



## Free Pack & Play

With the goal of reducing the number of infant deaths that occur from unsafe sleeping practices, Brevard C.A.R.E.S. offers a 30 minute web-based education and awareness component.

By attending this education and awareness training and being educated about SIDS a family will qualify to receive a FREE Graco Pack & Play that will be delivered via UPS directly to their home. The delivery time of the Pack & Play is approximately 4 weeks.

### Educational Topics Include:

- Safe Sleep Practices
- The Dangers of Co-Sleeping
- Risk Factors Associated with Sudden Infant Death Syndrome (SIDS)

### To Qualify:

- Must be a Brevard County Resident
- Must be at least 7 months pregnant or have an infant under the age of 1

### To Register

Contact Brevard C.A.R.E.S. | 321-632-2737



Mark your calendars for the annual 321 Latch! To honor and support families during **World Breastfeeding Week**, this will be the Space Coast's "Big Latch". There will be vendors, light refreshments, community support and more! Save the date, latch starts at 11am!

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.

Please share the event flyer and the most current **Breastfeeding Resource Guide** for Brevard County with your patients.

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



# Newsletter

A publication of the Healthy Start Coalition of Brevard County | VOL 16 | 2024

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms, dads, and babies have the services they need to begin healthy lives together.

The Healthy Start program provides pregnant moms, newborns and families with children up to age 3 with education, support, and resources they need to have a healthy pregnancy and a healthy baby. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes of all Florida's babies.

Healthy Start services are available to all pregnant women and mothers of newborns and is not based on income or insurance.



## Healthy Start Community Connect Program



We connect pregnant women and families to community resources and local home visiting programs (Healthy Families and Healthy Start) that help ensure a healthy start in life.

**Community Connect**  
**321-634-6101**

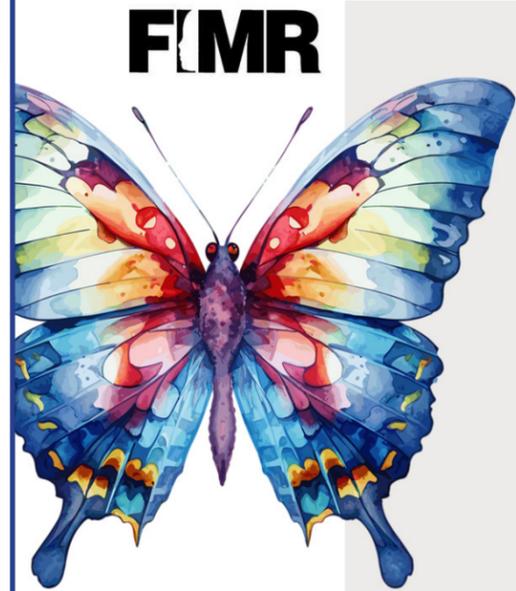
Community Connect is a Healthy Start program that provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the Florida Universal Prenatal and Infant 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
  - T.E.A.M. Dad
  - SAM/SEN NewboRN

# Fetal & Infant Mortality Review Initiative

## Grief & Bereavement Support



### Fetal & Infant Mortality Review

Healthy Start coordinates the statewide FIMR (Fetal and Infant Mortality Review) program in collaboration with maternal and infant health community partners

**Goal:** Decrease infant mortality and disparities through records abstraction, family interviews, case review, findings that relate to the root causes and recommendations and initiatives to improve systems of care.

**Purpose:** The Fetal and Infant Mortality Review is not to find fault but to identify gaps in maternal and infant services and to promote future improvements in the system of care.

Infant Mortality is often used as an indicator to measure the health and well-being of a community, because factors affecting the health of entire populations can also impact the mortality rate of infants.

As part of Brevard's Fetal & Infant Mortality Review Initiative, Healthy Start Coalition of Brevard delivers Memory Bereavement Boxes to all our local birthing hospitals.

The contents of our memory boxes were chosen based on our FIMR Community Action Group discussions and from those that have experienced a loss.

Between July 2023 to March 2024, Healthy Start of Brevard provided 44 Memory Boxes and 60 Grief Support Folders to families that endured a fetal or infant loss.

This is an ongoing initiative that Healthy Start will continue to partner with our local hospitals to implement.

The memory box pictured below is an example of what Healthy Start of Brevard provides to families that have endured a fetal or infant loss.



### Memory Box Contents:

- Sympathy Card
- Grief Bear
- Handmade blanket and cap
- Remembering Heart
- Baby's handprint keepsake
- Resources for grief support
- Booklet: "Your Guide to Grief"
- Book: "When Hello Means Goodbye"

If you're interested in learning more about Brevard's FIMR Initiative and Committees (Case Review Team & Community Action Group), please contact Lisa Haferkamp, FIMR Coordinator  
[lhaferkamp@healthystartbrevard.com](mailto:lhaferkamp@healthystartbrevard.com) | 321-634-6101

# Opioid Use During Pregnancy



According to the Centers for Disease Control & Prevention (CDC), opioid exposure during pregnancy has been linked to poor health and possible complications for both the birthing parent and the baby.

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids like fentanyl, and pain relievers legally available by prescription, including:

- Oxycodone
- Hydrocodone
- Morphine
- Codeine

Baby 360's Opioid Use During Pregnancy Guidebook is an easy to follow, informative guide that highlights how opioid use during pregnancy poses seriously health risks during pregnancy.

Contents Include:

- Opioid Use During Pregnancy
- Opioid Use Disorder
- Opioid Use Risk Factors
- Neonatal Abstinence Syndrome (NAS)
- Treatment During Pregnancy

### OPIOID USE DURING PREGNANCY PAMPHLET

Please provide these to your patients that could benefit from this information.

If you would like to receive more of these pamphlets at your next Healthy Start delivery, please call the office at 321-634-6101.



## FREE Continuing Education Opportunity



### On-Demand Webinar

Available October 12, 2023  
 until June 30, 2024



### Reducing the Risk of Sudden Unexpected Infant Death: A Guide for Healthcare Providers

After attending this webinar, participants will be able to:

- Define Sudden Unexpected Infant Death
- State the established risk factors and risk-reducing practices
- Describe AAP 2022 updates

Registration Link: <https://register.gotowebinar.com/register/1948547244312124256>

Continuing Nursing Education Contact Hours: This program has been awarded 1.0 contact hours.