

Building your Circle

"It takes a village" may sound cliché but thinking about the social support you will have is important.

Community

Many parents find it helpful to regularly attend a parent-baby group. Putting the meeting times and dates in the calendar now is helpful down the road. Many groups welcome expecting parents to attend. Find your people! There are both in-person and online support groups available.

To prepare for the first weeks at home, ask yourself:

- Who are two people I can trust and call on for advice?
- At home, who can help with:
 - Laundry Cleaning Groceries Errands
 - Care of older children Pet care Meals
- If I start to feel sad or anxious, who can I talk to about ways to help?
- If I start to feel sore or the baby has difficulty latching, who will I contact?



Central Vermont Playgroup Schedule 2018 - 2019

*Sponsored by the Family Center of Washington County

For more information, email: christopherr@fvcvvt.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Twinfield School Playgroup 8:15-9:45 A.M. 106 Nasmith Brook Road Plainfield	Children's Room*1 10:00-11:30 A.M. Thatcher Brook School 47 Stowe Street Waterbury Contact Anne 244-5605 childrensroom@wvsv.org	Barre Playgroup* 9:30-11:00 A.M. Aldrich Library 6 Washington Street Barre City Contact Chris 262-3292 x115 christopherr@fvcvvt.org	Montpelier Playgroup* 9:30-11:00 A.M. St. Augustine's Church (lower level) Montpelier Contact Chris 262-3292 x115 christopherr@fvcvvt.org	Mama's Circle Every 2nd Friday 9:30 -11 A.M. Yoga Barre 14 N. Main St. Barre City Contact: 595-7953	Saturday Playgroup* 9:30-11:00 A.M. Family Center of Washington County 383 Sherwood Drive Montpelier Contact Kayla 262-3292 x190 kaylaj@fvcvvt.org
Cabot School 9:00-10:15 A.M. 25 Common Rd. Cabot (802) 563-2289	Little Explorers Playgroup 9:30-11 A.M. Christ Church 64 State Street Montpelier Contact: 279-6566	Northfield Playgroup* 9:30-11:00 A.M. United Church 58 South Main Street Northfield Contact Chris 262-3292 x115 christopherr@fvcvvt.org	Waitsfield* 10:00-11:30 A.M. Big Picture Theater 48 Carroll Road Waitsfield Contact Chris 262-3292 x115 christopherr@fvcvvt.org		
Robin's Nest Nature Play Group 10 A.M.-12 P.M. North Branch Nature Center 713 Elm Street Montpelier 229-6206		Marshfield Playgroup* 10:00-11:30 A.M. Jaquith Library 122 School St., Room 2 Marshfield Story Time + Playgroup Contact Susan 426-3581 jaquithpubliclibrary@gmail.com	Dads & Kids* 5:30-7:00 P.M. Family Center of Washington County 383 Sherwood Drive Montpelier Contact Chris 262-3292 x115 christopherr@fvcvvt.org		

Mental Health

- It is normal for new mothers to experience intense mood swings starting 3-4 days after birth.
- Postpartum depression is common (1/8 women)
- Occurs anytime from birth to 1 year
- Symptoms include:

Feeling anxious, sad or down
 Frequent crying, tearfulness
 Loss of interest in things you enjoy
 Loss of appetite
 Decreased energy and motivation
 Difficulty sleeping
 Feelings of worthlessness, hopelessness, or guilt
 Unexplained weight loss or gain
 Feeling like life isn't worth living
 Showing little interest in your baby

- If you are experiencing any of these, contact your provider to help begin treatment

Hands-on Help

The following programs will visit you and your new baby at home. Use them! They are for everyone. You do not need to be in crisis to use their supports.

Postpartum Angels: Free. Volunteers with *Good Beginnings VT* will come weekly up to 3 months to help with daily tasks at home. 802-595-7953
<http://www.goodbeginningscentralvt.org>

Postpartum Doula: Free for BCBS VT members through the *Better Beginnings* program <http://www.bcbsvt.com/health-and-wellness/blue-health-solutions/better-beginnings>

CVHHH: Postpartum and lactation support. Covered by most private insurance and Medicaid recipients. <https://www.cvhhh.org/supportive-services-at-home/services-for-moms-babies/>

Resources for Perinatal Mental Health

Good Beginnings has a list of **local Perinatal Mental Health Counselors** on their website

PSI VT chapter <http://www.postpartum.net/locations/vermont/>

Postpartum Progress: online community
<http://www.postpartumprogress.com/>

Moms' Mental Health Matters: NIH initiative



Community Classes



Childbirth

- **CVMC Childbirth education:** Berlin. 8wk class, Mondays 6-8pm. \$84 fee for mother and partner. Financial assistance available. Your insurance may reimburse too. Call 802-371-5901
- **Emerge with Amy LePage:** Montpelier. One session (2hr) Offered every 3 months (Sept, Dec, March, June) \$75 fee. BCBS VT reimburses and Health Savings Accounts. Register via email to amy.emergeyoga@gmail.com or 802-778-0300. <https://emergeyoga.net/empowered-childbirth-education/>
- **Gifford Childbirth Education:** Randolph. 5wk class. Tuesdays or Thursdays 6-8:30pm. Fee to attend. Covered by Medicaid and other insurances. Call 802-728-2257

Postpartum & Newborn Parenting

- **Babywise workshop:** Montpelier. One session (3hrs). Good Beginnings Central VT. Offered Thursdays 6-9pm and Saturdays 10am-1pm. **Free (donation-based)**. Register online at www.goodbeginningscentralvt.org/what-we-do/babywise or call 802-595-7953
- **Bootcamp for New Dads:** Montpelier, Family Center of Washington County. Call 802-485-8757
- **Baby Basics/ Infant Care class:** Beginnings Childbirth. South Burlington. Specific dates throughout year. One session. 6:15-8:45pm. \$40/family. Call 802-658-5959. <http://beginningschildbirth.com/contact-beginnings/>
- **Understand your baby's cues:** Barre WIC Office, Fourth Wednesdays 1-2pm. Call 802-479-4200

Prenatal Breastfeeding

- **CVMC How to Breastfeed Prenatal Class:** Berlin, 4th Thursdays 4:30-6pm. **Free**. Register with your OB or call 802-371-4415.
- **Breastfeeding Preparing for Birth and first 10 days:** WIC Office Barre, 4th Wednesdays 11am-12pm. Call 802-479-4200

Excellent Websites

- Anything about babies and children and lots more!
 - **Healthychildren.org** run by American Academy of Pediatrics
 - **Familydoctor.org** run by American Academy of Family Physicians
- VT connections: www.kidsvt.com/
- Breastfeeding
 - www.womenshealth.gov/breastfeeding/ excellent guide on breastfeeding
 - **WIC VT** <http://www.healthvermont.gov/wic/youcandoit.html> breastfeeding videos



Many apps are available to help track feeds and diapers in the first few weeks

Good Beginnings offers Baby Wise Scholarships to help cover the cost of Childbirth Education classes. Apply online at <http://www.goodbeginningscentralvt.org/what-we-do/babywise/>