



# The Bear Facts

The Mission of Baby Bear Hugs is to promote positive parenting, enhance family strengths, and prevent abuse and neglect to infants and children.



## Healthy Living

Baby Bear Hugs was given the opportunity to do a pilot program entitled Healthy Living. Each of the nine counties represented by Baby Bear Hugs was given an educators manual and flip chart for each of the 8 lessons. Each participant was given a worksheet, a handout, and curriculum materials for each lesson.

<u>LESSON</u>	<u>GOAL</u>	<u>Curriculum Materials</u>
1. Get Moving	Families enjoy being active	Water bottle, recipe book
2. Plan, Shop, \$ave	Families plan and shop for meals and snacks that are healthy and within their budget	Grocery shopping list
3. Vary Your Veggies... Focus on Fruit	Families increase the amount of vegetables and fruits they eat daily. Families have more than one kind of vegetable and fruit every day.	Produce brush
4. Make Half Your Grains Whole	Families choose at least half of their grains as whole grains .	Measuring cup set
5. Build Strong Bones	Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.	Stretch band and physical activity book.
6. Go Lean with Protein	Families have lean protein foods and keep all food safe to eat.	Food thermometer
7. Make a Change	Families limit foods high in fat, sugar and salt	Measuring spoon set
8. Celebrate! Eat Smart & Be Active	Participants celebrate new knowledge and skills to make healthy food and activity choices	Graduation certificate

## Baby Bear Hugs

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### Fun food facts!

- ◆ The 1st breakfast cereal ever produced was shredded wheat.
- ◆ Lemons contain more sugar than strawberries.
- ◆ Ice cream is Chinese food!
- ◆ The onion is named after a Latin word meaning large pearl.
- ◆ Peanuts are used in the manufacture of dynamite.

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## BBH Families receive books from Character First

Sedgwick County Character Councils President, Ivy Joy Johnson presented the book "Achieving True Success" to Baby Bear Hugs, Sedgwick County Coordinator, Jennifer Deam and the BBH Advisory Committee. The book, which expounds on the 49 Character Traits used to build character in families, will be a gift to each family Baby Bear Hugs visits in Sedgwick County this year.

Pictured are: Dani Folwer, Jennifer Deam, Ivy Joy Johnson, Trish Stever and Shantell Lopez. Not pictured, Doris Heath, Rosie Abad, & Kathy Reinhardt.

Photo Courtesy of Vickie Sandlin



## Nut Fundraiser by Jennifer Deam, Sedgwick County Coordinator



We are going Nuts in Sedgwick County! We just ended another successful year with our annual

Osage Nut Fundraiser. To date we have raised over \$642. Baby Bear Hugs had loads of help including the Sedgwick county advisory members Doris Heath, Rosie Abad, Trish Stever, Kathy Reinhardt and past advisory member Betsy Marquardt. We also received great support from community merchants, The Hair Merchant in Julesburg, New Dimen-

sions in Ovid, and Small Change in Sedgwick (all of which donate a host spot for our fundraiser). We would like to thank all of you! Thank you for all you do!



## Staff Members Honored in March

Two staff members were honored at the Baby Bear Hugs staff meeting on February 9, 2011 for their years of service to Baby Bear Hugs: Trisha Herman 1 year, Ruth Seedorf 16 years, Congratulations to you both!



# Healthy Living by Kathy Cook, Phillips County Paraprofessional

I presented the lessons to 10 families. Some were visual learners so they were given visual examples such as the dominos that represented cheese, flour bags that showed the amount of calcium that is in our bones at the ages of newborn, 10 years old, 15 years old, an adult and an adult with osteoporosis. We also did a visual exercise of how much fat is found in fast foods. Others learned by cooking. We tried many of the recipes in the cookbook that was part of the curriculum materials. One of my moms said she had never tried a casserole recipe because she thought it was too hard, but she changed her mind after we cooked together. Some of the successes that were seen during and at the end of the program included:

- ☺ Having the pantry well stocked yet not spending as much money on groceries.
- ☺ Buying whole wheat bread, brown rice and wheat pasta.
- ☺ One mom quit going to the store on a daily basis but instead she was planning menus and not spending as much money or time at the grocery store.
- ☺ Becoming aware of the ads and planning their meals around them, saving money.
- ☺ Learning all milk has the same amount of calcium no matter what the fat content is.
- ☺ Reading nutrition labels.
- ☺ Portion control and fruits and vegetables are the key to losing weight!

- ☺ The words round or loin on a meat label meant lower fat.
- ☺ Eating more fruits and vegetables and less protein.
- ☺ One mom joined Weight Watchers after completing the Healthy Living program!
- ☺ One family had a picky eater who always asked for a snack immediately after the meal. After learning that mom had control of what and when to feed her picky eater—and that the child could choose whether or not she wanted to eat, she actually started eating at meal time!

It was exciting for me to hear these success stories during the time I spent with them presenting Health Living.

## New Employee: Trisha Herman

Trisha is a Paraprofessional for Yuma County and also helps with the Nurturing Parenting classes. She is married to Justin Herman. They have a son named Kaden and are expecting a little girl on May 8th! Trisha was born in Beloit, WI., and attended schools at Shawnee Mission West and K-State, both in Kansas.

**Favorite Food:** Italian  
**Least Favorite Food:** None  
**Favorite Color:** Purple  
**Describe Your Style:** Modern  
**Collects:** Black Frames  
**Likes to Read:** Nicolas Sparks  
**Hobbies:** Pictures, Photo Albums, scrapbooking  
**Pets:** 2 labs, Junior and Chloe  
**Dream vacation:** Tour Europe



## New Employee: Monica Zwirn



Monica is a Paraprofessional for Yuma County and also helps with the Nurturing Parenting classes. She is married to Joe Zwirn. They have a son named Connor and a daughter named Chasity. Monica attended Wray High school and the University of Phoenix.

**Favorite Food:** Homemade Mac & Cheese, Coconut Girl Scout Cookies  
**Least Favorite Food:** Corn & Cantaloupe

**Favorite Colors:** Brown-Green, Earth Tones

**Describe Your Style:** Country & Rustic, clean and organized, calming!

**Likes to Read:** Everything but horror

**Hobbies:** Photography, scrapbooking, Reading, Taking Naps!

**Pets:** Molly—My Dog

Fuzzy—Guinea Pig

**Dream Vacation:** A couple of weeks in the mountains with my family.

# Baby Bear Hugs

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



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We're on the Web!  
[babybearhugs.org](http://babybearhugs.org)



## Baby Bear Hugs...

is a 501(c)3 non-profit and a registered Colorado Charitable organization under the name of Regional Home Visitation Program.

### One Mom's Story...

As a mom who struggled with postpartum depression with my first child, I was willing to do just about anything to prevent the same occurrence with the second. The poster in the Dr's office stated that Baby Bear Hugs offered support to moms in their homes and would work with their needs. I wrote down the number and called a few days after getting out of the hospital with my second child. I have never looked back.

The Baby Bear Hugs visitor met with me as often as I would like and provided wonderful companionship to a mother in rural Colorado. As a mom with a new baby, there are few opportunities to meet or hang out with other mom's or even people in general, and my visi-

tor offered a support network for me. We have worked on developing nutritious eating habits for my family and are beginning the "Nurturing Parent" program together. Whenever I am struggling or just need some resources to read and look over, my visitor is always there. She has provided some items for me to read and use at very trying times... when the baby is not sleeping through the night after 10-1/2 months... when attempting to potty train the toddler... when nursing wasn't going so well... when the toddler wouldn't eat anything. When I needed something, my visitor had a resource for me and provided the support I needed.

I would HIGHLY recommend this program to all moms and encourage its financial support. Please become a supportive member of Baby Bear Hugs. Contact your local Baby Bear Hugs office, go to [www.babybearhugs.org](http://www.babybearhugs.org), or call 970-848-5274.

Tax-deductible donations are welcome in any amount at any time. Please contact your local coordinator.

Elbert County	720-323-6970
Kiowa County	719-438-5600
Lincoln County	719-743-2542
Logan County	970-522-9411
Morgan County	970-867-4847
Phillips County	970-854-2921
Sedgwick County	970-474-3413
Washington County	970-345-2327
Yuma County	970-3324623
Regional Office	970-848-5274