

VIBRANT MOMS NEWSLETTER

June 2024



VM Timeline and Participant Recruitment Update

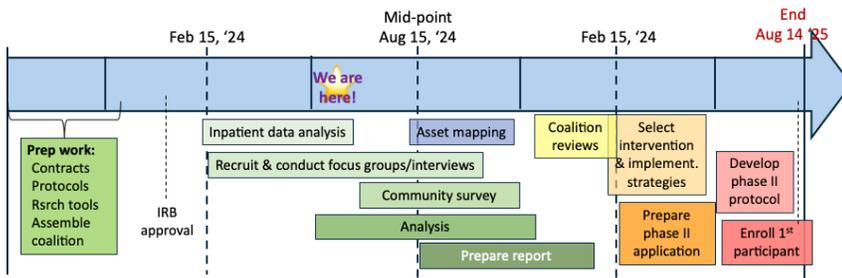
A big thanks to all of you who have helped recruit participants so far! We have made excellent progress since we started recruiting in March.

As of June 25th, we screened and enrolled the following:

- 135 people completed screening survey and were eligible
- 17 Key informant interviews conducted
- 11 Focus group participants in 2 separate focus groups
- 7 Photovoice participants enrolled

We need more people for focus groups in Deaf Smith, Gray, Pamer, and Swisher counties!

Please share (or share again!) VIBRANT MOMS recruitment posts on your social media outlets!



Virtual “Coffee Conversations” are held every 3rd Thursday from 10am-12pm. Join us to share events, celebrations, news, and discuss ideas related to the project and the communities we reach and serve.

Next Meeting is July 18, 2024

Zoom Link:

<https://ttuhsc.zoom.us/j/96795698042>

Partner Highlight - Hereford Regional Medical Center

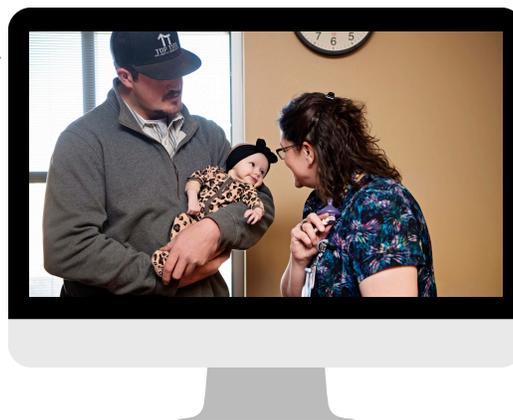


Hereford
Regional Medical Center
DEAF SMITH COUNTY HOSPITAL DISTRICT

- 98 YEARS OF EXPERIENCE
- 227 EMPLOYEES
- 42 HOSPITAL BEDS

With a highly skilled team of maternity care providers, including family medicine obstetricians, an obstetrician-gynecologist, nurse practitioners, registered nurses, and a lactation consultant, Hereford Regional Medical Center provides the full continuum of prenatal, labor and delivery, and post-natal care services for pregnant women and their families. HRMC cares for women from Deaf Smith County and neighboring areas.

For labor and delivery, Hereford Regional Medical Center has 10 family-centered delivery rooms designed for state-of-the-art care and comfort for mom, baby, and family. Surgical suites are available should a C-section be necessary. In addition, the hospital has relationships with facilities with higher levels of care capacity to transfer high-risk obstetric patients and/or newborns experiencing major difficulties. Hereford Regional Medical Center is a state-designated Level I maternity facility and state-designated Level 1 neonatal facility, meaning it has demonstrated expertise and capacity in labor and delivery and care for newborns.



Let's Celebrate Dads



Dads can play a significant role in supporting nursing moms in various practical, emotional, and logistical ways, ensuring that the breastfeeding journey is as smooth and stress-free as possible for both mom and baby.

Did You Know?



- Fathers can get post-partum depression
- The maternal “love hormone” also affects fathers
- Lower testosterone is linked to hands-on nurturing
- Dads show gender biases toward toddlers
- Fathers’ rough-and-tumble play aids development

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