



BBB December Newsletter



Holiday Stress Awareness

Welcome! Bellies, Babies, & Beyond (BBB) created a newsletter to connect with community partners and members.

The BBB Newsletter is a quarterly snapshot of all things BBB. We will inform you of our class schedule, community engagement events, and bring awareness to important maternal and child health topics.

We hope you enjoy!

Stress is the feeling of being under too much emotional and mental pressure. A little stress is good and can help us with our performance of daily activities, but too much stress can lead to physical and mental health problems. The holiday season can heighten stress in our lives because there are a lot of expectations on us during this period of time.

Some potential health risks of stress include high blood pressure, heart disease, stroke, obesity, and diabetes. These things can be especially dangerous for pregnant women and can lead to conditions such as preeclampsia, low infant birthweight, preterm labor and even cause developmental issues during childhood.

Recognizing and reducing stress is vital to keeping yourself and your family healthy. Some activities to help aid in stress reduction include yoga, meditation, exercise, massage, dance, aromatherapy, diaphragmatic breathing, and mindfulness. Remember that it is okay to take a break. The best way to be there for others is to show up for yourself first!



Maternal and Child Health Summit



On September 9, 2023, in collaboration with programs under the Community Health Promotions Division and the Healthy Start Coalition of Orange County, we hosted the 3rd Annual Maternal Child Health Summit 'Welcome to One!' (MCH) celebrating and highlighting the importance of babies reaching their first birthday and beyond.

There were 90 attendees! We also had keynote speaker Tammie Holt (M.S., LMHC founder of I am H.E.R Counseling), discussing the baby basics of welcoming your baby home and the importance of postpartum care, educational sessions, community resources, lactation and changing station table room, and health screenings to mothers, mothers-to-be, fathers and/or support persons.

The MCH Summit was facilitated by Arthur Howell (MPH, CCHW), who additionally taught the Fatherhood session with Luc Desir. Sessions included Infant CPR, led by Katy Richardson (BSN - Nemours), Breastfeeding and Nutrition, led by Nyteema Booker (BPC - DOH-Orange WIC) and our Safe Sleep & Shaken Baby Syndrome session was led by Perla Acosta (B.A.S.S) and Wanda Day. We also included an Ask-A-Doc Panel Discussion that allowed participants to receive expert advice from medical professionals in our community. Panelists included Dr. Robert Karch (DOH-Orange Health Officer), Dr. Candice Jones (Pediatrician), Dr. Michael Gomez (Medical Director of the NICU-Orlando Health), and Tammie Holt (M.S., LMHC). The panel was moderated by Daralene Jones (WFTV Channel 9 News Anchor).



XXIII Binational Health Fair Event

On October 6, 2023, BBB Director, Art Howell and Senior Health Educator, Perla Acosta, attended the opening luncheon of the XXIII Binational Health Week (SBS 2023). The health fair took place from Oct. 6 – 27, 2023. The event took place at the facilities of the Mexican Consulate located in Orlando, Florida.

The purpose of the luncheon was to give thanks to the various agencies that have collaborated and actively participated in assisting the Hispanic community throughout the state of Florida by promoting preventive care.



On October 19th, 2023, Senior Health Educator, Perla Acosta, and Case Manager, Josiane Cobb participated in the Binational Health Fair Event. They represented and promoted the Bellies, Babies, and Beyond program and provided important information about maternal and child health to the community.

The motto of SBS is “Health without stigma, uniting hearts.” Binational Week is one of the largest efforts in the Americas aimed at improving the health and well-being of the vulnerable Latino population living in the U.S. and Canada. Topics covered during this event included access to health services, mental health and addictions, communicable diseases, chronic degenerative diseases, nutrition, women's health, children, men's health, and the promotion of registration for medical insurance.

Upcoming Classes

Interested in our classes? Please visit HealthyStartOrange.org or scan the QR Code below

Car Seat Classes

Location: 475 Story Rd.
Ocoee, FL 34761

December 1
9:00 a.m.
(Spanish)

December 1
11:00 a.m.
(English)



Fatherhood Classes

Location: 6101 Lake Ellenor Dr.
Orlando, FL 32809

December 7
6 - 8:30 p.m.

Breastfeeding Classes

Location: Virtual (Microsoft Teams)

December 4
7 - 8:00 p.m.
(English)

December 4
7 - 8:00 p.m.
(Spanish)

Childbirth Classes

Location: 6101 Lake Ellenor Dr.
Orlando, FL 32809

December 2
9 a.m.-4 p.m.
(English)

December 16
9 a.m.-4 p.m.
(Spanish)

December
5, 12, 19, 26
6:30-9:30 p.m.
(English)



HAPPY HOLIDAYS

*It's been a busy year, but we
wouldn't have it any other way.*

The Bellies, Babies, and
Beyond program would like
to wish you all a happy and
safe holiday season, from
our family to yours.