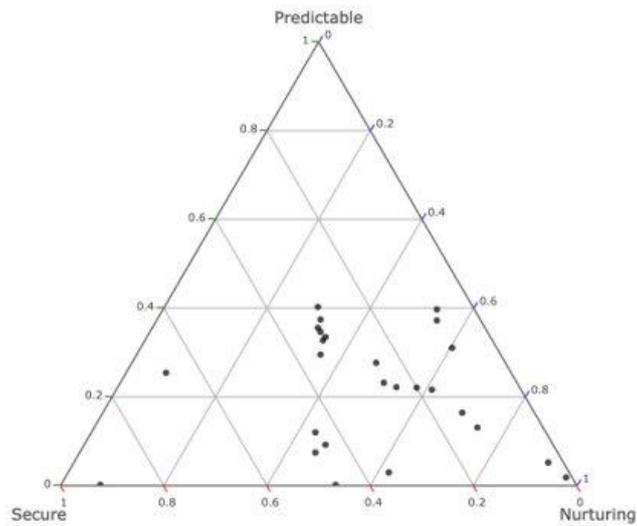
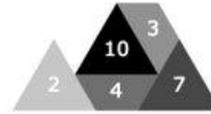


Maternal Child Health Domain: Perinatal/Infant Health – 33 Stories

Homelife_Pos

The family's homelife felt...

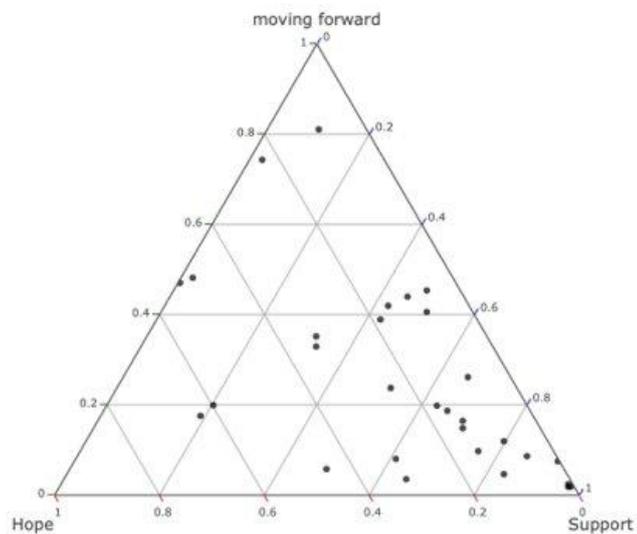
- Secure
- Predictable
- Nurturing



Things got tough

In the experience you shared, when things got tough, what helped the family get through?

- Hope for the future
- Gritting my teeth and moving forward
- Support from others



A Phone Call Saves the Day (569)

It was early in my breastfeeding experience with my first child, probably day 5, nipples were sore and I was beginning to question should I keep feeding, should I give formula, should I.... and then my phone rang. It was our Healthy Start Home Visitor for our county. She asked how are feedings going? I expressed my concerns, she listened and encouraged me and said keep going, your doing a great job, and she scheduled a time to come by and visit. It was just what I needed to hear, I kept going and made it through! She was instrumental in encouraging me through that time of doubt.

If I'd Have Known Then (573)

We are on baby number 4, this is the third exclusively breast fed baby in our house. I wish that there would have been more encouragement, more access, and more grace given towards breast feeding moms with my first. I think it is important that moms feel like they have a space to nurse their babies, as well as feel ok to nurse in public if needed.

Thriving with Breastfeeding while Surviving Illness (574)

I was breastfeeding an infant while myself and my other children were all sick with a respiratory virus. My husband was a teacher and coach so was away from home most waking hours. I put all four of the sick kids on a pallet in the living room where I could rest and feed the baby in the recliner while watching over everyone. I kept a chart on the refrigerator to help me track who had which fever-reducer at what time. Never have I been more grateful for breastfeeding! The immune substances in my breast milk kept my baby from getting sick. I didn't have to prepare or clean up anything to feed him. Our body clocks were also synchronized so that he slept when I was able to rest. I am still a bit amazed at how well we were able to manage that challenge!

Breastfeeding support is key (645)

We had trouble breastfeeding our first daughter. I had a slow let down and a difficult latch. We ended up in the ER with a dehydrated newborn because I had no support- no one in my family breastfed, no le Lexie league or LCs in my area. My husband felt so helpless because I had no help. I pumped and fed her for the first 6 weeks until she finally learned to latch. She only breastfed for 6 months since my supply was so low but I was so grateful for that time. For our second daughter, we were ready! More knowledge more support. Having a village on the journey is so important. We need to support our breastfeeding moms!!!

Reaching our Breastfeeding Goals! (688)

My spouse and I wanted to commit to providing our children with breastmilk exclusively for the first 6 months of life and to provide breastmilk as a primary source of nutrition for the first 12 months of life. With our first child, it was incredibly challenging to learn the skill and process of not only breastfeeding, but also finding how to make breastfeeding a priority with full time employment once my maternity leave ended. Engagement with our county health department's healthy start program, regular home visits from Parents as Teachers, and peer support from our county's breastfeeding and parenting support group are key reasons why I was able to stay motivated to meet the challenge when support from my primary cheerleader, my spouse, just wasn't enough. Fast forward 3 1/2 years and we are about to welcome our third child to world. After meeting our breastfeeding goals 100% with both the first two children that we are confident and appreciative of our support team as we work to reach the same goals with our soon to be third child!

Not Believing Everything I was Told (817)

With my first baby, I was mentally prepared to fail at breastfeeding. I went to the classes and had heard other mother's personal stories. All I heard was how difficult and how painful it would be and that any amount would be good for baby. Once I figured out a proper latch, I could not understand the negativity behind breastfeeding. I continued to breastfeeding until baby was 27 months, YES 27 months! With second baby, I received the same unflattering advice. As now I work outside the home, I would have to pump to feed and maintain my supply. Nearly every person who spoke to me about supplementing. Baby is 5 months and we have beat the odds. My only advice is believe in yourself and every mother's journey is not necessarily going to be your journey.

Breast feeding (1023)

I remember when my daughter was a baby and I was able to breast feed her, it was the best experience. My mother-in-law as super helpful and encouraging and that made such a big difference. I loved the bonding experience and the fact that I was providing the best possible nutrition for her was so rewarding.

Vaccine Preventable Diseases (1035)

Four years ago my family happily grew by two as baby twins entered our lives. Eleven months later both of those babies were sick with the chicken pox. Children can be vaccinated to protect them from this preventable disease between 12-15 months of age. Our twins got sick because others who were able did not choose to vaccinate their children. Thankfully, the only cost to our family was a week of sick babies, a week away from work and a few scars. Not everyone is so lucky. This experience reminded me of the community effect of a parents decision to delay or decline vaccination.

Chicken Pox Experience (1062)

My son was a few months old, learning to crawl, going to day car once a week to build his social skills since I stayed at home with him, providing the majority of his care. My partner and I were both big supporters of public health and kept our son up to date on immunizations. His pediatrician recommended the chicken pox vaccine after he turns one. One day I noticed red spots on my son, on his face, chest and shoulders. I took him to the doctor and she diagnosed him with a mild case of chicken pox. I was really disappointed that this happened. I felt I was being responsible, protecting my child and the children of others while the families of my son's peers were careless and selfish to not vaccinate their children, causing my son to unnecessarily have chicken pox because he was too young to get the vaccine himself. I had chicken pox when I was younger and have scars from scratching and remember vividly how miserable it was. I wish people would take advantage of the medical privileges we have.

Misinformed (1097)

I went to the pharmacy to get a flu shot, on the paperwork it asked if I was pregnant, I said maybe we had been trying to conceive for a while. The pharmacist recommended since I was trying to get pregnant, I should get the Tdap. So 6 months later, I got pregnant, I went in at 27 weeks for my Tdap. The nurse at the health department informed me that I didn't need that shot. It was a waste of time, money and wrong immunization. I trusted the Pharmacist and he was not up to date or understand the CDC recommendations.

Recommending vaccines and answering vaccines questions with vaccine hesitant mother (2166)

Mother that is against vaccinations especially all that are recommended at 2 months. Brought her 2 mo foster child in but did not want to vaccinate. Searching done on all vaccines recommended. Then told mother that we were coming up on winter when most people get sick and the infant was not protected from any of these vaccine preventable diseases and if the child was to get any of these serious diseases there was always the chance the child could die. After I finished talking with her and answering her questions she immunized the infant on all vaccines needed.

Keeping Family Safe (2159)

Whenever I go to the doctor, if they recommend that I get a vaccine then I do it because I was to keep my family and I safe. I also just had my daughter and she has to get vaccines every time we go to the doctor and I get her all of them as well for the same reason.

Not hesitant, but not 100% sure (2162)

I was rooming a 2-month-old and informed mom that he was due for his 2-month vaccines. Mom said ok and mentioned that she had an anti-vaxer on her Facebook who posted scary things about all the things in vaccine and how many they get at a time – not that she was anti-vax, just seeing those posts were scary. I validated her feelings and agreed that the anti-vaxers have legitimate looking sites, but that actually the antigens in the vaccines have been pared down only to what they need and that her son would come into contact with more antigens putting a toy from the floor in his mouth than the vaccines. Mom seemed relieved to hear this.

Whooping cough (2362)

When w my daughter was a baby she got a high fever with her dtap. It made me think about getting further pertussis vaccine

Don't believe everything your family tells you (1176)

As a nurse, I have had many instances to counsel parents about vaccines and their safety. Once I had a phone call from a mom who was worried about vaccines causing autism and worried that we were intentionally poisoning children. I asked her where she got her info and she said her family. Her child was coming up for 2-month shots and her family had told her lots of misinformation. I reassured her that we were not poisoning anyone and that autism is not caused by vaccines. I provided her the CDC website and AAP website for her to research before her child's vaccination visit. She asked why she couldn't just use Google. I told her Google will tell you what you want to hear and they she should get info from reputable sources. She said she would look into it and decide about whether or not to vaccinate... 1 week later she was in the clinic with her baby. The baby got his shots and the mom thanked me for taking the time to get her good info.

Being a stay at home mom (2706)

My husband and I have been married 16 years and have made it through some tough times. When we got pregnant with our first daughter my husband worked fulltime at our local coop elevator and I worked fulltime as a CNA. I loved my job but getting up at 4:30 in the morning to be at work by 6 just didn't work for our family. And on days off I would get calls to come in and work. I couldn't just start calling people to watch my daughter at 4 in the morning. So my husband and I decided I would quit my job and be a stay at home mom. I am not going to lie my husband made only \$9/hr at his job. Things got very tough for us going from two incomes to one and raising a baby wasn't easy. With my husband working at our local elevator he saw lots of farmers. One day out of the blue a guy came in looking for a part time hired hand. To this day for almost 14 years my husband still works for the same farmer. He has been a God sent for our family. Being a stay at home mom was the best decision we could of made for our family. Yes life is tough we made a decision to raise our kids and be broke rather then having someone else raing our kids. We didn't have any support from our family so that was hard. We will never regret our decision. Also it doesn't take lots of money to be a stay at home parent you just have to put your kids first. It wasn't easy but we made it work! My husband also got paid once a month. We had to learn to really budget. We did get WIC but that was the only assistant that we received. You can make this work we are proof.

Granddaughter's Developmental Milestone's (1213)

My granddaughter [NAME] was born in Feb. of this year. Her little ankle felt very tight where it attaches to her foot. My son and his wife ask Kid-Link for a developmental evaluation for her. [NAME] an Early Childhood Education Teacher and [NAME] a PT, provided a very thorough assessment and evaluation. They gave us ideas of things to do to encourage her development, massage, ways to help her foot relax and loosen up [NAMES] did not feel like she needed services, the education they provided during the evaluation was incredible. Every child needs to have this service it is a valuable experience. Our family wishes we had this evaluation on video so we could go back and review the activities and exercises they showed us to use with [NAME]. We appreciated having this service available and will advocate the benefit of the Kid-Link Early Intervention Program to others.

Parents as Teachers Savior (2624)

When I brought my oldest daughter home from the hospital as a teen mom, I had no idea what I was doing. I had no family support or experience with children. My Parents as Teachers contact helped me learn how to be an involved mom. She taught me how to interact with my child so that she would grow and learn. She made me feel like I could be a good mom despite my age.

Community resources (1272)

A family in our neighborhood with 5 children was just surviving. The youngest was only 2.5 and I noticed that he didn't have any words that he used regularly and his play skills didn't seem typical. I pointed this out to his mom and encouraged her to reach out to Parents as Teachers. They got him connected to Infant Toddler Services and he eventually attended [CITY NAME] Preschool where he received services for language and special education services. He is now almost 6 and just completed kindergarten and my children even notice the difference in him. He is chatty and playful and now thriving.

I Am Abel (1273)

When I first got Abel he was 4 months old with developmental disabilities and TARC was the only resource and they got us connected here at the Palace and then there was an abundance of resources and so many links out there that so many people don't know about. Meg here got me hooked up with so many different people who love and care for Abel and I.

Premature baby (2114)

A family I work with had a baby 10 weeks earlier than expected. Having a premature baby can be a scary and unsettling time. Services were needed for this child and family to be able to develop and to provide the family with support with things like information and therapies. The child is now 3 1/2 years old and thriving. Without these services the child may have been delayed with milestones and more. They also have a one year old whose development is being monitored as well.

Let's give resources to accomplish goals (1656)

Family lives in [TOWN] and mother is struggling with breastfeeding and would like to nurse her baby. Mother is able to feed her child through pumping. Working with a Russell Child Development Center RN, the mother received tips to feed her baby from the breast. No longer need to pump. The Mom stated, I feel confident that I can do this.

Breastfeeding Success (1719)

I am a first time mom and was struggling with breastfeeding. I was provided a breast pump by Russell Child Development Center. I was also provided with lots of support by the staff and was able to work through my struggles and continue breastfeeding my baby.

Missed Opportunity (1736)

When my youngest daughter was a toddler, people had difficulty understanding what she was saying so my other daughter and I provided translation. She ended up not receiving services until she was in 3rd grade when someone finally noticed the problem, I still worry about her speech and wish I would have known about Russell Child Development Center earlier so she could have utilized the services they provide.

Help getting insurance (1748)

My daughter was in Tiny-k services just for a short time before she transitioned to our local preschool services. During that short time the teacher helped me obtain a medical card for my child's healthcare services. We were able to get her to the doctor and have hearing tests that were needed.

Not enough baby formula (1847)

Family is struggling to provide infant formula for their child. Family is on WIC but when the formula runs out family has a difficult time purchasing enough formula. Family began adding table foods before baby was developmentally ready due to baby being hungry.

Not sure about where to go or who to ask. (2441)

A year ago, when I gave birth to my son, I wasn't sure where to go to get signed up for WIC or other services. When my son was a little older I had a hard time just finding a safe child care for him that was safe. I didn't hear about WIC or other services until I started sharing my needs with family.

Why you need to give shots (2234)

Family had given 1st two sets of shots. Decided to sign for religious exemption. Ule had an outbreak of chicken pox. 2 other children in family got chicken pox.

Tdap Family (1639)

When pregnant with first child are family members and grandparents got TDAP vaccine.

All to familiar Reality (1808)

Here I was, single, 9 months pregnant & started my Associates Degree. I worked and went to school up to the day I gave birth to my child. Fast forward a few weeks later and the reality of how expensive baby formula is and not working I had to do something. I used resources from WIC to be able to feed my baby. 6 weeks goes by and I resumed life..went back to work full-time, went back to school full-time and was less stressed knowing I was getting help with providing formula for my child. When I went back to school I was able to receive pell grants and scholarships to ensure I did not attain any college debt. Both using WIC and local community college pell grants and scholarships for being a single parent helped greatly for me to finish my Associates degree while attending school fulltime and working fulltime with a new baby. The one large part of me being a successful student, dedicated employee and great mom was that I had a great support system from family members who were willing to take care of my child the first year of her life- to ensure I was not paying outrageous daycare fees & had someone to help me when I went to night classes..Alot of people do not have that resource and that is the main thing that kept me successful. When it was time for my child to go to a childcare center I received a generous employee discount and that has been my other main thing help make us successful.

stressful (628)

When my son was first born his mom and I were just out of college and did not have a lot of money. I worked various jobs while she stayed home with our son. The help off wic and food stamps assisted until we could get on our feet. Now we both have jobs working for the state and no longer need gov assistance.

A little encouragement goes a long way (152)

This family lived in a very rural area with no amenities and had very little support, and were struggling to get by financially and struggling to maintain a relationship between themselves. They then had a baby. Mom took a friend's advice and invited a home visiting program into their home. Money and basic needs were a constant struggle along with relationship problems and mental health issues with both parents. Mom would often run out of laundry soap, shampoo, diapers, formula and had limited transportation to attend WIC or the grocery store. The home visitor helped mom set up a calendar for WIC and doctor appointments so she could plan ahead and not run out of basic necessities and not have a ride to town. She helped mom learn how to use the general transportation in the county if she needed. The home visitor listened to mom without judgement and pointed out ways she was thriving as a parent. Mom had very little confidence that she was worth anything and really seemed to love hearing what she did right. When the home visitor suggested she read to her baby while they snuggle in the chair, mom said it seemed silly to do that because the baby couldn't even talk. The home visitor encouraged her to try it for a while and see how they got along. The road for this family was not and still is not an easy one, but with a little bit of encouragement and support, mom was able to see some of her strengths and use them to create a closer bond with her child that she may have never known how to do without help. The home visitor does not see this family anymore, but mom still, years later, comes up to the home visitor and speaks about some of her personal or parenting successes at school events. Mom told the home visitor she still has the certificate of success that the home visitor gave her years ago for reading to her child daily for two weeks straight.

Kancare (618)

Actualmente estoy embarazada y solicite el Kancare pero aun no escuchado si fue aprobado o no. Ya hace varias semanas que envie mi aplicacion y aun no escucho nada. Trate de llamar para verificar el estatus de mi aplicacion y estuve varios minutos tratando de comunicarme con alguien pero el numero que proveen con la aplicacion es uno de esos 1 - 800 y me rendi luego de varios intentos hablando con la maquina. Tampoco se si llene mi aplicacion bien ya que no hay nadie que la verifique que uno pueda reunirse con antes de someter la aplicacion para verificacion. Me preocupa ya que mi fecha de parto se acerca y no quiero que me lleguen muchos cargos de parte del hospital.