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News

Welcome!

Happy New Year to you and your family!

The start of 2009 makes me think back over the last couple of years of CABOOLTURE mums & little ones and to all the great work that has happened in our community for women and their families.

CABOOLTURE mums & little ones has been a great example of a community working together to develop some wonderful solutions. Many innovations have been developed and tested (some of the new ideas that are working well are mentioned in this newsletter). Now we are looking to the future to integrate these initiatives into your local community services so every woman has access to them when they need them.

But why do we need these services?

Well, we now have good evidence from research studies that the best way to keep you and your family happy and healthy is to try and create a healthy lifestyle during and after your pregnancy.

To keep you feeling great while pregnant and to give your baby the best chance of health, you need to eat enough fruit and veggies (Go for 4 and 5 serves a day!) and do enough physical activity (at least 30 minutes a day!).

You can safely start doing moderate physical activity (such as brisk walking) at about 6 weeks after the birth of your little one (sooner if you have no complications)...our MobileMums program (see page 4) will be able to help!

And what about your little one's nutrition? Babies don't need anything other than breastmilk during their first 6 months of life, and this is the optimal form of nutrition for them (there are also benefits for you, too!). Read about the *MOTHERMe* support network (Page 2) to find out more or get involved in helping other mums in your community.

The more you get involved, the more everyone in the community benefits!



Yvette Miller, Director
CABOOLTURE mums & little ones



Local Breastfeeding Support

Breastfeeding is the ideal means of feeding your baby, and provides significant health benefits for both infants and their mothers. It is recommended that infants are fed only breast milk for the first six months of life.



MOTHERMe was developed as part of CABOOLTURE mums & little ones. It is a community-owned and community-run breastfeeding support program for pregnant and postnatal women in Caboolture.

During pregnancy, women are matched with a trained 'peer supporter' in the local community who has experience with breastfeeding.

The frequency and nature of support is determined by each woman and their peer supporter, and may include attendance at fortnightly *MOTHERMe* social events, home or hospital visits, telephone calls or SMS messages.

While pregnant, women are encouraged to prepare for breastfeeding by collecting information, making feeding plans and developing supportive relationships. After women have delivered their baby, their peer supporters provide ongoing support and advice for at least six months.

Since February 2007, a *MOTHERMe* committee of seven active volunteers has been established and resources have been developed for peer-support training, implementation and record-keeping. To date, 11 experienced mothers have been trained as volunteer breastfeeding peer supporters in two rounds of training.

MOTHERMe began supporting pregnant and postnatal women in August, 2008, and 17 pregnant women in the area have been matched with a peer support person so far.

For more information, please contact Heather Abbey

MOTHERMe Coordinator

email: jhabbey7@tpg.com.au

telephone: (07)5499 1179 or 0433 782 097

Pregnancy & Health

Are you looking after yourself and your baby?

Thank you to the all the mums who have participated in our telephone surveys. Here is what you told us.



Less than 15% of mums were eating the recommended 4 serves of fruit and 5 serves of vegetables. Poor food choices during pregnancy can harm your baby via low birth weight, development problems and disease. You're also more likely to experience low iron and preeclampsia.



36% of mums were doing the recommended 30 minutes of moderate activity on most days of the week. Mums not doing physical activity are more likely to have pregnancy difficulties with unhealthy weight gain, nausea, cramps, fatigue, swelling and depression.



24% of mums smoked during pregnancy, risking premature birth, low birth weight, and pregnancy complications.

Pregnancy Pocketbook

The Pregnancy Pocketbook was developed as part of CABOOLTURE mums & little ones. It provides up-to-date pregnancy information, a contacts list, lists of tests, and changes that happen during pregnancy, like changes in weight, eating, and exercise. It helps mums be more confident to manage their lifestyle and health during pregnancy.



A trial with over 300 Caboolture women showed that those who got the Pregnancy Pocketbook were more likely to stop smoking and to increase their physical activity than those who did not get it.

The next stage will consider options of how best to deliver the Pocketbook to pregnant women. For more information, please email Shelley Wilkinson (s.wilkinson.uq.edu.au) or Yvette Miller (ymiller@psy.uq.edu.au).



Mobile Mums Update

MobileMums was another new program developed as part of CABOOLTURE mums & little ones. It 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 with local mums showed that it helped them to exercise more.

The next stage for Mobile Mums is to plan for wider delivery of the program. Meetings with local organizations are being held, and computer software is being developed. Local partners are considering ways to provide Mobile Mums to all women in Caboolture.

For more information, please contact Brianna Fjeldsoe (email bcollins@uq.edu.au or telephone (07) 3365 5526) or Yvette Miller (email ymiller@psy.uq.edu.au).

Free Cookbook

CABOOLTURE mums & little ones and women in your community have designed a cookery companion for mothers with young children.

This recipe book is filled with healthy and affordable dishes tested by kids.

There are photos and step by step instructions, basic cooking terms, and simple cooking guides.

All in a wipeable folder that you can add your own recipes and ideas to!



To receive your free CABOOLTURE family cookery companion, visit the mums and little ones website www.mumsandlittleones.com.



Contact Us



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