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## “Cradle Talks”

**WHEN:** Every Wednesday at 4PM!

**WHERE:** Facebook-Cradle Kalamazoo

<https://www.facebook.com/cradlekalamazoo>

**WHY:** To discuss Maternal Infant Health Issues

**DATES: Topics:**

11/4/20 Cradle’s Awareness

11/11/20: Cradle’s Community Impact

11/18/20 Understanding Birth Justice

11/25/20 Changing the Narrative about IM



**Please register to receive the Link!**

November 10th <https://bit.ly/35sDho7>

November 14th <https://bit.ly/3krEcLK>

## Inspiring Moments

“Like stars are to the sky, so are the children to our world. They deserve to shine!” —Chinonye J. Chidolue



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## *Client Story*



### ***Seeds for Success***

#### The Afeef Family

We really enjoy the program in many ways. We especially find the information provided, whether it is about kid's growth and development, games or educational activities we can do with our kids very interesting and helpful. We have also gotten opportunities to get involved in community activities through the program. This has been especially helpful as we are new to the area and do not have family or relatives nearby. We look forward to our monthly visit / zoom meeting with the family support specialist. Our kids enjoy getting books through them which has helped develop a love of reading.

Hiyam



**Frontline:** Health and Community Services Safe Sleep Pack n Play program has received a supply of Pack n Play's from the State Safe Sleep mini grant as well as from Kalamazoo Child Abuse and Neglect (KCAN) council. If you know of a family in need, please contact Carol Lassitter by phone at 269.373.5308, or by email at [csllass@kalcounty.com](mailto:csllass@kalcounty.com), for the education protocol and referral form.

Cradle Frontline sub-committee is planning for the next year, and we need your feedback. A survey monkey has been sent out to the Cradle Frontline email list asking members to share what they find most beneficial at the Cradle Frontline meetings, as well as what should be added or changed to get the most value out of each meeting. If you would like to participate in the survey, please click [here](#).

**Health Equity:** The Health Equity Subcommittee will be hosting a Health Equity rotation at the upcoming virtual baby showers on November 10th and 14th. The team has been working diligently on its work plan and will participate in strategic planning sessions in November to plan out its 2021 work plan.

Racial equity trainings are also being planned by this team for all Cradle partners. Dates are being explored for December and January. Look out for forthcoming invites!

**Reproductive Health:** The Reproductive Health Committee welcomed three new interns provide by WMed Elle Davio, Meike Stoldt, and Erin Hudson.

If anyone is interested in joining the Reproductive Health Committee, please contact Barbara Allen-allenba@bronsonhg.org. for more information

**Safe Sleep:** Safe Sleep has compiled their Train the Trainer report (Highlight—7 trainings conducted over a 2 year period (2018-2020) 23 agencies, 68 participants. Full report available upon request. Contact Barbara Allen or Amy Damashek



## Protecting Your Birth: A Guide for Black Mothers

How racism can impact your pre-and postnatal care — and advice for speaking to your Ob-Gyn about it. [https://www.nytimes.com/article/black-mothers-birth.html?surface=home-living-vi&fellback=false&req\\_id=950810674&algo=identity&imp\\_id=216497140&fbclid=IwAR2leS9jmnBraNrqQLGFA30Nu4iey9cNLwAnkyi1GYi9XnpN3iGcVhjojDk](https://www.nytimes.com/article/black-mothers-birth.html?surface=home-living-vi&fellback=false&req_id=950810674&algo=identity&imp_id=216497140&fbclid=IwAR2leS9jmnBraNrqQLGFA30Nu4iey9cNLwAnkyi1GYi9XnpN3iGcVhjojDk)

## COVID-19 (coronavirus) in babies and children

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-in-babies-and-children/art-20484405?fbclid=IwAR0g38luCGWkQJlaRZ0MwruFiQGbTLM8JABr4lcpIgtDRAH2Zxx7sr2Jwf0>

## The pandemic is taking a toll on Americans' mental health. A new CDC study shows who we need to worry about most.

The COVID-19 pandemic is having a significant impact on [Americans' mental health](#), according to a [new survey](#) out Thursday from the U.S. Centers for Disease Control and Prevention. It found elevated levels of symptoms of anxiety and depressive disorders, substance use and suicidal ideation among U.S. adults, and identified populations at increased risk, including young people, [racial and ethnic minorities](#), essential workers and caregivers of adults. <https://www.usatoday.com/story/news/health/2020/08/13/covid-19-takes-mental-toll-youth-minorities-essential-workers/3365719001/?fbclid=IwAR1g3H81SZqinf-DXFbzVL1LmtHff3t3Y-sYVj6r9iWjZo0SBpKsDpvpbPL8>

## Birthing Justice: Black Women, Pregnancy, and Childbirth (book)

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. ... [Google Books](#)



## Announcements:

### ERACCE

#### ***Online Workshop Introduction to Systemic Racism***

November 18 & 19, 2020

December 2 & 3, 2020

January 13 & 14, 2021

Via Zoom Register [www.eracce.org/event-registration/](http://www.eracce.org/event-registration/)

### KRESA

#### ***Talking Is Teaching Parent Skill Building Sessions!*** Kalamazoo County

Talking is Teaching is excited to offer monthly virtual parent skill-building sessions focused on how to help increase the early literacy development of our littlest ones! . All participants will have a chance to win a \$50 Gift Card! Fill out the registration form at [www.KalamazooGSC.org](http://www.KalamazooGSC.org) and we will send you a link to join the meeting! Wednesday, Nov. 18, 1:30 pm and Wednesday, Dec. 16, 1:30 pm

***Talking is Teaching Virtual Playgroup.*** Thursday, November 19th, from 10:00-10:30am Sign Up: <https://forms.gle/DjbwK46JaLrWxyEKA>. Join GSC's Ashley Drenth, Parent Liaison, for a virtual playgroup for you and your little ones! Fill out the form below and we will send the link for the playgroup to Thursday, November 19th, from 1:30-2:30 Sign Up: <https://forms.gle/4fv4CTUJGBfActSw7>, Tuesday, December 1st, from 7:30-8:30 Sign Up: <https://forms.gle/ZZNrMmRtgCp5xTD5A>

***Virtual Parent Café*** The Café is designed to be a space for parents and care-givers to discuss the challenges and victories of raising children.

All participants will have a chance to win a \$50 gift card!

Thursday, November 19th, from 1:30-2:30 Sign Up: <https://forms.gle/4fv4CTUJGBfActSw7>

Tuesday, December 1st, from 7:30-8:30 Sign Up: <https://forms.gle/ZZNrMmRtgCp5xTD5A>

***Virtual Parent Coalition Meetings*** Parent Coalition Meetings are opportunities for parents and caregivers to take action on ways we can help support families in our community. All participants will have a chance to win a \$50 Gift Card! Thursday, November 5th, from 1:30-2:30 Sign Up: <https://forms.gle/J5aEq69xqVMWpqW58>, Tuesday, November 10th, from 7:30-8:30 Sign Up: <https://forms.gle/xnH1pg3G7AakZmRm6>

### Rootead

Red Birth Green is offering virtual childbirth preparation classes beginning in November! November 14th from 1pm-5pm is open to all expectant parents and support people and December 12th from 1pm-5pm is open to the BIPOC community only. Registration is coming soon, but please email [aali-yah@rootead.org](mailto:aali-yah@rootead.org) to be placed on the contact list for when it is open.