



# Newsletter

A publication of the Healthy Start Coalition of Brevard County | VOL 8 | 2022

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms and babies have the services they need to begin healthy lives together. Healthy Start provides moms, newborns and families with the resources, help and support they need to have a healthy pregnancy and a healthy baby through a home visiting program. Free services are based on risk factors, not on income or insurance.

## COVID-19 UPDATE

Due to the impact of COVID-19, Healthy Start is still taking every precaution we can for the safety of our staff and our moms and babies of Brevard, while working within the best practices set forth by the CDC, the Florida Department of Health, and the State of Florida. Our “home-visiting” services are currently being provided via video/phone conferencing and in-person visits. If you have any questions or concerns, please call us at 321.634.6101.



## THE BRAIN GAME



A big THANK YOU to several of Brevard’s local Rotary Clubs for their continued support and generous donations of a guidebook for our Healthy Start parents called, The Brain Game.

This book was created by child development specialists and physicians with a goal to help translate the scientific research on a baby’s brain development, into easy-to-understand verbiage. Experts know that what parents do in the first three years can make a big difference in a child’s brain development. The Brain Game is an 84-page resource guide for parents. It gives them specific things they can do to help children reach their full potential!

of the first three years. But more importantly, the book also gives parents specific, hands-on activities to do with the child. Talking to your baby, singing to your baby, or playing music for baby to hear.

These books will be given to our Healthy Start and Nurse Family Partnership clients by our Care Coordinators and Nurses.

To learn more and watch an informative video on The Brain Game please visit [www.thebraingame.org](http://www.thebraingame.org)

### In “The Brain Game” book a parent will find:

- Medically proven ways to enhance their baby’s development
- Brain boosters for their child from birth to age three
- Tools to track their child’s progress
- Charts every new parent will love
- Activities developed by physicians that can change a child’s life

# STATE OF BABIES YEARBOOK 2022

Information taken from: [www.stateofbabies.org](http://www.stateofbabies.org)



The State of Babies Yearbook, from the Think Babies campaign created by ZERO TO THREE, aims to bridge the gap between data and policy, ensuring that national and state officials have information to effectively support the needs of infants and their families.

Nationally, findings show that babies born to low income families and children of color face the biggest obstacles created in part by structural racism and inadequate wages. These babies are more likely to have experiences that create chronic stress.

## Snapshot of Florida:

- There are 669,417 babies in Florida which makes up 3.1% of Florida's population
- 25.6% of babies are born in low-income households, and 21.1% are born in poverty
- 20% of babies are Black and 32% are Hispanic

Where children are born can affect their chances for a strong start in life. Babies need good health, strong families, and positive early learning experiences to foster their healthy brain development and help them realize their full potential.

The state profile provides a snapshot of how infants, toddlers, and their families are faring in each of these three policy domains. Within each domain, view data for selected child, family, and policy indicators compared to national averages. The profile begins with a demographic description of the state's babies and families to offer the broadest context for exploring what may be very different experiences of the state's youngest children.

**Explore more information collected in the State of Babies Yearbook 2022 at [www.stateofbabies.org](http://www.stateofbabies.org)**

## Local Resource Spotlight

### Space Coast Breastfeeding Coalition:

The vision of the Space Coast Breastfeeding Coalition is that mothers, babies and families will receive the resources, support and information they need to successfully meet their breastfeeding goals.

The Space Coast Breastfeeding Coalition updates and provides the "Brevard County Breastfeeding Resources" guide.

Attached please find the most current Breastfeeding Resources for Brevard County.

**This guide is located under the Community Resources Tab at:**  
[www.spacecoastbreastfeeding.weebly.com](http://www.spacecoastbreastfeeding.weebly.com)

## What is Community Connect?



Community Connect provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.

### Services and Resources may include:

- Childbirth education
- Newborn care instruction
- Breastfeeding education and support
- Child development education and support
- Parenting education and support
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety
- Counseling services
- Home visiting programs:
  - Healthy Families,
  - Healthy Start, &
  - Nurse Family Partnership

**Connect Today! Call 321-634-6101**