

# ABC PRENATAL NUTRITION PROGRAM

May 2020 Newsletter

Vol. 2

## BIRTH STORIES

SHARE YOUR PERSONAL BIRTH STORY IN A WRITING CONTEST FOR CASH PRIZES!

See details:

[www.doulasupport.org/birth-story-contest-2020](http://www.doulasupport.org/birth-story-contest-2020)



## KIDS CORNER

**Weekly live circles on ZOOM!**

Wednesdays at 10AM.

To register, please email

[lchapman@yorkchild.ca](mailto:lchapman@yorkchild.ca)

**Other fun activities for families!**



EarlyON Child & Family Centre:  
*Newmarket/East Gwillimbury/Georgina  
Woodbridge/Aurora/King*



YMCA- GTA



EarlyON Family Day Care



York Professional Care &  
Education

## COMMUNITY RESOURCES

### Birth Mark

Yoga classes, Naturopathic or Pelvic Floor Physio appointments, CPR training and more:



[www.birthmarksupport.com/signup](http://www.birthmarksupport.com/signup)  
Promo Code: **BIRTHMARK2020**

### Baby Sing and Sign

Parents will learn ASL signs through a variety of songs and rhymes, which fosters bonding with their babies.

Contact: [earlyon.richmondhill@ymcagta.org](mailto:earlyon.richmondhill@ymcagta.org)

### Dad Central- June 2- Paternity Leave

They will discuss all the facts you need to know about Paternity Leave in Canada and why taking Paternity Leave is a good start to fatherhood.

Register: <https://dadcentral.ca/event-early-registration/>

## ABC Workshop Calendar

<b>June 4</b>	<b>Doula Q &amp; A</b>
<b>June 11</b>	<b>Infant First Aid</b>
<b>June 18</b>	<b>Infant Nutrition</b>
<b>June 25</b>	<b>ABC Wrap Up</b>

Refer to social media sites for weekly updated information:



@roseofsharonyoungmothers



@roseofsharonservicesforyoungmothers

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# INFANT ATTACHMENT AND SLEEP

A secure attachment with a parent or caregiver is important for promoting healthy sleep habits, as well as helping infants feel secure and comfortable. Learn and respond to the cues that mean your infant is tired.

Comforting your crying infant will teach your baby that you'll be there. If your infant is crying or fussing you can speak, sing or stroke their forehead. This will help your infant to learn how to self-soothe and fall back to sleep on their own.

Help your infant feel secure by comforting them, being present, sharing smiles, talking soothingly, being consistent, and having realistic sleep expectations. For more information go to [york.ca/parentingresources](http://york.ca/parentingresources)



## PRENATAL NUTRITION: CALCIUM & VITAMIN D

Calcium and Vitamin D builds strong bones and teeth for moms and babies. Sources of calcium include milk, yogurt, cheese, soy beverages, tofu, beans, and fish with bones. Sources of Vitamin D include milk, fish, and soy. Ask your health care provider if you should take extra Vitamin D.

## FRUIT AND YOGURT SMOOTHIE

1/2 C fresh or frozen berries  
1/2 banana  
1/2 C greek yogurt  
1/2 C dairy or non dairy milk

### Optional Add Ins:

1/2 C spinach  
1 Tbsp hemp seeds  
1 Tbsp flax seeds

1. Blend ingredients in blender.

Optional add ins provide extra protein, fibre, vitamins, and minerals.

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For more information contact: Debbie Stephens at (289) 763-3985 [dstephens@roseofsharon.com](mailto:dstephens@roseofsharon.com)  
or Karyn Chan at (905) 716-4177 [kchan@roseofsharon.com](mailto:kchan@roseofsharon.com)