

Volume 1, Issue II



Fond du Lac Human Services
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Upcoming Events

October

- 5th WIC Pick Up
- 12th WIC Pick Up
- 14th Birth & Baby Fair
6-8:30pm
1111 N. 11th Ave E.
- 19th WIC Pick Up
- 26th WIC Pick Up
- 31st Halloween Carnival
Cloquet Comm. Ctr
1-4pm 218-878-7563

November

- 2nd WIC Pick Up
- 9th WIC Pick Up
- 16th WIC Pick Up
- 23rd WIC Pick Up

December

- 7th WIC Pick Up
- 14th WIC Pick Up
- 15th WIC Pick Up
- 21st WIC Pick Up



Ongoing Events

Fall Doula Gathering
 November 9th, 5-7PM
 FDL Head Start Gym
 Make a Pregnancy Scrapbook!

ECFE Cloquet

Baby & You —
 Weds 10:30-11:45
 Wonderful Ones —
 Weds 8:45-10
 Amazing Two's —
 Thurs 10:15-11:30
 218-879-9291

La Leche League Duluth

First Tues 6:30pm
 Third Weds 10am
 218-724-8966

Breastfeeding Support

First Weds 2-3:30
 Carlton Cty WIC
 218-878-2853

*Events in Cloquet/MNAW

*Events in Duluth/CAIR

VOLUME 1, ISSUE II

Fall MCH Newsletter

VOLUME 1 ISSUE II

FALL 2010

INSIDE
THIS ISSUE:

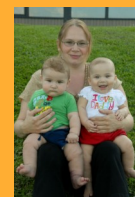
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Breastfeeding Honoring Dinner Article

As part of our week long celebration of World Breastfeeding Week the first week of August, the Maternal Child Health Team held the 8th Annual **Breastfeeding Honoring Dinner**. This year's event was held at Spirit Mountain Recreation Center. Over 50 community members came to the event, which honors mothers who have chosen to give their babies the best start in life by breastfeeding.

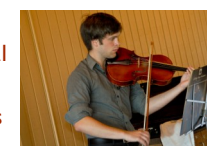


As families enjoyed a luxurious meal, a number of mothers commented on what the event meant to them. Some comments heard from families included: *"This is the only time all year I get to enjoy a meal that isn't cold by the time I get to eat"*, *"No one seems to recognize what a huge difference breastfeeding can make"* and *"When I look around the room tonight, I feel proud"*.



The dinner began with each

mother receiving a certificate congratulating them on a job well done. Fond du Lac Lactation Consultant, Pam Galle, is a familiar face to our breastfeeding families. Pam's son, Alex Galle-From, is now another familiar face, as he provided his musical talents once again for the event via his Viola.



Doula Michelle Defoe, Tammy Dixon, Misty Saice, Chally Topping-Thompson and Anne Fineday attended the event and offered childcare so families could relax and enjoy their dinner. Many families at the event have enjoyed doula services and have pointed to doula support as helpful to get breastfeeding off to a good start and keep breastfeeding.



Breastfeeding Honoring Dinner 2010

Members of the MCH Team also feel proud and honored to be welcomed into the homes and lives of all Fond du Lac families.

Congratulations to all breastfeeding families! We honor you and support you

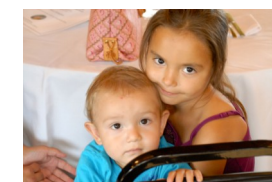
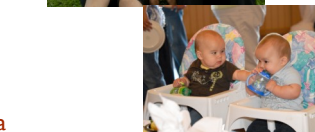


in your choice to breastfeed.

If you are interested in finding out more about breastfeeding or need support, give us a call!



Danielle Le Bon Gort
 MCH Team Leader
 218-279-4109



Members of the MCH Team

It's Flu Season Again...



Flu season is just around the corner and that means its time to start protecting yourself and your little ones. First of all, you can take steps to prevent getting sick by getting a flu shot. Everyone 6 months and older is recommended to get vaccinated. There will be flu shot clinics held in both the Duluth and Cloquet areas. Please check the Fond du Lac website for further information at www.fdlrez.com

Along with getting your annual flu shot, it is also important to get plenty of rest, eat healthy foods and wash your hands often. If you do become sick, please stop the spread of germs by covering your cough and staying home from school or work.

Protect your family by getting a flu shot!



A Note on Baby & Halloween:

Some costumes and Halloween sounds can be too strange & scary for babies. If you choose to take baby along trick-or-treating, watch your littlest one for signs of fear and protect them from scary costumes and sounds. Your little one may need your cuddles & need to head home early or not at all.



My childhood might be over, but that doesn't mean my playtime is! - Ron Olsen

Halloween Safety

It's that exciting time of year again where ghosts, goblins, princesses and pirates will be out and about! Here are some tips from the American Academy of Pediatrics to help ensure everyone has a safe Halloween.

Costumes: Make sure costumes are bright and reflective, and that they are short enough to prevent tripping, entanglement or contact with open flames. Also make sure store bought costumes have a label indicating they are flame resistant. Do not allow young children to have any items that are small enough to choke on or that have small parts that could be separated during use. Because masks can limit eyesight (and they'll be pulled off anyway), consider non-toxic makeup. If a sword or stick is part of the

costume, make sure it's not too long or sharp as a child can get easily injured.

Pumpkins: Small children should never carve pumpkins. Drawing faces on pumpkins with markers or paints is great fun for kids and adults!

Trick-or-Treating: A parent or responsible adult should always be with young children when out and about. Only go to homes with a porch light on and never enter a car or home for a treat. If older children are going out on their own,



know where they are going, who they are with and agree on a specific time when they should return home.

Healthy Halloween: A healthy meal before going to Halloween parties or trick-or-treating may discourage children from filling up on too much candy. A responsible adult should sort and check through treats once home-throw away any spoiled, unwrapped or suspicious looking items. Try to ration treats for the days following Halloween so little ones don't gobble it up all at once.

Consider giving out non-food treats for your home such as pencils, crayons, etc... or instead of candy try a healthier food item such as pretzels, goldfish crackers or granola bars. Most of all have fun as a family this Halloween!

Let's Cook Together: Simply Squash

Baked Squash

- Cut the squash in half. Remove seeds and rinse.
- Place in a baking dish with the cut side down. Add a small amount of water.
- Bake the squash in a 375°F oven for 40-45 minutes or until tender.



Spiced Squash

- Cut the squash in half. Remove seeds and rinse.
- Place in a baking dish with the cut side down. Add a small amount of water.
- Bake the squash in a 375°F oven for 40-45 minutes or until tender.
- Turn the squash right side up after 30 minutes of baking.
- Combine 1/4 cup brown sugar, 1 teaspoon cinnamon and 1 Tablespoon

- vegetable oil together.
- Spoon in a small amount of this mixture into each squash half.
- Return to the oven and bake for 20 more minutes.

From: Nutrition Matters, Inc.



Family Story: April, Nick and Baby Magdalena

April Janssen and Nick Smith were introduced to the MCH Team at a fun event called the *Doula Gathering* when they were expecting their daughter to be born any day. It turned out to be great timing! April and Nick shared a meal with the Fond du Lac Doulas and Public Health Nurses and chatted about their upcoming birth, their wishes and their fears.

After the dinner, Doulas, Public Health Nurses and the couple gathered in a circle for sharing of wisdom for their birth and upcoming parenting journey. Each doula and Public Health Nurse had decorated a 10 centimeter circle of paper to represent the *magic number* mothers-to-be need to reach before bringing their child into the world. On these circles of paper was written words of wisdom or helpful advice that each doula and PHN shared, along with artwork. The couple then kept these circles to view and perhaps use in their birth for focal points.

April and Nick met a Public Health Nurse and Doula at the event and decided it would be helpful to have both come and visit them as they prepare to parent their child.

Their Public Health Nurse, Danielle and Doula, Dixie Dorman, worked together as a team to help the couple prepare for birth, breastfeeding and parenting.

Once their beautiful daughter, Magdalena, was born, Danielle & Dixie continued to provide support and information to the couple at home visits.

April states she most enjoyed the "wonderful tips and the breastfeeding banquet for breastfeeding mothers" as top on her list. She further states, "when I have medical questions, I could call Danielle and she would let me know my options. When I was worried about something, she was available to talk it through and support whatever I chose".

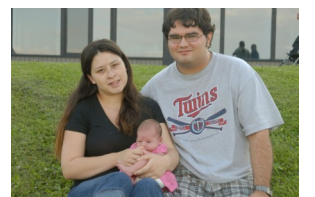
Having a doula also helped April &

Nick. The couple states the support that they got from their "wonderful doula" reminded them that their birth was "their show and helped us figure out what we wanted. She helped us form our plan, was an ear to listen and offered helpful tips."

April and Nick would like to share the following with other expectant parents: "I would recommend that you get both a Doula & a Public Health Nurse because the doula is such awesome support for you and your family through your pregnancy and breastfeeding and your PHN can meet you in your home and give you the information you need to be the best parent you can-they can come to you!"

Thank you, April & Nick for sharing your story and

welcoming the MCH Team into your home!



"I would recommend that you get both a Doula & a Public Health Nurse"