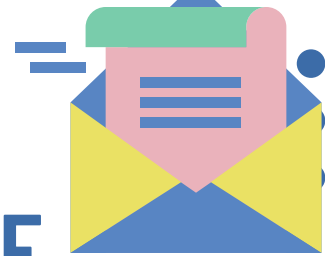




Vol. 1, Issue 7

EMMBRACE *LittleCuddlesCorner*

WWW.CWWILLIAMS.ORG



NATIONAL PREMATURITY AWARENESS MONTH NOVEMBER

P3

P2

P1

S0



For babies
weighing <500g

For babies
weighing <1000g

For babies
weighing <1800g

For babies
weighing <3000g



SCAN FOR
PREGNANCY AND
RELATED
RESOURCES



DEAR READERS.



As we enter November, we recognize Prematurity Awareness Month—a time dedicated to raising awareness about the challenges of premature birth and its impact on families. Premature birth is the leading cause of infant mortality, and those babies who are born too soon face potential health risks and developmental delays.

At C.W. Williams Community Health Center, our Maternal Health Department is committed to supporting families who experience premature births and providing resources that can help mothers maintain healthy pregnancies. This month, we'll share important information on the causes, preventive measures, and support services available for families navigating premature birth.

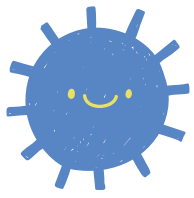
Let us work together to support and uplift these families in our community, ensuring they can access the care and resources they need for healthier futures. Thank you for joining us in observing Prematurity Awareness Month and helping spread awareness to improve outcomes for our tiniest fighters.

Warm regards,

Jaylan Cole

Assistant Director of Maternal Health
The C.W. Williams Community Health Center



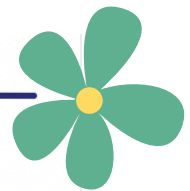


EMMBRACE



C.W. Williams Community Health Center's EMMBRACE (Empowering Minority Mothers to Believe and Receive Access to Care Equity) program is a maternal health initiative aimed at supporting women of color, particularly Black and Hispanic mothers, who face disproportionately high rates of pre-pregnancy chronic conditions such as obesity, hypertension, and diabetes. EMMBRACE is dedicated to reducing complications and saving lives.

Services We Provide



OB/GYN Care



Preconception
Planning



Counseling



Postpartum
Care



Free Workshops



Early Sex
Detection

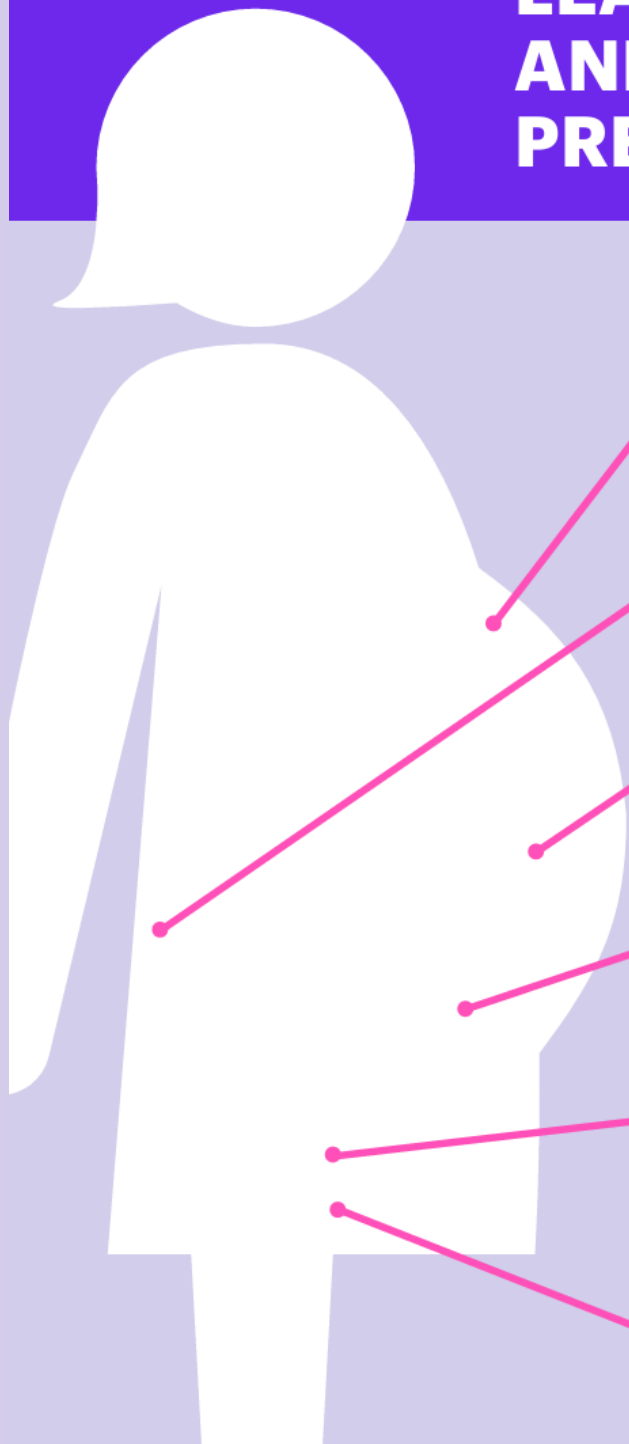
For more information, please call 980-335-0496.

To book an appointment, please call 866-299-4968.

Your
Maternal Health Matters!



LEARN THE SIGNS AND SYMPTOMS OF PRETERM LABOR:



Regular or frequent contractions that may or may not be painful

Constant low, dull backache

Belly cramps with or without diarrhea

The feeling that your baby is pushing down

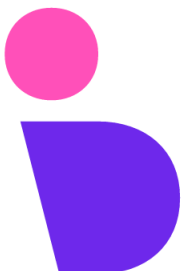
Change in your vaginal discharge or more vaginal discharge than usual

Your water breaks



MARCH OF DIMES

SIGNS AND SYMPTOMS OF PRETERM LABOR



Preterm labor is labor that happens too early, before 37 weeks of pregnancy.

Your baby could be born too soon and have serious health problems.

WHAT YOU CAN DO:

If you have even one sign or symptom of preterm labor, call your health care provider right away.

When you see your provider, she may check your cervix to see if you're in labor. If you are, she may give you treatment to help stop labor or to improve your baby's health before birth.



HEALTH ACTION SHEET

How long should you wait before getting pregnant again?

For most women, it's best to wait at least 18 months between giving birth and getting pregnant again. This means your baby will be at least 1½ years old before you get pregnant.

Too little time between pregnancies increases your risk of premature birth. Premature birth is when your baby is born too soon. Premature babies are more likely to have health problems than babies born on time. The shorter the time between pregnancies, the higher your risk for premature birth.

Your body needs time to fully recover from your last pregnancy before it's ready for your next pregnancy. Having at least 18 months between pregnancies may help reduce your risk for premature birth in your next pregnancy. Use this time to talk to your health care provider about things you can do to help reduce your risk. To learn more, go to marchofdimes.org/prematurebirth.

What you can do:

- Wait 18 months or more after having a baby before getting pregnant again.
- If you're older than 35 or had a miscarriage or stillbirth, talk to your provider about how long to wait.
- Use effective birth control until you're ready to get pregnant.
- Talk to your health care provider about birth control options.

Waiting at least 18 months doesn't mean for sure that your next baby will be born on time. But it can help.

For more information

marchofdimes.org/birthspacing



TAKE ACTION

Get your 18 months.

Fill this out with your provider so you know when you can start trying to get pregnant again:

Example:

Date your baby was born	May 16, 2017
Add 1 year and 6 months	Nov. 16, 2018

Now you try:

Date your baby was born	<input type="text"/>
Add 1 year and 6 months	<input type="text"/>

Steps to a Healthier me and baby-to-be!



You have thought about your goals for school, for your job or career and for your health. You have also thought about how having children fits in with those goals, and you have decided that you want to become pregnant. Your health before pregnancy is very important and can affect the health of your future baby. By making a plan before getting pregnant and taking the time to get healthy, you can take the steps to a healthier you and baby-to-be. This is a tool to help you do that.

Start by choosing your goals for this year. It is easier to focus on 2–3 goals. Then use the checklist below to set your plan into motion.

Date plan made or revised:

My top 3 goals for this year are

1.
2.
3.



Centers for Disease
Control and Prevention
National Center on Birth Defects
and Developmental Disabilities



Goals for a Healthier me and baby-to-be!

Check with your health insurance plan to find out if your eligible for preventive health services, such as screening, vaccinations, contraception (birth control) and counseling, with no co-payment or deductible. To learn more, "talk with your health insurance provider. If you don't have insurance, you may be eligible for services through Title V (<https://mchb.hrsa.gov/maternal-child-health-initiatives>).

1. Plan pregnancies.

- Decide which goals to meet before having children—school, work, financial.**
- Use contraception (birth control) correctly and at all times until we are ready to get pregnant.**
 I use
 I will talk with my doctor (or nurse practitioner, nurse midwife, physician assistant) if I have new health issues or am taking medicines that might affect my method of contraception.
 I will talk with my doctor about when and how to stop using my contraception.
- Make sure I have my chosen method of contraception.**
 IUD or implant.
 Depo-Provera (contraceptive shot).
 Birth control pills, patch, or ring.
 Condoms.
 Spermicidal gel, cream, foam, suppository, or sponge.
 Diaphragm or cervical cap: Make sure it fits properly, there are no holes, and I use it every time.
 Remove, replace, update, refill, or get more by
- Think about my goals for children.**
 I want to have child or children.
 I want to get pregnant when I am years old.

- I want to have children years apart. *(At least 18 months apart is recommended.)*
- I want to finish having children when I am years old.
- Make a regular appointment with my doctor.**
 My next appointment is
 I will talk with my doctor about the prescribed and over-the-counter drugs I am taking and which ones I need to stop or change.
- Reminder! Take this with me to the appointment.**

2. Eat healthy foods.

- Planning meals and snacks ahead of time and having the food on hand make it less likely that I will make unhealthy choices.
- Make a list before I go to the grocery store, farm stand or market, or neighborhood garden.**
 - Include plenty of vegetables and fruits. (Eat my colors!)**
 - Shop the outside edge of the store where the healthiest food is sold.**

3. Be active.

- Exercise is easier with a friend. Fitting in several 10-minute activity sessions throughout the day can help me reach my activity goal.
- Try to get 150 minutes of moderate intensity physical activity each week.**
 At
(times—after lunch, after work, etc.)
 By
(walking, going to the gym, etc.)



Goals for a Healthier me and baby-to-be!

3. Be active. (continued)

- My exercise friend.
My exercise friend is
- Find ways to be active at home and at work.
Walk outside during lunch.
Other

4. Take 400 micrograms (mcg) of folic acid daily.

Folic acid is good for my health. Taking it daily will help prevent birth defects of the brain and spine when I decide to or if I get pregnant before I am ready.

- Take a vitamin with folic acid every day unless I eat a serving of breakfast cereal that says it has 400 mcg of folic acid on the nutrition label.
- Place vitamins by my toothbrush or on the kitchen counter or to help me remember to take them daily.

5. Protect myself from sexually transmitted infections (STIs).

- If I choose to have sex
- Agree to have sex with only one person who has agreed to have sex with only me.
- Buy a supply of condoms, and use them correctly and every time.
- Get checked if I have been exposed to STIs.
<http://www.cdc.gov/std/healthcomm/the-facts.htm>.
- If needed, take all the medicine for the full time as directed by my doctor.

6. Protect myself from other infections.

- Wash my hands frequently with soap and water.

- Ask my partner to change the cat litter.
- Stay away from people who are sick.
- Try not to share food, drinks, or utensils with young children.

7. Avoid harmful chemicals, metals, and other toxic substances around the home and in the workplace.

<https://prhe.ucsf.edu/toxic-matters>

8. Make sure my vaccinations (shots) are up-to-date.

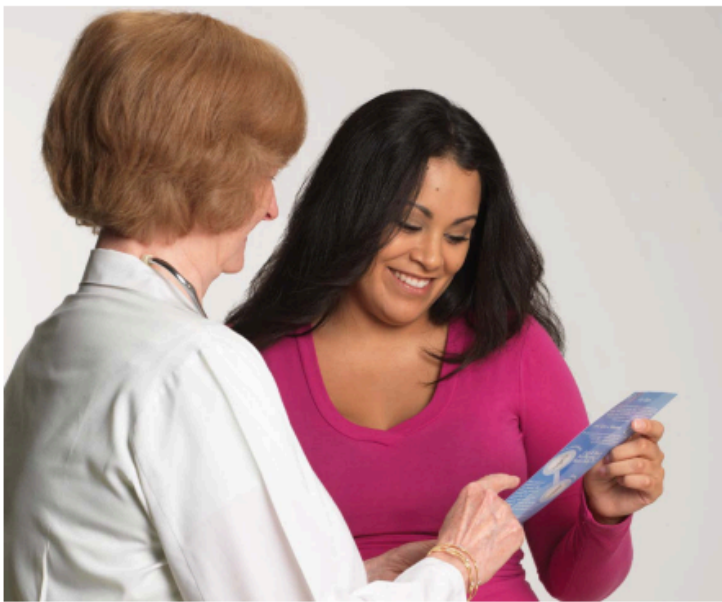
Vaccinations are our best defense against many diseases. Sometimes, those diseases can cause serious problems. I want to protect myself against those diseases.

- Remember to get a flu shot every year, especially if I am pregnant.
- Check the vaccination schedule before I see my doctor
<http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>.
- I need
- Remind my doctor to update my vaccinations.
- My appointment is

9. Manage and reduce stress and get mentally healthy.

- Learn more about getting mentally healthy.

<http://www.womenshealth.gov/mental-health/>
<http://www.nimh.nih.gov/index.shtml>



Goals for a Healthier me and baby-to-be!

9. Manage and reduce stress and get mentally healthy. (continued)

- Be aware of things that cause me stress.
- Make a plan to reduce my stress.
 - Get enough rest.
 - Exercise to lift my mood.
 - Limit alcohol and avoid cigarettes and other drugs.
- Find a support person or group, if needed.
 - My support person or group is
 -

10. Stop Smoking.

Smoking is not healthy for me or others around me. I want to be healthy! Secondhand smoke is not healthy either. I will avoid being around people when they smoke and will ask my partner not to smoke around me. Smoking can cause problems such as difficulty getting pregnant, separation of the placenta from the womb too early resulting in bleeding, placenta covering the cervix which can cause bleeding, and the water breaking too early. Problems for the baby include being born too small, being born too early, dying before birth or after birth, sudden infant death syndrome (SIDS), and possible birth defects.

- Make an appointment with my doctor to talk about help for this.
 - My appointment is
- Find a support person or group for additional help.
 - Contact information for support
 -
- Check out www.BeTobaccoFree.gov and <http://smokefree.gov/>
Call 1-800-QUIT-NOW (1-800-7848-669)

11. Stop using certain drugs or prescription medicine that are not mine.

Taking drugs not prescribed for me is not good for me or my baby-to-be. There are different effects depending on the drugs used. I want my baby and me to be as healthy as possible!

- Make an appointment with my doctor to talk about help for this.
 - My appointment is
- Find a support person or group for additional help.
 - Contact information for support
 -

12. Stop drinking alcohol if I am trying to get pregnant.

Drinking alcoholic drinks when trying to get pregnant and during pregnancy can cause problems for me and my baby. <http://www.cdc.gov/ncbddd/fasd/>.

- Stop drinking when I start trying to get pregnant and right away if I find myself pregnant before planned. Drinking during pregnancy can cause birth defects. There is no known safe level of alcohol in pregnancy.
- Make an appointment with my doctor if I need help to stop drinking.





Goals for a Healthier me and baby-to-be!

13. Stop partner violence.

Abuse can be emotional, physical, or sexual. No one deserves to be abused. I love myself and my child or children enough to take steps to deal with violence if it should happen to me or my family.

- Talk with my doctor.
- Talk with a counselor.
- Make a plan.

Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224 (TDD).

14. Manage my health conditions, such as asthma, diabetes, or overweight.

- Learn more about my health condition(s).
- Talk with my doctor about a plan to manage my health condition(s) and my medicines.

My appointment is

- Find a support person or group to help me with the plan.

My support person's or group contact information is

We meet
(when and where)

15. Learn about my family's health history.

Learning about health problems in my family can help my doctor and me determine which problems to look for and how to prevent or deal with them.

- Ask my parents, grandparents, brothers, sisters, aunts, uncles, and cousins about any health problems in the family.

- Keep a record of my findings.
- Update yearly.

16. Get regular checkups. See my doctor as needed for other problems.

My doctors' names and phone numbers are

- Schedule my yearly appointment.

My appointment is

- Schedule an appointment to talk with my doctor about

My appointment is

Questions to ask my doctor.

Your health before pregnancy is important. Keep this checklist handy and look at it regularly, update it, and talk with your partner and your doctor about how to best put this plan into action. Remember to take this tool with you to your appointment. Make time for yourself. Your baby will thank you for it.





Find a Maternal Community Resource Hub Near You!

**Have you heard about the
Maternal Community Resource
Hubs? Find a location near you to
get the maternal supplies you
need.***

- Diapers
- Baby Wipes
- Formula Coupons
- Diaper Rash Cream
- Baby Bottles.....*and more!!!*

Greater Bethel AME Church

5232 The Plaza, Charlotte, NC 28215
Every 2nd and 4th Friday
11:00 AM - 2:00 PM
(443) 799-9790

New Covenant Bibleway Church

1321 Capps Hills Mine Rd, Charlotte, NC 28216
Mondays and Wednesdays
10:00 AM - 2:00 PM
(980) 318-6167

New Creation Missionary Baptist Church

344 S Hoskins Rd, Charlotte, NC 28208
Every 2nd and 4th Saturday
11:00 AM - 2:00 PM
(704) 763-2651




Hebron City of Praise

304 E Phifer St, Monroe, NC 28110
Every 2nd and 4th Wednesday
9:00 AM - 12:00 PM
1:00 PM - 5:00 PM
(704) 221-5193
(704) 254-8864

Clinton Chapel AME Zion

1901 Rozzelles Ferry Rd, Charlotte, NC 28208
Tuesday - Friday
12:00 PM - 3:00 PM
Saturday
11 AM - 1 PM
(980) 224-9709

Contact Us

 (980) 335-0496
 3333 Wilkinson Blvd., Charlotte, NC 28208
 maternalhealth@cwwilliams.org

*Proof of recent birth (within the past 12 months) or expected due date is required.



2024 EMMBRACE WORKSHOP

🌟 Join Us for an Empowering Workshop Hosted by EMMBRACE (Maternal Health Department) 🌟

Special guests from our partners at Mecklenburg County Public Health Dept. will be presenting two back-to-back interactive sessions designed to empower participants with the tools to build and maintain respectful, fulfilling relationships and share best practices to ensure your baby sleeps safely and soundly.

Dates:

October 24, 2024, 6:00 PM - 7:00 PM

November 7, 2024, 6:00 PM - 7:00 PM

Location: Virtual via Zoom

<https://us02web.zoom.us/j/82592463538?pwd=lbMkqZc7pkZaeZsTHxN7e4sfxzNijk.1>



 **Guest Presenters:**
Brooke Narty and Jussica Haynes from Mecklenburg County



Key Topics Discussed

- ✓ Safe Sleep
- ✓ Healthy Relationships

 **Who Should Attend:**

Expecting mothers, caregivers, and families looking to improve their knowledge in infant care and relationships.



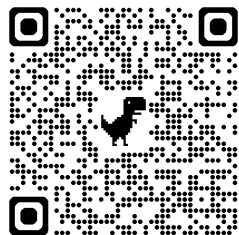
WANT TO STAY CONNECTED?
SCAN THE QR CODE BELOW AND SUBSCRIBE TO OUR

Monthly Newsletter



We're thrilled to invite you to be a part of our maternal health community by subscribing to our newsletter! Our monthly updates are designed to support and empower you with:

- **Expert Insights:** Articles and advice from leading health professionals on pregnancy, postpartum care, and wellness.
- **Practical Tips:** Tips and resources to help you navigate your maternal journey with confidence.
- **Health News:** The latest research and developments in maternal health to keep you informed.
- **Community Stories:** Heartwarming stories and experiences from other parents to inspire and connect you.



Stay informed and supported by subscribing today—just scan the QR code and enter your email address.

Thank you for joining our mission to support maternal health. We're excited to share this journey with you!