



Native American  
Professional Parent Resources

Fall 2014

## Being a New Parent Can Be Hard Work!

For Mommies and Daddies new to parenthood, having a baby can be a time filled with feelings of excitement and anticipation as you are counting down the days until your baby arrives. It can also be a time of anxiety of the unknown. Questions start to enter your mind, like—"What is it going to be like, having a baby in my life? Will I know what to do? Who can I ask if I don't know? Will I be a good parent?" Maybe you ask your own parents, a sibling or a friend who has children to help you answer these questions. Maybe you try to prepare yourself to ease your worry a little...



and then, **baby is born!** Just like that you are a new parent! You hold your new baby and think—"What do I do now?"

Changes can happen from one day to the next, and it seems like a roller-coaster ride! Thankfully, experienced parents might say something like—"It's okay,

it's normal, everyone goes through these things when they become a parent." For the most part they're right! Native families have been having and caring for babies since the beginning of Our Peoples' time. The questions are normal. Even for the most experienced parents there are situations that are new. Sometimes it means talking to someone who can help because children don't come with instructions. It's okay to ask for help. With that, Tribal Home Visiting would like to congratulate all of our new Moms and Dads and we welcome you to the world of parenthood!

**If you know a Native family who is expecting and could use a little support before baby arrives, tell them about Tribal Home Visiting!**

## Breastfeeding...Tradition...Support



In the past Native people have breastfed because it was the **ONLY** way. Now it is a choice for Native families. But, what were some of the benefits from all those thousands of years of breastfeeding babies?

- Mothers kept their babies close. This helped mom and baby get to know each other and have "together time."

- Mothers talked and sang to their babies while they nursed. Many tribes have "baby talk" in their language or songs for times when baby was with them. This helped with learning language.

- Mothers became aware of their thoughts and feelings while nursing. Many tribes believe that as a mom, what you feel can be felt by your baby—especially when nursing. Nursing became an important time for moms to practice being calm and relaxed while baby was close to them.

While times have changed, we can still do these great things with our babies whether we choose to breastfeed or not. Additionally, modern science has proven that breastfed babies have the following health benefits, to name a few:

- Increased immunity from illnesses and decreased likelihood of allergies.
- Fewer ear infections and respiratory illnesses.
- A lowered risk of diabetes and cancer.

*(cont. on page 2)*

### What Is Home Visiting (HV)?

Home Visiting gives families support with their pregnancies and young children in the comfort of their homes. Home Visitors, also known as Parent Educators, provide parenting guidance, basic prenatal and child development education, health, nutrition and safety information. They also provide child development and family wellness screenings and overall support to caregivers. Home Visitors can guide families to achieve their parenting goals and use approaches that are culturally relevant. Pregnancy through the first five years of a child's life is a critical time for their development and we are here to support you!

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# Hello from Jane, NAPPR CEO

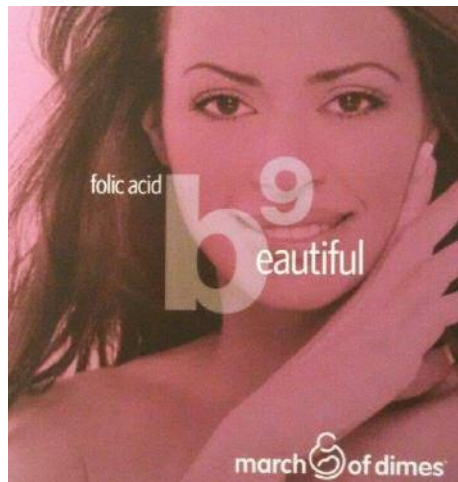


Tribal Home Visiting is one of the many services NAPPR offers to our stakeholders. I invite you all to visit our website—[www.nappr.org](http://www.nappr.org)—and learn about everything we do to achieve our vision of “Healthy Families and Strong Communities.” In this THV newsletter you will see photos and articles about some of the Tribal Home Visiting program’s current activities. I encourage you to read through and share what you learn about this important program. I hope you will continue to see how Home Visiting services benefit families with young children. We are here to help you during your pregnancies and welcoming your little ones into your homes and lives!—*Jane Larson, NAPPR CEO*

## NM Folic Acid Initiative from March of Dimes NM Chapter

NAPPR THV has come together with the March of Dimes NM Chapter to provide educational information and free folic acid vitamins to women of child-bearing age 14 to 45 who live in the Bernalillo county area. Why is folic acid so important to women?

- Folic acid is a B vitamin that every cell in your body needs for normal growth and development.
- Studies show that folic acid or B9 may help prevent birth defects of the brain and spinal cord during pregnancy.



- Other studies show taking folic acid gives you stronger nails, shinier hair, healthier skin and increased energy.

Through the March of Dimes and Tribal Home Visiting women can choose to participate in this Folic Acid Initiative and receive the free vitamins after completing a quick survey. If you have more questions, talk to one of our Home Visitors or call us at NAPPR—(505) 345-6289. *Information provided by the March of Dimes New Mexico Chapter, Folic Acid Initiative.*

## Breastfeeding...Tradition...Support (cont. from p. 1)

If you have more questions about breastfeeding, who could you ask? Family and friends who have experience can be helpful, but not all breastfeeding experiences are the same. Home Visitors and Breastfeeding Peer Counselors are other people you can ask. The best time to get support for breastfeeding is before the baby is born and we recommend in the third trimester.

NAPPR Tribal Home Visiting has recently connected with the Albuquerque SEAD Project who provides Breastfeeding Peer

Counseling and Doula Support to families in the home. If you are thinking of breastfeeding your baby and need additional support besides family and friends, this is one of many programs you can call or ask a Home Visitor to help you connect. Doulas are women who provide additional help during labor and delivery, as well as during the days after baby is born. If breastfeeding is what you choose to do, let us help you get there!

*Information provided by ABQ SEAD Project—“Like” them on Facebook!*

*“When a mother nurses her baby, she is giving that child her name, her story and her life’s song. A nursed baby will grow to be strong in body, mind and spirit.”*

**—Annie Kahn from Round Rock, Traditional Wisdom**

**Check out one of our new community partners NM BREASTFEEDING TASK FORCE online at [www.breastfeedingnewmexico.org](http://www.breastfeedingnewmexico.org) and on Facebook!**





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# What's Happening in Tribal Home Visiting?

Tribal Home Visiting hosts Family Group Connections every month where families can get together, share food, enjoy activities with their children and socialize with other families. Currently we offer two groups in Bernalillo and Cibola counties. We strongly encourage every THV family to participate! Contact NAPP at (505) 345-6289 and ask for Tribal Home Visiting for more information or follow us on Facebook for dates, times and locations. Here are pictures of families who attended our groups this past summer!

**Curious about Home Visiting? Attend one of our groups!  
Meet a Home Visitor! Talk with other families!**



# TRIBAL HOME VISITING

## Enroll Now! Call (505) 345-6289

Special Incentives for expecting parents who **ENROLL NOW!**



*Children don't come with instructions... We can help!*

### ELIGIBILITY REQUIREMENTS:

- Native American families (No CIB required)
- Enrolling from prenatal to 36 months (services can continue up to your child's fifth birthday)
- Live within the counties of Bernalillo, Cibola or Sandoval
- No income requirements
- Specialized services for teen parents, grandparents raising grandchildren and dads

See what a Home Visit is like at [www.nappr.org/tribal-home-visiting](http://www.nappr.org/tribal-home-visiting)

### Tribal Community Events

#### New Mexico Pueblo Feast Days

##### *Northern*

San Ildefonso	San Ildefonso	Jan. 23
Ohkay Owingeh	St. John the Baptist	June 24
Picuris	St. Lawrence	Aug. 10
Santa Clara	St. Clare	Aug. 12
Taos	San Geronimo	Sept. 30
Nambe	San Francisco de Assisi	Oct. 4
Tesuque	San Diego	Nov. 12
Pojoaque	Our Lady of Guadalupe	Dec. 12

##### *Southern*

San Felipe	St. Phillip	May 1
Sandia	St. Anthony	June 13

Cochiti	St. Bonaventure	July 14
Santa Ana	St. Anne	July 26
Santo Domingo	St. Dominic	Aug. 4
Zia	Our Lady of Assumption	Aug. 15
Acoma	St. Stephen	Sept. 2
Isleta	St. Augustine	Sept. 4
Laguna	St. Joseph	Sept. 19
Jemez	San Diego	Nov. 12

#### Pow Wows

Go to: [www.powwows.com](http://www.powwows.com)



[parentsasteachers.org](http://parentsasteachers.org)



[www.nappr.org](http://www.nappr.org)





# Greetings from Mária, Tribal Home Visiting Director



Greetings! I hope this edition of the *NAPPR Tribal Home Visiting Updates* finds you and your family well and happy. This year we are focusing our program more on supporting prenatal mothers and fathers. You can learn about some of our new community partnerships and initiatives including preventing birth defects with free folic acid vitamins, connecting our moms to breastfeeding supports and doula services, and increasing the number and locations of our Family Group Connections for our Native parents to meet and socialize. We still have openings in our program—please help us get the word out to more Native moms and dads. Thank you for your continued support! In service to children and families—*Mária Brock, THV Director*

## Tribal Home Visiting Welcomes New Staff Members

### Jennifer Molinar THV Program Manager



Hello everyone! My passion has always been to empower and support families. I have worked as a Home Visitor and

believe in the power of its services. I received master's degrees in Social Work and Business Administration focusing on non-profit management. I have a bachelor's degree in Psychology with a minor in human development and family relations. Thank you to all the families and community members involved in our program and services. This work would not be possible without you all.

### Lisa Parisian Home Visitor



I am from Rocky Boy, Montana, of the Chippewa-Cree Tribe. I have three beautiful children and two grandchildren who

take up most of my time off the clock. I was a former EHS teacher for six years. In 2014, I will be completing my bachelor's degree in Family and Child Studies with a concentration in Early Childhood Education from UNM. I am active within the Gathering of Nations community and dance the Northern Traditional Buckskin. I also play basketball on a Native American team here in

Albuquerque. I am looking forward to being a part of this phenomenal program and team here at NAPPR THV!

### Gail Salas Home Visitor

*(no photo available)*

Warm Greetings to all! I am from Zia Pueblo and I am pleased to be part of the NAPPR family. I have a bachelor's degree in Family Studies and have experience working with Native families through Home Visiting services as well as in a classroom setting. I look forward to working with families from the surrounding communities.

## It Starts With Me

*"It Starts With Me" is a new recurring feature for our newsletter focusing on our Native cultures and languages. In this issue, we bring something from the Diné (Navajo People) we serve.*

Prayer is an important part of Native culture and tradition. Taking a minute each day to give thanks for the things we have, like our children, family and friends, is a great way to wish positive blessings on our loved ones. Here is an example of a blessing our Navajo families can say in the morning for themselves and their family.<sup>1</sup>

**May there be beauty before me,  
May there be beauty behind me,  
May there be beauty under me,  
May there be beauty over me,  
May there be beauty all around me,  
May there be beauty in my voice,  
I pray to travel this road of life in beauty...**

**Shitsiji' hózhq̄ dooleel  
Shikéshdée' hózhq̄ dooleel  
Shiyaagi hózhq̄ dooleel  
Shik'igi hózhq̄ dooleel  
Shinaa t'aa altsxoodée' hózhq̄ dooleel  
Shizaad hahózhq̄ dooleel  
Sì'ah naagháíí bik'eh hózhq̄ nísisdíí'...**  
*Diné Translation*

<sup>1</sup> Source: Beginning of the Diné Beauty Prayer, *Leading the Way Magazine, Atsá Biyáázh*, February 2014

**Employee in  
the Spotlight:  
Theandra Marthell**



1. **Where are you from?** Alamo Navajo Reservation.
2. **What are your clans?** I am Towering House clan born for the African American clan. My maternal grandfather's clan is Two Who Came to the Water and my paternal grandfather's clan is African American.
3. **How long have you worked for NAPPR?** More than two years.
4. **What do you like best about being a Home Visitor?** I enjoy working with families and being able to support them on their parenting journey. Being a parent may be the hardest job of all—part of what makes parenting difficult is that children don't come with instructions. As a Home Visitor we are able to support families and let them know that their children are the instruction manuals because they are doing their best to tell us what they need. It's a joy to be able to see parents grow within their own capacity and to help families adjust to the stress of being a parent and being able to provide them with the tools they need.
5. **What do you like best about working for NAPPR?** NAPPR's mission says it all. Being able to empower, educate and provide supportive services to build healthy Native American children and families.
6. **What is your favorite Home Visiting activity/lesson?** Navajo books—being able to incorporate a person's traditional language and culture into an activity is very exciting.
7. **What do you enjoy doing, outside of work?** I enjoy spending quality time with my two boys. Watching them grow and learn new things is always an adventure.
8. **Name one place you would love to travel to?** Paris!!!

**About NAPPR, Inc.**

*Our Vision*—Healthy Families, Strong Communities.  
*Our Mission*—NAPPR empowers, educates and provides supportive services to build healthy Native American children and families.

**Tribal Home Visiting: Enroll Now**



[nappr.org](http://nappr.org)

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[text4baby.org](http://text4baby.org)



[parentsasteachers.org](http://parentsasteachers.org)



What do you think these  
THV children are thinking?

