



WELCOME TO OUR Parents Pulse Newsletter



Here at MHM we are ever Evolving to bring better Groups to our Facilitators and Clients. Thank You for each of your continued support in our New Education Program!

Topics in this first issue:

- Who is your Education Coordinator?
- What we have learned this year.
- How we have evolved to meet needs of clients.
- New Reward Program and New Rewards
- New Childcare Policy

Education Coordinator

THIS IS BRANDY GRACE, OUR COORDINATOR!

Brandy Grace has been a volunteer at MHM since Feb 2023.

She was a Client that had been helped 25 years ago after leaving an abusive husband with her baby. 25 years later after going to college, writing books, and owning businesses, Brandy became pregnant with her newest baby Arianna. Brandy has continued volunteering and bringing Arianna here at MHM. Brandy has a passion for supporting Moms on their Journey's through life.



Mothers Helping Mothers Learned a lot in our second year of Offering Educational Opportunities



Old Class Format

We have Transitioned from a traditional Classroom to a Support GROUP-BASED program with an updated Coffee & Connection Lounge provided by a grant from Starbucks.

We did research with community Partners that also teach classes to the community, we consulted our Moms' Advisory Counsel and moms that attend our education program regularly to discover that the format of Institutional instruction, though well-meaning is often not well received by parents in our community.

We cannot talk down to people, even if it is unintentional. We are not here to demean people or to tell them that they are doing something wrong.

That is why we CREATED the Support-based program that we have now.

We believe that Families from our many Communities come to us in need of Support and this in of the highest importance to our education program. Thank you to our clients and community partners for Evolving with us, we appreciate each of you so much.



New Support Format

Connect with us in 3 ways !!

WE HAVE A FACEBOOK GROUP THAT WE STREAM CLASSES TO FOR PARENTS AT WORK OR THAT CAN NOT PHYICALLY ATTEND. WE ALSO POST IMPORTANT RESOURCES AND UPDATES TO THIS COMMUNITY.



classes.mhmsarasota@gmail.com



mhmsarasota.com/classes



[Facebook Group: MHM Cafe & Connection](#)



Rewards Program Update



STARTING NOVEMBER 2024

We at Mothers helping Mothers are creating pathways with Community Partners to Connect the Client Community to Real Needs in Real Time.

Our New Rewards Program Starts with Help to the Families we serve:

Most of our attendance has been families with children in Diapers.

We are now Offering a Sleeve of Diapers and a pack of wipes to everyone attending a session going forward.



Self-Care Reward

JOIN US IN PERSON TO CHOOSE A SELF CARE ITEM AFTER CLASS



Free Diapers & Wipes

JOIN US IN PERSON TO EARN WIPES AND DIAPERS



Punch Card for Shop Pass & Starbucks

X6 SESSIONS

Attend 6 sessions to Earn a Shop Pass and a \$10 Starbucks Gift Card

Childcare Policy Change to Help Moms & Facilitators Connect & Focus

CREATING A SAFE SPACE FOR MOMS AND DADS MEANS CREATING A KID FREE ZONE

Childcare Expectations:

- Children who are crawling and older must remain in the designated childcare area during all classes and support sessions.
- The childcare area is intended to provide a safe, engaging, and structured environment for children while their parents participate in the class or support session.

Soothing and Communication:

- If a child requires soothing or immediate attention, parents will be notified as follows:
 - Step 1: A text message will be sent to the parent notifying them that their child needs attention.
 - Step 2: If the parent does not respond to the text within a reasonable timeframe, a childcare team member will personally come to the session to inform the parent that their child needs them.
- In the event that a parent needs to step out to soothe their child, the class or support session will continue as planned, and the session will be streamed live in the lobby for parents who may need to step out briefly. This will allow parents to remain connected to the class while taking care of their child.

If a Child Refuses to Stay in Childcare:

- If a child is unwilling to remain in childcare and the parent prefers not to watch the session in the lobby, we respectfully ask that the family try again at a future session when the child may be more comfortable.
- Our goal is to maintain a calm and focused environment for all participants, and we want to ensure that each parent can engage fully with the session while also feeling confident that their child is in a safe, nurturing environment.

Purpose of This Policy:

- This policy is designed to ensure a calm, focused, and supportive atmosphere for all participants during classes and support sessions.
- By providing structured childcare, we aim to help parents participate fully in the sessions while also ensuring their children's needs are met in a safe and age-appropriate manner.

We appreciate your understanding and cooperation in making this policy a success for everyone involved. If you have any questions or concerns about this new policy, please feel free to reach out to the team at Mothers Helping Mothers. Thank you for helping us create a supportive and effective environment for all of our families!

Have Questions?



ASK FOR BRANDY OR STARLA

Starla is the Childcare Team Leader and is excited to help care for your children as you learn new skills to bring home to your family and gain the support you need.



November MHM Support Groups



Brand NEW Coffee & Connection Lounge
 Earn Self Care Gifts & Diapers with Wipes
 for Attending Classes
 Clients EARN Shop Passes & Starbucks Gift Cards
 Free Childcare with Pre-Registration with most classes

Register with QR Code



www.mhmsarasota.com/classes

- 1 12:30p Take Control of Your Finances
- 8 12:30p Affording the Holidays!
- 9 9:00am Moms Support Group Cafe
- 9 10:30am Breastfeeding Support
- 9 1:00pm Holiday Craft & Storytime
- 13 11:30am Toddler Support
- 22 12:30pm Budgeting Basics
- 26 12:30pm Energy Savings

Weekly Support Groups
 Tuesdays 12:30p -1:30p
 Postpartum Support Pregnant to 1 yr
 Wednesdays 10:00 a - 11:00 am
 Musical Motions- Birth to 5 yrs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <small>Thanksgiving</small>	29	30



Postpartum Support

DEPC Postpartum Support for caregivers of babies 0-12 months old. Focus on right health care, realistic expectations of a newborn, making plans for medical care, emotional health, understanding breastfeeding with Baby Back, "team work" and balancing multiple responsibilities, baby care, sibling care and YOU.

With Dr. Michelle Miller-Jones & Lauren Haines - Licensed Medical Social Workers from Family Careful Family Center

- ✓ 15 points, Coffee, Tea & Snacks
- ✓ Free Childcare Available
- ✓ English and Spanish

EVERY TUESDAY | 12:30 - 1:30

5933 N WASHINGTON BLVD. SARASOTA.

Brought to you by **Forty Carrots Family Center**

www.mhmsarasota.com

Breastfeeding For the Whole Family

Bring your questions from pregnancy until weaning. Join other parents that understand your joys and struggles

- ✓ Free play for siblings, no childcare
- ✓ New Coffee & Connection Lounge
- ✓ Qualify for a Free Breast Pump.

Diapers & Wipes with EVERY Session you attend

SECOND SATURDAY | 10:30A - 12:00P
 5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **Le Leche League : Monika**

www.mhmsarasota.com

Crafts & Storytime

Let's show it to the whole family. Socialize with friends and share your talents.

- ✓ Make Free Gifts for Family
- ✓ Bring the whole family to play
- ✓ Great way to make mom friends

Diapers & Wipes with EVERY Session you attend

SATURDAY NOV 9TH 1:00PM - 3:00 PM
 5933 N WASHINGTON BLVD SARASOTA

Brought to you by **MOTHERS HELPING MOTHERS**

www.mhmsarasota.com

AFFORDING THE HOLIDAYS: TIPS & HACKS

United Way hosts: how to afford the holidays during this tough time Mark Smith talks about the ways to save money, find resources, and get creative to afford these holidays after we are all still dealing with the hurricanes that hit our area

- ✓ Free Giveaways for Attendance
- ✓ Free Childcare Available

FRIDAY, NOV 8ST 12:30P -1:30P

5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **United Way**
 United Way Suncoast

www.mhmsarasota.com

Toddler Support

Parenting classes exist to help each parent understand their children's development and behaviors. We focus on practical, effective parenting skills to help keep their children safe and help them reach their full potential. Meet with Anthony from Parenting Matters

Diapers & Wipes with EVERY Session you attend

- ✓ Free Giveaways for Attendance
- ✓ Free Childcare Available
- ✓ Coffee & Connection Lounge

WED NOV 13TH | 11:30 - 12:30

5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **PARENTING MATTERS**

www.mhmsarasota.com

BUDGETING BASICS

do you know what goes into a budget and how it actually helps you to reach your goals? Do you need to buy a car, a home or save for a holiday? The time is now to check in with your budget before the new year fits us.

Often we just need to figure out where money goes. Joe is our Money Guy from BayFirst Bank. He is coming to help you find your money!

- ✓ Coffee & Connection Lounge
- ✓ Free Childcare Available
- ✓ Earn a Starbucks Gift card & Shopping Passes from attendance

FRIDAY, NOV 1ST AT 12:30 PM - 1:30 PM

5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **BAYFIRST**

www.mhmsarasota.com

Bilingual Mom Cafe Support Group- All Moms

Join us to talk about topics that help moms cope with everyday life. Join us for Coffee and Donuts while our little child dominates in childcare with new team members.

- ✓ Coffee & Connection Lounge
- ✓ Free Childcare Available
- ✓ earn a Shop Pass & Starbucks card for attendance

SAT NOV 9TH | 9:00A-10:00A
 5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **25 Years HEALTHY START Sarasota**

www.mhmsarasota.com

ENERGY SAVING TIPS

Energy Saving & Money Saving Tip! With the Summer Heat beating down on us our air conditioning is important to keep in our houses and not in our pockets. Join us for free Energy Tips and tools from Sarasota County Government. Get a Free tag of Energy Saving Gifts, a \$50 Public Gift Card (One per Household) and Great Energy Saving Information. Hosted by Devon from Sarasota County

- ✓ Coffee & Connection Lounge
- ✓ Free Childcare Available
- ✓ Free Energy Saving Items & Public Gift Card (1 per Household)

TUES NOV 26TH 12:30 PM - 1:30 PM

5933 N WASHINGTON BLVD. SARASOTA

Brought to you by **Sarasota County**

www.mhmsarasota.com