*	4	5 Breastfeeding Honoring Dinner	6	7
8	9 Northland Breast-feeding Coalition:	10 CAIR WIC Pick Up Noon to 3PM	11	12 CAIR Prenatal Waiting Area*	13	14
15	16	17 CAIR WIC Pick Up Noon to 3PM	18	19	20	21
22	23	24 MNAW WIC Pick Up Noon to 3PM	25 Breast-feeding Task Force 3-4:30	26	27	28
29	30	31 MNAW WIC Pick Up Noon to 3PM				

- Repeats weekly BLUE=MNAW
- * Repeats weekly RED=CAIR

Volume I, Issue I



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We're on the Web!

<http://www.fdlrez.com/HumanServices/phn/familysvc.htm>

Answers to Summer Safety Quiz

1. Correct answer is B— Apply sunscreen 30–45 minutes before going outside. It needs to get absorbed into the skin. Its important to reapply sunscreen every 2 hours or if it gets washed off. Use a sunscreen SPF 15 or greater. For babies 6 months and older apply sunscreen all over body but be careful of eyes and mouth. For babies younger than 6 months try to keep baby in shade and use things like brimmed hats but if not available okay to use on a small amount of body like face and back of hands.
2. Correct answer is C— When they are within arms reach “touch supervision” is the way all young children should be allowed to play in water. Be aware of small amounts of water your child could encounter like bathtubs, ponds, rain barrels. Children can drown in just a couple inches of water. If on a boat your child should always have a life vest on. Spas and hot tubs are dangerous for children who can easily become overheated or drown in them. When children are swimming focus your attention on them wait to make phone calls or read a magazine till after they are out of the water.
3. Correct answer is A—The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET. DEET should not be used on children under 2 months of age. It should be applied by an adult, and not put on hands or face. Children should wash off repellents when back indoors. Some alternatives to insect repellent are citronella, cedar, eucalyptus, and soybean are more natural however generally less effective.