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## **Introduction**

The Iowa Tribe of Oklahoma (ITO) operates the Early Head Start (EHS) program which is a federally funded program that provides comprehensive health, education, nutrition, social services, parent involvement and other services to low income families prenatal to age three.

## **Mission Statement**

To provide quality, comprehensive care that addresses educational, environmental, medical, social and cultural needs of the families of the Iowa tribe, other Native Americans, and non natives in the community.

## **Location**

You can locate your *Expectant Families Specialist* in the Education Building, Room 105, which is the second building on the right upon entering the Iowa Tribe of Oklahoma Complex. Visits can be done in the convenience of your home.

## **Program Information**

A major focus of EHS is services to pregnant women and their families through the *Expectant Families Program*. A healthy pregnancy has a direct influence on the health and development of a newborn child. EHS strives to have the greatest impact on participants by offering supportive services as early in life as possible. The prenatal period of growth and development has a lasting impact on the child's potential for healthy growth and development after birth.

Early, continuous supports and services provide the best opportunity for:

- healthy pregnancies and positive childbirth outcomes
- supportive postpartum care for the parents and child
- fully involving fathers in the lives of their very young children

## **Monthly Personal Visits**

Expectant Families receive monthly personal visits from the Expectant Family Specialist during the first 7 months, bi-weekly during the 8<sup>th</sup> month and weekly during the 9<sup>th</sup> month until delivery. For families enrolling into program late in pregnancy additional visits may be scheduled to meet each family's needs. Once the baby is born, the specialist will visit the hospital upon the families' request and the specialist and health staff will visit within the first two weeks. Families have flexibility when scheduling all personal visits.

## Resources

### General Prenatal Education

- \* What to Expect When You're Expecting (2002). Arlene Eisenburg, H. Murkoff & S. Hathaway. New York: Workman Publishing. Available in Spanish.
- \* Pregnancy, Childbirth, and the Newborn-Book (2001)
- \* The Pregnancy Bible (2006)  
Webmd.com

### Fetal Growth & Development

As your baby grows by Lennart Nilsson  
<http://www.babycenter.com/fetal-development-inside-your-womb>

### Smoking/Drinking/Substance Addiction

Cdc.gov/tobacco/quit\_smoking/how\_to\_quit/ipuit/index.htm or Quit for Life Line 877-822-6669  
Fetal Alcohol Syndrome Cdc.gov/ncbddd/fas/  
National Institute on Drug Abuse (NIDA) 1-301-443-1124 [www.nida.nih.gov](http://www.nida.nih.gov).  
Www.marijuana-anonymous.org 800-766-6779.

### Health/Nutrition

MyPyramid.gov  
Child Safety— Consumer Product Safety Commission Hotline 800-638-2772 or cpsc.gov

SIDS Network [www.sids-network.org](http://www.sids-network.org) or 1-800-560-1454.  
Back to Sleep Campaign 1-800-227-2345.

### Teen Focused

Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens (2004). Jeanne Lindsey & Jean Brunelli. Cleveland, OH: Noodle Soup. [www.noodlesoup.com](http://www.noodlesoup.com) or 1-800-795-9295.  
Fathers.com. Forming a Lifelong Bond: For Dads of Infants. Ken Canfield.  
Fatherhood.org or 800-790-DADS. National Fatherhood Initiative.

### Labor/Delivery

Lamaze international [www.lamaze-childbirth.com](http://www.lamaze-childbirth.com) or 1-800-368-4404.  
\* Pregnancy, Childbirth, and the Newborn-Book

### Breastfeeding

Illi.org/ La Leche League—Breastfeeding support network. <http://dev.illusa.org/AROK/stillwater/>.  
Tori 405-372-2105  
\*Oklahoma Breastfeeding Hotline 877-271-MILK (6455).  
24 hour Breastfeeding Hotline 800-TELL-YOU or Medela.com

### Postpartum Recovery/Baby Blues/ Depression

Postpartum Support International 800-944-4PPD (4773). [Postpartum.net](http://Postpartum.net)  
Postpartum Education for Parents 805-967-7636 sbpep.org  
1-800-311-BABY (2229) In Spanish: 800-504-7081.  
\*Beyond the Blues, by Shoshana S. Bennett & Oec Ubdnab 2006.

### Domestic Violence 24 Hour Hotline 1-800-522-SAFE (7233).

\* (Copy available through Expectant Families Program).



## Curriculum

*Partners for a Healthy Baby, Before Baby Arrives* is the core curriculum used in the program. In addition, more information is offered through instructional materials, DVD's and prenatal resources to suit the individual needs of families. The goals of the curriculum are to help expectant families learn about physical and emotional changes pregnancy brings; to foster a strong bond between both parents and their unborn baby; to inspire pregnant women to have a healthy lifestyle and ultimately a healthy baby; to enhance their self-esteem and life goals; to identify early signs of problems; and to prepare for parenthood.

## Family Involvement

*Family Partnership Agreements* are created with the family to determine strengths and needs to better prepare them for the arrival of their newborn and to strengthen the family as a whole. The family will be invited to work with the specialist to set goals and will be connected to resources. The program will also assist with any barriers that families may have when accessing services that are needed.

Expectant families are included in the monthly parent meetings which are offered to the families of enrolled infants and toddlers and have the opportunity to become involved in the Parent Committee and the Policy Council. More information is available.

## Health/Nutrition

Health and nutrition play an important role for expectant mothers and their unborn child. Participants will work in collaboration with the specialist to determine health/nutrition needs and strengths. The program will work with the family to ensure that all health/nutrition needs are resolved through local resources as well as instructional materials.

## Group Meetings

Group meetings will be offered to all families that are enrolled in the *Expectant Families Program*. Meetings will be held once a month and will give participants the chance to visit with other expectant families while receiving opportunities to become involved in the program and community. Also, the monthly meetings will provide families the chance to gain knowledge on topics that are important when preparing for a new baby.