

Natural Times

Peer Counselor and Doula Newsletter

Chicago Health Connection Facilitator's Workshop

Doulas and Peer Counselors attended our three week Facilitator's Workshop on March 22, 29, April 5, 2006. The goal of this workshop was to develop and enhance presentation skills for groups, health fairs, and workshops with confidence and comfort. The workshop was facilitated by Jeretha McKinley, Helen Dimas, and Brenda Reyes. It was an honor to have Jere McKinley come from Atlanta to share her 15 years of facilitating skills and experience. Participants were able to understand CHC's training model and the theory behind it. Here is what some participants said about our workshop.



"This workshop was great!!! I learned a lot from others. This will help me enhance and sharpen my skills,"

Rosalba Felix.



"This was over all the most knowledgeable experience I have had,"
Guadalupe Galarza.



"CHC is such a powerful organization. They change lives of anyone in contact with any staff. My life has changed so that I take my profession as a career and not a job. They have changed my life and that has allowed me to change the lives of others. It feels wonderful and a blessing to have met everyone,"

Janeen Callum.



"I'm always so happy to come to CHC for a training. It so comfortable, nurturing, and safe...feels like home,"

Belinda Sayadian.



"Great people taught a lot of new information and interesting topics. I liked the way the team worked together,"

Debra Gill.

Being a Doula

I can think of several reasons why being a doula is important to me. It is very important that pregnant women have a support person to be there not just during delivery but during her pregnancy and after the baby is born. I want to be there to help moms understand what is going on during prenatal visits and developing a birth plan.

I feel that a doula will help the mom and family feel at ease knowing someone is there to support them in their decision. I think it is so wonderful to be able to help, support and be there for the mom. Sometimes moms are forgotten during this time. I have helped support 11 women during their delivery and each time the mom was very grateful I was there.

By Darlene Puckett-Martin

Being a Doula Means Many Things to Me:

- A friend that is there to help when needed.
- A person that is there providing unconditional support.
- A person that those clients can trust.
- Someone that will walk with them and help them to get up as many times as they felt.
- Someone that will understand them and not judge them.
- Someone that will provide good information according to their personal needs and cultural background.
- Someone one who is going to be there and praise them and help them to accomplish their goal.

It is a privilege for me to be able to be part of their journey and to see and feel "LIFE" from the beginning.

By Celeste C. Araujo

In Her Own Words:



Hello everyone! My name is LaMonica Foster, and I am writing to tell you about my experience as a peer counselor at UIC-Mile Square Health Center. As you may already know I am a peer counselor at John Stroger Hospital, so now I'm doing double duty and loving it so much.

As a peer counselor at UIC-Mile Square Health Center I'm learning so much more about

breastfeeding. I'm following moms from the clinic, to birth, to after care and beyond. Coming into this breastfeeding program my thoughts were, "I'll just share some of my breastfeeding experiences and hope they would want to experience the same joys I shared with my children." I was so naïve to believe it would be that easy, but in reality it wasn't. It took hard work, patience, and dedication. I guess that is why I'm still doing this, because I love the challenges it gives me and the closeness I feel towards my children.

In my short time at UIC-Mile Square Health Center, I've had a chance to talk with moms who may or may not choose to breastfeed. Even if they choose not to breastfeed, I would hope they would let other pregnant moms know about the benefits of breastfeeding.

Recently, I've been blessed to be involved in an OB Orientation class, where new moms are introduced to: midwives, case managers, WIC, a nutritionist (from CPHP), breastfeeding peer counselor, and a social worker. On June 2, 2006, I had the pleasure of introducing breastfeeding to the new moms. I was nervous at first, so I took on the challenge and it became less frightening, but after complete participation from the moms it began to be fun. In the end I had all of the moms putting thought into breastfeeding.

So, to sum it all up, yes, I'm having fun in my new position as a Breastfeeding Peer Counselor at UIC-Mile Square Health Center and I'm learning so much more in the process.

By LaMonica Foster, Peer Counselor at Stroger Hospital & UIC-Mile Square Health Center WIC

Program Announcements

Chicago Region Breastfeeding Task Force

All peer counselors and doulas are invited to join the Chicago Region Breastfeeding Task Force.

The Task Force publishes a directory of breastfeeding services and resources in the Chicago area. One-hour presentations on breastfeeding topics are also offered for continuing education credit at least three meetings a year. In addition, the Task Force advocates for better breastfeeding policies statewide and nationally. Task Force members write letters and provide educational information to positively influence legislators, the media, and consumers.

WHEN: 2nd Friday of the month.
(Dates/Topics Subject to change)

TIME: 1:00-3:00 pm

PLACE: John H Stroger Jr. Hospital of Cook County
1901 W. Harrison
Meeting Room #3
Take elevator #1 to the lower level adjacent to the cafeteria.

PARKING: Cook County
Juvenile Center
1101 S. Hamilton.
Parking is \$2.00.

Directions: Go West on Polk to Damen Left on Damen to Roosevelt. The first building on the right is the Juvenile Center. A free shuttle bus between Juvenile Center and Stroger buildings leaves every 15 minutes to the Stroger Hospital complex.

For more information you may call Brenda Reyes at 312-243-4772.

Illinois Medical Assistance Program – 2006

In 2006 the State of Illinois started a new program to reimburse for electric breastpumps for mothers on Medical Assistance.

- Use HCPCS code E0603 (breast pump electric, type A/C)
- Reimbursement is \$119.74

Double Select Breast pump item #67274 features:

- Double pumping
- Adjustable vacuum
- Operates with AC transformer or two C batteries

DME Dealers Providing Breastpumps for Medicaid Patients

Family Home Care	Ballin Pharmacy
1000 N. Western	3330 N. Lincoln
Chicago, IL 60622	Chicago, IL 60657
773-486-3998	773-384-0027
Glen	Bill

They will deliver anywhere in Chicago.

For Question regarding this program please call 877-782-5565. Follow prompts #3, then #2, then #3 for Bruce with the Public Aid Medical Assistance Billing Department.

John H. Stroger, Jr. Hospital of Cook County Perinatal Center Presents an 18-Hour Breastfeeding Education Series Based On The 10 Steps to Successful Breastfeeding

A continuing education program for all Cook County Bureau of Health Services and John H. Stroger, Jr. Hospital of Cook County Perinatal Network health care workers providing services to women and children.

Pre-registration is required. There is no fee for Stroger Hospital, Bureau & Network employees. Lunch on your own.

Series I: July 20
Series II: September 28
Series III: November 16

Time: 8:00 a.m. until 4:30 p.m.

Location: Hektoen Building
627 South Wood Street
4th Floor, Room 403

For more information, contact Charlotte Johnson at 312-864-0303.

Calendar Events

August 1-7, 2006

World Breastfeeding Week 2006. This year's focus is on the Code Watch 25 Years of Protecting Breastfeeding: International Code of Marketing of Breastmilk Substitutes.

- Improving breastfeeding practices could reduce infant and young child illness and death more than any other health strategy.
- The continued unethical marketing of breastmilk substitutes undermines breastfeeding.
- In 2006 we can celebrate success. Over 60 countries have legislated all or many provisions of the International Code of Marketing of Breastmilk Substitutes (the code) which regulates this kind of marketing.
- But there is still much to do. Global companies invest millions in the promotion of the infant feeding products.
- We can rise awareness of the Code in our communities and create imaginative tactics to assist authorities to keep the commitments they made at the World Health Assemblies.
- Together we can make a difference and save thousands of infant lives. (Source: WABA)

For additional information go to www.waba.org

August 11-13, 2006

The Academy of Certified Birth Educators will be having a Birth and Beginnings Education Course. This is a Certification Program for Childbirth Educators. The training will be at John H. Stroger Jr. Hospital of Cook County on 1902 West Harrison Street, Lower Level Meeting Room #2, Chicago, IL 606012. Tuition cost is \$450.00.

You can registration on line at www.acbe.com or by phone at 800-444-8223.

Friday, August 25, 2006

The Chicago Department of Public Health Breastfeeding Promotion Walk & Celebration Day at Rainbow Park Beach on 3111 E. 77th St, Chicago, IL 60649. You need to register August 1, 2006. Registration begins at 9:00 a.m. and the

walk begins at 10:00 a.m. **For more information call 312-747-9729 or 312-437-0252.**

September 6 – November 8, 2006

Chicago Health Connection (CHC)

Breastfeeding Peer Counselor Training, every Wednesday from 9:30 a.m. to 1:30 p.m. at CHC.

This ten-week training is for women who breastfed for at least 3 months and are interested in helping other women to breastfeed. **Please call Brenda Reyes at 312-243-4772 to enroll. Space is limited.**

September 9, 2006

Chicago Area Breastfeeding Coalition

presents: "Empowering" Mothers, Babies, and the Breastfeeding Community. A one day

conference at the Olson Auditorium at Advocate Lutheran General Hospital on 1775 West Dempster, Park Ridge, IL 60068. Cost is \$30, this includes continental breakfast, lunch, conference syllabus, and CERPs/nurses' CEUs. Speakers and topics include:

- Kathleen Kendall-Tackett, PhD, IBCLC, author of *Depression in New Mothers and Hidden Feelings of Motherhood*
Postpartum Depression – Causes, Symptoms, and How to Help
- Nancy Mohrbacher, IBCLC, co-author of *Breastfeeding Answer Book*,
Co-presenting
How Breastfeeding Coalitions Change Culture
The Natural Laws of Breastfeeding: New Paradigms and Teaching Tools.

For more information contact Kathy Baker at 847-519-7730 ext. 222 or e-mail at Kathy_m_baker@comcast.net

For information or questions on the calendar events please call Brenda Reyes at 312-243-477 ext. 230.

Fun & Safety in the Sun

With the temperatures on the rise, everyone is looking for ways to cool off. Swimming is the best way to cool off and with a city that sits on the lake, what better way?! Also the city has a number of local city swimming pools you and your family can take advantage of. With that in mind, let's keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).



Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- *Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.*
- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

Pool Safety

- The most important rule is never leave a child alone at any time for any reason in or near a pool. A good rule of thumb for a toddler or young child is to stay an arm's distance away to provide "touch supervision."
- To avoid mosquitoes, bees and gnats, don't use perfumes and scented soaps. Don't dress your children in bright flowery patterns. Stay away from gardens with a lot of flowers. Keep your children away from stagnant waters. Now, have a cool and safe summer!

Sister to Sister Announcements



Congratulations to Tracy Wilhoitte on her new Breastfeeding Peer Counselor position at Friend Family Health Center.

Congratulation to LaMonica Foster on her new Breastfeeding Peer Counselor position at Mile Square Health Center WIC.

Congratulation to Shavawn Goley on her new Breastfeeding Peer Counselor position at Near North.

We wish all the grads of 2006 the best of luck!

Miriam Dolnick, Christine Rendon, David Reyes, Kyra White Dimas, Sergio F. Martinez.

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