

BABYNET

NOVEMBER 16, 2021

FIRST BORN

- 75 families currently enrolled in their home visiting program
- Held a fall event with families to create a scarecrow for the MainStreet Event
- Will have a winter event in December
- Partnering with LAFD for a child safety event (car seat safety)
- Partnering with LAFD to and some in need families during the holidays



FAMILY STRENGTHS NETWORK

- Collaborating with Gretchen Paulson to host a family birth class at FSN
- FSN is hosting a sensory friendly holiday event on Tuesday, December 14th from 5:00 to 7:00. There will be simple crafts and an opportunity to have pictures with Santa
- FSN is collaborating with several community organizations to bring adult ESL opportunities (child friendly) to the community.

MARY BLOSER

- Health and Wellness Coach
- Created a perinatal resource guide for women in previous community, wondered how she might help BabyNet with something similar.

LAS CUMBRES

- Monthly Autism Support Group 3rd Thursdays at 10:00 on Zoom
- Circle of Security starting in January
- Music and Movement (sensory friendly) in the works
- Located at 1060 Nugget

LAC SOCIAL SERVICES

- Continues to have staggered staff due to Pandemic
- Will send out information regarding a children's vaccine clinic scheduled for Monday, November 22nd

KAREN BROWN

- Doula
- Birth Talk, A community talk circle for pregnant women and mothers invites all family structures to attend
- Created and shared a resource list of birthing options for residents of Los Alamos
- Shared that CFO, John Whiteside is leaving his position at LAMC

DESIREE CASSELL

- Dr. of Physical Therapy
- Owns Balanced Momtality, a company focused on women's health during pregnancy and postpartum
- Currently meets with clients through telehealth and home visits
- Plans to have a physical location in Los Alamos in the near future

DISCUSSION

Perinatal Resource Guide

- Would like to create a resource guide to share with the community
 - Should be accessed virtually and easily printable
 - Make printed guides available to the public every six months
 - Update every 6 months
- To include resources such as the following
 - Birthing
 - Lactation
 - PT, Massage Therapist, Chiropractors etc. specializing in perinatal practice
 - Any other resources BabyNet deems to be needed
- Possible funders for the project (Carie will work on the funding piece)
 - LACHC
 - Los Alamos Community Foundation
 - First Born
 - Dr. Office's
- Carie will check with RACEEC to compare resources
- Karen and Mary will provide examples of resource guides
 - BabyNet Members should review examples and help to populate headings for the resource guide
- In January the group members will take assignments to gather information for the guide, and information gathered will be given to Mary to compose the document

Next Meeting January 18, 2022

Contact fsn@lafsn.org for more information