

# VIBRANT MOMS NEWSLETTER

October 2024



## Progress Update

Thanks to excellent participation across all counties and among both English- and Spanish-speaking communities, our key informant interviews, focus groups, and Photo Voice sessions have revealed diverse perspectives and needs.

Join us at our next Coalition meeting on December 5, 2024, where we'll share these findings and begin planning Phase II strategies to improve maternal health outcomes.

Thank you for your continued support—this progress wouldn't be possible without you. Stay tuned for more updates!

	DEAF SMITH	PARMER	SWISHER	GRAY	RANDALL/POTTER	TOTAL	TOTAL PARTICIPANTS
KEY INFORMANTS	6	2	4	3	15	30	144
FOCUS GROUPS	1	2	1	1	5	10	
ENGLISH FG PARTICIPANTS	4		11	6	20	41	
SPANISH FG PARTICIPANTS		23			21	44	
ENGLISH PV PARTICIPANTS	1	1		4	5	11	
SPANISH PV PARTICIPANTS	1				7	8	

## Partner Highlight - Region 16's Prenatal Home Visit Program and Early Head Start Program

Region 16's Prenatal Home Visit Program and Early Head Start Program are critical initiatives designed to support the health and well-being of young children and their families in the Texas Panhandle.

The Prenatal Home Visit Program offers expectant mothers a comprehensive range of support services, including access to educational resources, personalized health guidance, and tailored care throughout their pregnancy. Home visits from highly trained professionals provide mothers with the tools and knowledge they need to navigate each stage of pregnancy, from understanding the importance of prenatal care to preparing for childbirth. These visits also focus on fostering healthy maternal habits, addressing any health concerns, and providing emotional support, ensuring that both mother and baby are on the path to a healthy, successful start to life.

The Early Head Start Program focuses on promoting early childhood development for children from birth to age three, with an emphasis on low-income families. It offers comprehensive services including early education, health screenings, nutrition, and family support. Through a combination of center-based and home-based services, Early Head Start aims to foster healthy physical, cognitive, and emotional growth, setting the foundation for success in school and beyond.



We're just a few weeks away from our Coalition Meeting! 🎉

Mark your calendar for Thursday, December 5th, from 10:00 a.m. to 2:00 p.m. as we dive into all the progress we've made in maternal health this year!



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 Nov 21, 2024**

Zoom Link:

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

## SIDS Awareness Month



SIDS is a sudden, unexplained death that occurs during sleep, and although the exact cause remains unknown, safe sleep practices can significantly reduce the risk. Parents and caregivers are encouraged to follow the "ABC" rule: babies should sleep Alone, on their Backs, and in a Crib without soft bedding or toys. Education and awareness are key to preventing this tragic condition.

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VIBRANT MOMS: Verifying and Implementing evidence-Based pRograms for Addressing Needed Transformations in Maternal Outcomes, Measures, and Support