Becoming a Mom/Comenzando bien®

Becoming a Mom/Comenzando bien is a bilingual curriculum designed for pregnant women to learn about having a healthy pregnancy and healthy baby in a supportive group setting.
Becoming a Mom/Comenzando bien®

• Becoming a Mom/Comenzando bien was created to include all pregnant women rather than focusing on a specific cultural or ethnic audience, the lesson plans are written for use with any audience of pregnant women.

• However, the curriculum does include appendices for specific racial/ethnic groups i.e. Hispanic, African-American and American Indian/Alaska Native women

Curriculum Components

The curriculum includes nine 2-hour sessions. Each session includes the following:

• Learning objectives
• Key messages
• Special notes for the facilitator
• Background section
Curriculum Components

- A step-by-step lesson plan for facilitators
- Appendices - Adapting the sessions to meet cultural needs
- Reproducible handouts
  - Handouts are available online: marchofdimes.com/curriculumhandouts

Overview of Sessions

Session 1: You and Your Pregnancy
Session 2: Prenatal Care
Session 3: Eating Healthy During Pregnancy
Session 4: Stress During Pregnancy
Session 5: Things to Avoid During Pregnancy
Session 6: The Big Day: Labor & Birth
Session 7: Caring for Your Baby
Session 8: Postpartum Care
Session 9: Graduation
Session 1: You and Your Pregnancy

Learning Objectives

By the end of the session, participants will be able to:
• State one thing they learned about another participant.
• Express their feelings about being a mother and about pregnancy.
• Identify three things women can do to help them have a healthy pregnancy.
• Identify two common discomforts of pregnancy and safe ways to cope with them.

Lesson Plan

• Getting to Know Each Other
• You’re Going to Have a Baby
• Something Old, Something New
• Tips for a Healthy Pregnancy
• Common Discomforts
Session 1: You and Your Pregnancy

Handout 1

Getting to Know You

Answer the following questions to help your facilitator get to know the women in your group. Your answers are anonymous — do not put your name on this page.

1. How old are you?
   - Under 18
   - 18 to 23
   - 25 to 35
   - Over 35

2. Do you work full time?
   - Yes
   - No

3. Do you have health insurance?
   - Yes
   - No

Session 1: You and Your Pregnancy

Handout 2

Keeping Healthy During Pregnancy

- Go to all your prenatal care checkups, even if you feel fine. Prenatal care helps you and your health care provider keep track of your pregnancy and identify potential problems before they become serious. It’s important to go to a provider you trust.

- Eat healthy foods, like fruits, vegetables, whole-grain breads and pasta, and lean meat and chicken. Limit sweets, salty snacks and foods with a lot of fat.

- Take a prenatal vitamin with 600 micrograms of folic acid in it every day.
Session 1: You and Your Pregnancy

Handout 3

Common Discomforts of Pregnancy

- Backache
- Breast changes
- Constipation
- Heartburn
- Hemorrhoids
- Leg Cramps
- Morning Sickness
- Stomachaches and pains

Session 2: Prenatal Care

Learning Objectives

By the end of the session, participants will be able to:

- Identify three benefits of getting early and regular prenatal care.
- Describe a typical prenatal care visit and the purpose of various prenatal tests.
- Identify three serious pregnancy complications.
- Know the signs of preterm labor and what to do if they occur.
- Ask questions of their health care provider.
Session 2: Prenatal Care

Lesson Plan

• Introduction/Relaxation Exercise
• Importance of Prenatal Care
• Barriers to Prenatal Care
• Prenatal Care Appointments
• Role Play: Talking to Your Health Care Provider
• Pregnancy Complications: Miscarriage, UTIs, Diabetes, Anemia, and Preeclampsia
• Preterm Labor

Handout 1

Prenatal Care

Prenatal care is medical care you get during pregnancy. At each visit, your provider checks on you and your growing baby. Go for prenatal care as soon as you find out you’re pregnant. Go to every appointment, even if you’re feeling fine.

What happens at your first prenatal care visit?
• Your provider checks your weight and blood pressure.
• You get a pelvic exam and a Pap smear.
• You get blood and urine tests to check for infections.
Session 2: Prenatal Care

Handout 3

**Role Play — Talking to Your Health Care Provider**

One volunteer plays the role of the health care provider, and the other plays Kathy, a pregnant woman. Act out the conversation you think the health care provider and Kathy have.

**Health care provider**

You are a busy health care provider in a clinic. Kathy is in for her first prenatal care visit. You are just finishing the visit and have asked her if she has any questions. As you are getting ready to walk out of the room, you realize that Kathy is not standing up to leave. You ask her again if she has any questions, and she starts telling you about her friend who never went to prenatal care appointments during her pregnancy. You feel yourself becoming impatient.

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Session 2: Prenatal Care

Handout 4

**Tips for a Successful Appointment**

- Write down all your questions before your visit.
- When you make your appointment, ask if your provider speaks the same language you do. If she doesn’t, ask if she can refer you to a provider who does. Or she may be able to have an interpreter at your visits.
- Ask about costs and fees. Does your provider take your insurance? Is there a co-pay? Do you have to pay for services at each visit?
Session 2:
Prenatal Care

Handout 6

Preterm Labor

What is preterm labor?
Preterm labor is labor that happens too early, before 37 completed weeks of pregnancy. This is too early for a baby to be born. Babies born too soon are more likely than full-term babies (born at about 40 weeks) to have problems after they are born, such as breathing problems and harmful infections. Some of these problems can last their entire lives.

Who is at risk for preterm labor?
Preterm labor can happen to any pregnant woman. But it happens more often to some women than to others. Talk to your health care provider about risk factors for preterm labor. If you have one of the risk factors, it does not mean that you will definitely have preterm labor. It just means you’re more likely to have preterm labor than a woman without risk factors.

Session 2:
Prenatal Care

Prenatal Care videos

• First Prenatal Care Visit, Prenatal Care Visits, Newborn Screening

http://bcove.me/khymbhlm
Session 3:
Eating Healthy During Pregnancy

Learning Objectives

By the end of the session, participants will be able to:

- Identify healthy foods to eat during pregnancy.
- Know the amount of weight they should gain during pregnancy.
- Describe why they should take folic acid before and during early pregnancy.
- Identify foods to avoid and limit during pregnancy

Lesson Plan

- Welcome/Relaxation Exercise
- Dream Meal
- Healthy Eating During Pregnancy
- Food and Food Groups
- Special Situations: Vegetarian diets, Diabetes, and Cravings
- Eating Healthy on a Budget
- Dream Menu Makeover Game
**Session 3: Eating Healthy During Pregnancy**

**Handout 1**

**Eating Healthy**

**What foods and how much should I eat each day?**

Pregnant women need 100 to 300 extra calories a day from the following food groups to support a baby's growth:

**Grains**

6 ounces a day — 1 ounce of grain is equal to:

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- 1 small pancake (4½ inches in diameter)
- 1 small tortilla (6 inches in diameter)

**Milk Products**

3 cups per day (Low-fat or skim is best.)

- 1 cup of milk product is equal to:
  - 1 cup milk
  - 1 cup yogurt
  - 1½ ounces natural cheese (cheddar, parmesan)
  - 2 ounces processed cheese (American)

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**Session 3: Eating Healthy During Pregnancy**

**Handout 2**

**Folic Acid, Omega-3 Fatty Acids and DHA**

**Folic acid**

Folic acid is a vitamin that can help prevent birth defects in the brain and spinal cord. It only works, though, if you take it before pregnancy and during the first few weeks of pregnancy. So all women who could get pregnant should take a multivitamin with 400 micrograms of folic acid in it every day.

**Omega-3 fatty acids and DHA**

Fats are important for growth and development. One important kind of fat is omega-3 fatty acids. There are three key omega-3 fatty acids. Their names are really long, so it’s OK to use just the letters:

1. Alpha-linolenic acid (also called ALA)
2. Docosahexaenoic acid (also called DHA)
3. Eicosapentaenoic acid (also called EPA)
Session 3: Eating Healthy During Pregnancy

Eating Healthy During Pregnancy Video

- Healthy Choices: What to Eat During Pregnancy
  http://bcove.me/r5e06cnp

Session 4: Stress During Pregnancy

Learning Objectives

By the end of the session, participants will be able to:

- Identify sources of stress during pregnancy.
- List three coping strategies and skills to reduce stress.
- Describe options for women who are in an abusive relationship.
Session 4: Stress During Pregnancy

Lesson Plan

- Welcome/Relaxation Exercise
- Stress and Pregnancy
- Ways to Reduce Your Stress
- Relationships During Pregnancy
- Sex During Pregnancy
- Managing Stress Case Studies

Handout 1

Stress and Exercise

**Stress: What you can do**
- Rest as much as you can. Take naps during the day, if possible.
- Put your feet up, whenever possible.
- Identify causes of stress and try to eliminate them.
- Cut back on unnecessary activities.

**Exercise: What you can do**
- Talk to your provider about your exercise plans before you start.
- Do something active every day. You don’t have to go to a gym to be active. Things like walking, vacuuming and yardwork are good, too.
Session 4: Stress During Pregnancy

Handout 2

Managing Stress Case Studies

Case Study 1
You are pregnant and know that regular prenatal care is important. Your health care provider’s office is open from 8:00 a.m. to 5:00 p.m., the same hours that you work. You can take some time off during work, but you don’t get paid for the work hours you miss. Your boss is asking about all the time off. He says it’s creating a problem for the other employees. What can you do?

Case Study 4
Your partner isn’t very supportive. He doesn’t understand what pregnancy is like for you. He is impatient when you get emotional. He doesn’t help with housework, ignores you when you need comfort and leaves the house for long periods of time. He says things are your fault. Yesterday he shoved you. He apologized later and promised it won’t happen again. What can you do?

Session 5: Things to Avoid During Pregnancy

Learning Objectives

By the end of the session, participants will be able to:

• Explain how smoking, drinking alcohol or abusing drugs during pregnancy can harm a baby.
• Identify strategies to stop smoking, drinking alcohol, or abusing drugs.
• Identify three ways to avoid secondhand smoke.
• Describe how infections can affect a developing baby.
• Identify harmful chemicals at home and work.
Session 5: Things to Avoid During Pregnancy

Lesson Plan

- Welcome/Relaxation Exercise
- Smoking, Alcohol, and Drugs
- Making Healthy Changes
- Secondhand Smoke Role Play
- Viruses and Infections
- Chemicals and Work Safety

Handout 1

Prescription Drugs and Pregnancy

A prescription is an order for drugs written by a health care provider to treat a specific condition. Some prescription drugs can be dangerous for your baby if you use them during pregnancy. A pregnant woman should never use prescription drugs unless they are prescribed for her by a health care provider who knows she is pregnant.

Prescription drugs and birth defects
The prescription drugs below can cause birth defects in your baby. If you're pregnant and taking any of these drugs, call your health care provider immediately. You may need to stop taking the medication or switch to a different drug or dose that's safe for your baby.
Session 5: Things to Avoid During Pregnancy

Handout 4

Viruses and Infections

If you think you may have any of these infections, tell your health care provider right away.
- Chicken pox
- Fifth disease
- German measles (Rubella)
- Group B strep
- Hepatitis B

How can you reduce your risk of getting an infection?
- Thoroughly cook meat, poultry and fish.
- Don’t eat uncooked fish, such as sushi, raw oysters or shellfish served from the shell.
- Wash all fresh fruits and vegetables before eating.

Session 5: Things to Avoid During Pregnancy

Handout 5

Chemicals and Work Safety

Chemicals to avoid during pregnancy:
- Paint
- Paint thinner
- Bug spray
- Weed killer
- Liquids that have strong smells, like bleach or turpentine

Other work safety tips:
- Get up, walk around and stretch periodically. Don't sit still for too long.
- Avoid overworking, heavy lifting and bending.
- Take breaks at work when you can.
- Drink plenty of water and use the bathroom when you need to.
Session 6: The Big Day: Labor and Birth

Learning Objectives

By the end of the session, participants will be able to:

- Identify three things to take with them to the hospital
- Complete a birth plan
- List at least three signs of labor
- Name the three stages of labor

Lesson Plan

- Welcome/Relaxation Exercise
- What to Buy or Borrow for Your Baby
- Preparing for the Hospital
- Concerns about Labor and Birth
- My Baby’s Journey to Birth — Guided Visualization
- Signs of Labor
- Ways to Have a Baby
- Stages of Labor
- Coping with Labor Pain
Session 6: The Big Day: Labor and Birth

Handout 1 Things Your Baby Needs

Here are some things you may want to get ready for your baby before you bring him home.

**Baby clothes and related items**
- Five to seven undershirts
- Six to eight sleepers
- Four to six pairs of socks or booties
- One or two caps
- Four to six receiving blankets
- Ten burp cloths

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Handout 2 Hospital Bag Checklist

**You may want to bring:**
- Socks to keep your feet warm
- A robe and slippers
- A few nightgowns or pajamas, or T-shirts and sweat pants
- Loose-fitting T-shirts or nursing bras, if you're breastfeeding
- Several pairs of underpants
- Washcloths and towels
- Toiletries such as soap, shampoo, a toothbrush and toothpaste
- Hairbrush/hairstyling equipment
- Loose-fitting or maternity clothes to wear home
Session 6: The Big Day: Labor and Birth

Handout 3

Birth Plan

Share your answers to these questions with your health care provider, with staff at the hospital or birthing center, and with your partner or other support people.

1. My health care provider’s contact information:
   Name: __________________________
   Phone #: ________________________

2. Where do I plan to have my baby?
   Hospital/Birthing center

4. Other than my primary support person, who else do I want with me during labor and birth?
   Name: __________________________
   Phone #: ________________________
   This person is:
   ☐ My partner   ☐ My baby’s father
   ☐ My family   ☐ My friend
   ☐ Clergy

Handout 4

Labor and Birth

What are the signs of labor?
- You may have strong and regular contractions. A contraction is when the muscles of the uterus tighten up like a fist and then relax. Contractions help push the baby out.
- Your contractions come about 5 to 10 minutes apart.
- Your contractions are so strong that you can’t walk or talk during them.

3. VBAC — This stands for “vaginal birth after cesarean.” If you’ve already had a c-section, you may be able to have a vaginal birth with your next baby. If you had a c-section in the past and want to have a vaginal birth, talk to your provider.

What are some reasons why I might need to have a c-section?
Session 7: Caring for Your Baby

Learning Objectives

By the end of the session, participants will be able to:

- Describe three ways to bond with a newborn baby.
- Identify three ways to cope with crying.
- Identify three benefits of breastfeeding.
- Bathe and diaper a baby.
- Describe the importance of newborn screening and vaccinations.

Session 7: Caring for Your Baby

Lesson Plan

- “You and Your Baby” Guided Visualization
- Bonding with Your Baby
- Breastfeeding
- Keeping Your Baby Clean
- Putting Your Baby to Sleep
- Newborn Screening and Vaccinations
Session 7: Caring for Your Baby

Handout 1

Breastfeeding

Why should I breastfeed my baby?
- Breastmilk protects your baby from infections and allergies that formula does not. Breastfed babies have fewer health problems than babies who are fed formula.
- Breastmilk is always ready when your baby wants to eat.
- Breastmilk is free.
- Breastfeeding can help you recover faster from pregnancy and lose some of the weight you gained.

Session 7: Caring for Your Baby

Handout 4

Newborn Screening and Vaccinations

**Newborn Screening**
Before your baby leaves the hospital, he has some blood taken from his heel. A lab tests the blood for health problems. Your baby also gets a hearing test. All these tests are called newborn screening.

The testing is safe and simple. A healthcare provider pricks your baby’s heel to get a few drops of blood. The blood is then tested in a lab. For the hearing test, the provider puts a small microphone in your baby’s ear. The microphone plays soft sounds.

**Vaccinations**
It’s never fun to get a shot. But your baby needs some shots to help protect him from diseases like measles, chickenpox and polio. These diseases could make your baby really sick. The shots are called vaccinations. And the medicine in the shots is called a vaccine.

When your baby gets these shots, it means he won’t get the disease, even if he plays with, sits near or eats with someone who has the disease.

Your baby may get a vaccine for hepatitis B before he leaves the hospital. He gets the rest of his shots at his regular checkups.
Session 8: Postpartum Care

Learning Objectives

By the end of the session, participants will be able to:

- Describe three physical changes and discomforts that are common after childbirth.
- Identify two emotional changes that can occur after having a baby.
- Know when to call their health care provider about physical or emotional changes.
- Discuss how a new baby can affect relationships with their partners.

Lesson Plan

- Welcome/Relaxation Exercise
- Physical Changes and Discomforts After Giving Birth
- Emotional Changes After Giving Birth
- Sex and Relationships
- Going Back to Work or School
- Graduation Planning
Session 8: Postpartum Care

Handout 1 Physical Postpartum Changes

1. Vaginal discharge
   Why it happens: After the baby is born, your body gets rid of the blood and tissue from the uterus. This vaginal discharge is called lochia. For the first few days, it's heavy, bright red and may contain some blood clots. Over time, the flow gets less heavy and lighter in color. It may change from red to pink to brown to yellow. You may have discharge for a few weeks, or even for a month or more.
   What you can do:
   - Wipe from front to back after going to the bathroom to prevent infection.
   - Ask your provider about medicine to help ease the pain.

3. C-section discomfort
   Why it happens: If you had a c-section, it may take a while to recover from the surgery. You may be very tired for the first few days or weeks after a c-section. This is because you lost blood during the surgery. Also, your incision (the cut on your belly) may be sore.

Handout 2 Stress, Baby Blues and Postpartum Depression

Feeling stressed and overwhelmed
Here’s what you can do if you’re feeling overwhelmed about being a new mom:
- Talk to your partner. Ask for help with the baby and around the house.
- Ask your family and friends for help. Tell them exactly what they can do for you. For example, they can help with childcare, go grocery shopping or make meals.
- Find a support group for new mothers.

- Take time for herself. Get out of the house every day, even if it’s just for a short while.
- Find a support group of new mothers.

If the sad feelings don’t go away by about the tenth day after your baby’s birth, call your health care provider.

Postpartum depression
Session 9:
Celebrating Our Accomplishments-
Graduation

Special notes for Session 9:

- If you’re having a meal, make sure you have napkins, plates, cups and utensils. You may need to heat the food.
- Check with your local March of Dimes chapter for your quarterly incentives to have gift items for participants.
- Personalize the certificate at the end of this session for each participant. You may want to copy or print them on certificate paper, available at most office supply stores.

Session 9:
Celebrating Our Accomplishments-
Graduation

This certifies that

has successfully completed

Becoming a Mom/Comenzando bien

and is well prepared
for life with a new baby!

Congratulations!
Implementing Becoming a Mom/Comenzando bien®

- Contact Miriam Erdosi at (949) 333-4977 or merdosi@marchofdimes.com
- Purchase a copy of the Becoming a Mom/Comenzando bien® curriculum
- **Commit to:**
  - Collect participants’ evaluation forms
- **Commit to:**
  - Fax/mail completed participants’ evaluation forms at the end of each month

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**Comenzando bien® Pre-test**

1a. What’s your race? (Choose one)
   - Mexican-American
   - African-American
   - Native-American
   - Asian
   - Central-American
   - Other

2a. What is your age (Choose one)
   - Less than 10
   - 10-14
   - 15-19
   - 20-24
   - 25-29
   - 30-34
   - 35-39
   - 40-44
   - 45+
   - 46-50
   - 50-54
   - 55-59
   - 60-

3a. Date of birth: ______________________

2b. Where were you born?
   - Yes
   - No

3b. Employment: __________ Part-time

5. How many years of school have you completed? (Choose one)
   - Did not complete high school
   - Completed high school only
   - Some college
   - Graduated college

6. How did you first hear about Comenzando bien®?
   - Family/Friends
   - Clinic
   - Hospital
   - School
   - Other

7. Are you enrolled in the WIC program?
   - Yes
   - No

9. Which type of insurance do you have?
   - Public insurance
   - Medicaid
   - Don't have insurance
   - Other

10. Is this your first pregnancy?
    - Yes
    - No

11. If yes, do you have other children?
    - Yes
    - No

12a. If yes, how many other children do you have?
    - _______ Age: __________________

12b. How many vaginal births?
    - _______

13a. How many cesarean births?
    - _______

13b. Number of miscarriages: ________

15a. When is your due date?
15b. Have you had your 1st prenatal appointment?
16a. Date of your 1st prenatal appointment: __________/________/______ (YYYY/YY/MM)
Comenzando bien® Post-test

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1a. How pregnant are you now?</td>
<td>1st Trimester (1-3 months), 2nd Trimester (3-6 months), 3rd Trimester (6-9 months)</td>
</tr>
<tr>
<td>1b. What is your due date?</td>
<td></td>
</tr>
<tr>
<td>2a. Have you had your 1st prenatal appointment?</td>
<td>Yes, No, If yes, visit question b</td>
</tr>
<tr>
<td>2b. Date of your 1st prenatal appointment?</td>
<td></td>
</tr>
<tr>
<td>3a. Are you attending regularly scheduled prenatal care visits with your health provider?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>3b. If yes, what trimester did you begin seeing a health provider for this pregnancy?</td>
<td>1st Trimester (1-3 months), 2nd Trimester (3-6 months), 3rd Trimester (6-9 months)</td>
</tr>
<tr>
<td>4. Where are you going for prenatal care?</td>
<td>Private health care provider, Community Health Clinic, Other</td>
</tr>
<tr>
<td>5. Why, which keeps you from going to prenatal appointments?</td>
<td>Child Care, Transportation, No Documentation, Other</td>
</tr>
<tr>
<td>6a. How often do you take multivitamins?</td>
<td>Everyday before 1st trimester, Everyday 1st trimester, No, twice a week, No, once a week, No, never</td>
</tr>
<tr>
<td>6b. Do you take a prenatal vitamin or a multivitamin every day?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>7. Are you breastfed in the 1st trimester?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>8. What type of insurance do you have?</td>
<td>Private insurance, Medicaid, No insurance, Other</td>
</tr>
<tr>
<td>9. Do you complete the Comenzando bien® pretest?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>10. How was your experience with the Comenzando bien® pretest?</td>
<td>Excellent, Fair, Good, Poor</td>
</tr>
</tbody>
</table>

Comenzando bien® Birth outcome card

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Which is your race?</td>
<td>Hispanic, African-American, Asian, Asian-American, Native American, Other</td>
</tr>
<tr>
<td>2. What type of insurance do you have?</td>
<td>Private insurance, Medicaid, No insurance, Other</td>
</tr>
<tr>
<td>3. Date of your 1st prenatal appointment?</td>
<td></td>
</tr>
<tr>
<td>4. How pregnant were you at your 1st prenatal visit?</td>
<td>1st Trimester (1-3 months), 2nd Trimester (3-6 months), 3rd Trimester (6-9 months)</td>
</tr>
<tr>
<td>5. Where did you go for prenatal care?</td>
<td>Private health care provider, Community Health Clinic, Other</td>
</tr>
<tr>
<td>6a. Baby's weight at birth</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>7a. Baby's weight at birth</td>
<td></td>
</tr>
<tr>
<td>8. Baby's weight at birth</td>
<td></td>
</tr>
<tr>
<td>9. Baby's weight at birth</td>
<td></td>
</tr>
<tr>
<td>10. Did you develop any medical conditions during your pregnancy?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>11. How much weight did you gain during your pregnancy?</td>
<td></td>
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<tr>
<td>12. Are you breastfeeding your baby?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>13. If yes, are you 1st trimester, 2nd trimester, 3rd trimester</td>
<td></td>
</tr>
<tr>
<td>14. Breastfeeding exclusivity</td>
<td></td>
</tr>
<tr>
<td>15. Breastfeeding and offering formula</td>
<td></td>
</tr>
</tbody>
</table>

26
Benefits

- Send in participants’ evaluations once a month and once a quarter you could receive:
  - Baby clothes
  - Toys
  - Knit hats/blankets
  - Or other baby items available
  - The Pregnancy Baby Book (p. 9) or How Your Baby Grows (p. 7)

- March of Dimes will keep you informed of any new Becoming a Mom/Comenzando bien® updates, keep you on an e-mail list, and send you any new resources or information

Benefits

- Receive incentives for sending in participants & facilitator evaluations forms
- Send in participants’ & facilitator evaluations once a month and once a quarter you will receive:
  - Baby clothes
  - Toys
  - Knit hats/blankets
  - Or other baby items available
  - The Pregnancy Baby Book (p. 9) or How Your Baby Grows (p. 7)

- March of Dimes will keep you informed of any new Becoming a Mom/Comenzando bien® updates, keep you on an e-mail list, and send you any new resources or information
Questions?

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