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# News

## Welcome!

Welcome to the first CABOOLTURE mums & little ones newsletter!

In the last year, CABOOLTURE mums & little ones has been working to develop new products, services and activities for women and families in Caboolture. It's about healthy food choices, active lifestyles, and better access to services you need for you and your family.

- *MOTHERMe* - Breastfeeding Support Network
- The Pregnancy Pocketbook - a personal record of your pregnancy, available from midwives at your first Caboolture Hospital Antenatal Clinic appointment
- MobileMums - SMS support for an active lifestyle after pregnancy
- The CABOOLTURE mums & little ones website - [www.mumsandlittleones.com](http://www.mumsandlittleones.com)
- CABOOLTURE family cookery classes and the soon-to-be released CABOOLTURE family cookery companion



Being a part of CABOOLTURE mums & little ones is a great opportunity to make a difference to you, your family and your community. Best wishes to you and your family for a healthy and happy year.



Yvette Miller, Director CABOOLTURE mums & little ones



# MobileMums



MobileMums provides support and encouragement for exercise via your mobile phone. MobileMums gives tips on where and when to try different types of exercise, helps you set and monitor your exercise goals and gives you the chance to ask questions or seek advice.

A trial of MobileMums with 100 local mums showed that it helped them to exercise more.

Mums did almost three hours of exercise every week! It is recommended that people do two and a half hours of "moderate" exercise (that is exercise that makes you breathe a bit harder and sweat, like going for a brisk walk) each week, so mums in MobileMums are doing really well!

Mums in the trial also found that it helped them talk with their family and friends about their exercise goals and to ask for help in reaching these goals.

For more information about MobileMums email Bri on [bcollins@psy.uq.edu.au](mailto:bcollins@psy.uq.edu.au) or telephone 33467281.

"Being at home all the time with the kids, it can get kind of isolating... so it was nice to have someone messaging me who cared about how I was going, it made me feel important. It helped me get organised and start a new routine with exercising. I think other mums would really benefit from MobileMums too."

Sara, Mother of two, from the MobileMums trial



## Pregnancy & Post-natal Fitness Classes in Caboolture

**Merendi—Health, Fitness and Rehabilitation** is now taking **registrations for upcoming fitness classes** including classes for pregnant and post-natal women. Classes run for 6 weeks and are for women wanting to keep fit during pregnancy or to lose that post-baby weight.

Each session focuses on the areas most affected by pregnancy and childbirth including pelvic floor stabilization, muscle toning, and improved flexibility and posture. Classes will help you beat fatigue and boost your energy. All fitness levels are catered for and each class is run by an accredited Exercise Physiologist. We have two types of post-natal fitness classes—indoors & outdoors. Indoor classes allow you to involve your baby throughout the class. Outdoor classes allow you to either involve your baby or let them sleep in their pram. Pregnancy fitness classes are run indoors.

All classes cost \$72 for 6 weeks.

Call us on 1300 881 536 for more information or visit our website [www.merendi.com.au](http://www.merendi.com.au)





ABN 28 000 030 179

## 100% INTEREST FOR YOUR SAVINGS!

The Smith Family has a fantastic opportunity on offer to families. We are offering families a place on our **SaverPlus program**, which is a matched savings program where every dollar you bank is matched with another dollar by ANZ for the duration of the 12 month program (up to \$1000). The program aims to improve your financial knowledge and assist in saving for your children's education.

### You are eligible if you

- Are over 18 years old and have a child/children attending school in 2007/8
- Have a current Health Care Card and or Pension Card.
- Have regular income from paid employment and can produce 2 recent pay slips
- Are able to demonstrate the capacity to save after your regular expenses have been paid

Spaces are limited so be quick!

For more information please contact Sarah at The Smith Family  
(07) 5428 2999

## FREE family cookery classes

### Easy, tasty & affordable meals for the family

Family cookery classes are especially for mums. Together, mums can learn and share tips about budgeting, meal ideas, cooking skills and school lunches. Enjoy lunch while getting to know other group members. Recipes are available at each class for you to take home. Child minding is available, but places are limited so **register now**.



Classes will be held at Caboolture East State School on Thursdays from 9am to 12noon.

Classes are on:

**7<sup>th</sup> April**      **1<sup>st</sup> May**  
**15<sup>th</sup> May**      **29<sup>th</sup> May**

### To register for the CABOOLTURE family cookery classes

SMS or call Clancy 0402 791 315 or 3365 6432  
or email [caboolture@mumsandlittleones.com](mailto:caboolture@mumsandlittleones.com)

## MOTHERMe

### Friendship and support network for mothers

Come along to monthly *MOTHERMe* socials and **enjoy a coffee and a chat** with pregnant and breastfeeding mums.

*MOTHERMe* offers mothers and mothers-to-be friendship and support and breastfeeding information.

*MOTHERMe* is run by experienced breastfeeding mothers called Community Mothers. Community Mothers have undergone a breastfeeding skills development program. They offer non-judgemental mother-to-mother breastfeeding support.

*MOTHERMe* meetings are held monthly at the Lady Gowrie Community Centre on

**27<sup>th</sup> March**      **4<sup>th</sup> April**  
**22<sup>nd</sup> May**      **9<sup>th</sup> June**  
**17<sup>th</sup> July**      **4<sup>th</sup> August**

**Everyone is welcome.** Please bring a plate of food to share.

### For more information

Contact Angela 0416 419 372  
or email [caboolture@mumsandlittleones.com](mailto:caboolture@mumsandlittleones.com)

# Pregnancy Pocketbook

your one-stop-shop for pregnancy information

The Pregnancy Pocketbook came about when women told us that they wanted a pregnancy booklet, like the red one they get when they have their baby.



They wanted up-to-date pregnancy information, who to contact for more information, lists of tests, and somewhere to track changes that happen during pregnancy, like changes in weight, eating, and exercise. All of these things and more can be found in the Pregnancy Pocketbook.

It's been handed out to all women who have attended their first visit at the Caboolture antenatal clinic since May 2007.

(Almost 1,000 have been handed out already!)

We asked over 150 women who first got the Pregnancy Pocketbook to tell us what they liked and didn't like about it. So far, they have said it was useful for helping them to exercise and quit smoking.

Stay tuned to find out more and look for the Pregnancy Pocketbook in the Caboolture antenatal clinic.

## Website for Caboolture mums



The CABOOLTURE mums & little ones website offers up-to-date information so that women in Caboolture take care of themselves so that they can take care of their family. Visit the friendly forum to ask questions, and exchange ideas with other mums in Caboolture

All you need is a current email address to get you started. The site is regularly updated with events and happenings that may interest you and your family. Check it out at [www.mumsandlittleones.com](http://www.mumsandlittleones.com)



### Contact Us



Telephone or SMS: 0402 791 315



[caboolture@mumsandlittleones.com](mailto:caboolture@mumsandlittleones.com)



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## Take a walk!

Exercise is great for mums who are pregnant and mums with young kids.

Women who make time to do some exercise say that they feel so much better about themselves. Other benefits include

- good health
- better sleep
- more energy
- less back pain
- less nausea
- post natal weight loss

Walking is a great type of physical activity for mums. It is free, can be done any time, and you don't have to be fit to do it!

CABOOLTURE mums & little ones and the Heart Foundation Walking program are starting walks for women in Caboolture.

**We are looking for walking leaders who enjoy talking with other mums while doing fun, friendly and light exercise.**

Contact Clancy on 0402 791 315 or 3365 6432 or email [caboolture@mumsandlittleones.com](mailto:caboolture@mumsandlittleones.com)



Queensland Government  
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