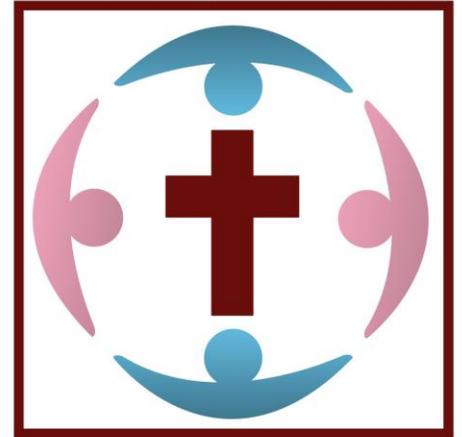




STRONG FAITH, STRONG FAMILIES



YEAR OF THE FAMILY
Diocese of Camden

Sept/Oct 2014

A MONTHLY NEWSLETTER FOR EACH OF THE TWELVE YEAR OF THE FAMILY THEMES

What to Do When You're Expecting

Tips from Patricia Chico, L.P.N., B.A. Catholic Charities Staff

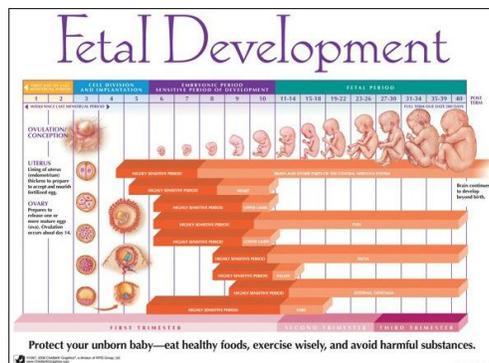
Here's what every expectant mother needs to know to get started. Whether you've just discovered you're pregnant or are well along your way, these tips will help you and your baby stay healthy for the duration of your pregnancy.

Enter prenatal care as soon as possible.

Talk to your primary care physician or a trusted nurse to determine where to go for your first appointment. If you qualify for Medicaid, look for a prenatal clinic near you. A listing of clinics and information on qualification for Medicaid is available on our website.

Your first visit to the obstetrician will determine your due date. Keep in mind that only five percent of babies are delivered precisely on their due date, but this date will give you an idea of how far along you are in your pregnancy. Blood work will be taken and screened to make sure you have no complications, such as diabetes, that will need to be watched during your pregnancy.

You will also be given prenatal vitamins. These vitamins are essential to your baby's healthy development, preventing issues like spina bifida and assisting the development of



the baby's organs. They will help keep you both healthy and on-track.

Get an ultrasound at 20 weeks.

At 20 weeks, the baby has started to look like a baby, with arms and legs, hands and feet, even ears already formed! You're ready to do an ultrasound. Most women receive only one ultrasound, unless it is a high-risk pregnancy.

Come back for an appointment every four weeks until your third trimester.

If the pregnancy is high-risk, you will return more frequently. Starting in your third

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trimester, around 36 weeks, you will begin returning every week for a checkup so that your fluid levels, urine toxicity, and blood pressure can be closely monitored in case the need arises for an early delivery.

Remember, you're eating for two!

What you eat goes to your baby too, so remember to eat healthy foods and take your prenatal vitamins. Try to maintain a diet rich in fruits, vegetables and especially grains. Avoid greasy, fatty, and fried foods and processed meats, which are high in fat and salt, such as hot dogs, processed ham or turkey. Be careful of seafood because it may contain mercury or iodine, particularly tuna and shrimp. Stay away from alcohol, other drugs, and tobacco.

Studies have shown that a baby's food preferences can be determined by the foods his or her mother eats during pregnancy. A diet rich in vegetables could help you avoid an argument with your child about eating them later on!

Visit our website for more information and links to helpful resources: www.CatholicCharitiesCamden.org/YearOfTheFamily

October is Domestic Violence Awareness Month

by Sylvia Loumeau, M.S.W., L.C.S.W.

Domestic Violence affects more women than you may expect. In the month of October, bear in mind these statistics.

- 1 in 4 women will experience domestic violence, that is violence at the hand of a partner or spouse, during their lifetime.
- Boys who witness domestic violence are twice as likely to use violence against a partner when they are older. The likelihood of this can be reduced with the help of family counseling when they are younger.
- Domestic violence-related injuries cost over \$8.3 billion dollars in medical care, mental health treatment, and lost productivity in the workplace each year.
- Women ages 20 to 24 are at greatest risk of becoming victims of domestic violence.

It can be hard to know that a friend is being abused by her boyfriend or husband. What should you do or say? Here are a few suggestions:

- Encourage her to participate in activities apart from her partner...and don't stop asking even when she says no.
- Do not judge; acknowledge that she is in a scary and dangerous situation.
- Tell her the abuse is not her fault.
- Help her develop a safety plan in the event she decides she wants/needs to leave.

If you or someone you know is suffering from domestic violence, there is help available. The table at right lists various centers that, in full confidentiality, help women find a way out.

RESOURCES

Prenatal Care:

- ❖ [WebMD](#)
- ❖ [Womenshealth.gov](#)
- ❖ [Healthychildren.org](#)
- ❖ [Kidshealth.org](#)
- ❖ [National Institute of Child Health and Human Development](#)
- ❖ [Southern N.J. Prenatal Coalition](#)

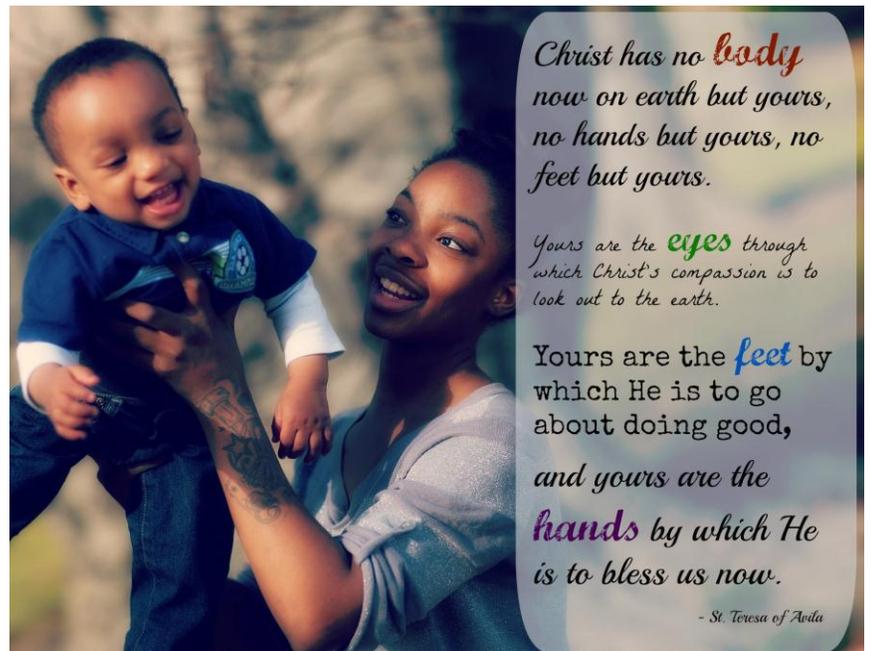
Domestic Violence

- ❖ **Catholic Charities domestic violence help line and e-mail: 866-682-2166**
Sylvia.Loumeau@camdendiocese.org
- ❖ [Camden County Women's Center](#)
- ❖ [Atlantic County Women's Center](#)
- ❖ [CARA \(Cape May County\)](#)
- ❖ [Center for Family Services](#)
- ❖ [Salem County Women's Services](#)
- ❖ [NJCBW](#)

Be the Hands: Events and Ways to Get Involved

The Church celebrates the feast day of St. Teresa of Avila, a Spanish nun and mystic who died in 1582, on October 15. Her famous words remind us that we are to be the face of Christ in the world. Get involved with these events in the Diocese of Camden!

- ❖ **Diaper Drives** – St. Brendan the Navigator parish in Avalon, N.J. is holding a diaper drive for the Catholic Charities diaper bank Sat. Oct. 11 – Sun. Nov. 2. Donations of diapers and wipes can be left in the crying room. Church of the Holy Family in Sewell N.J. will collect diapers at all of the Masses on the weekend of Nov. 1-2. The diaper banks at Catholic Charities Family and Community Services Centers are always accepting Donations. See a listing of centers [here](#)
- ❖ **Parish Presentations** – Catholic Charities experts in the area of Prenatal issues are available to give presentations on topics in your parish. Contact Sylvia Loumeau (Sylvia.Loumeau@camdendiocese.org) for more information and see our experts listing [here](#).



*Christ has no **body**
now on earth but yours,
no hands but yours, no
feet but yours.*

*Yours are the **eyes** through
which Christ's compassion is to
look out to the earth.*

*Yours are the **feet** by
which He is to go
about doing good,
and yours are the
hands by which He
is to bless us now.*

- St. Teresa of Avila

You're pregnant! That's great...or is it?

by Sylvia Loumeau, M.S.W., L.C.S.W.

You've just learned you're pregnant. A new life is growing inside of you. Everything you've been told up to this point is that you are supposed to be excited, immediately connected to the baby, and happier than you ever have been...so why don't you feel happy?

The truth is that feeling unhappy, anxious or depressed about pregnancy is a common experience for many women; even those who desperately wanted to become pregnant! Experts tell us that as many as 20% of pregnant women experience some sort of depression or anxiety.

Pregnancy can be overwhelming under the best of circumstances. Changes in hormones, morning sickness, and all the other physical changes can easily contribute to a lack of enthusiasm. It is important to know that these feelings are not unusual and in most cases will begin to dissipate with a little time.

For some women, however, the feelings persist. Women who have suffered from depression in the past, women who experience domestic violence, young

women, and women experiencing financial or other emotional stress are at greater risk of continued depression that can be harmful to them and to their babies. Recent research suggests that the stress hormone cortisol can contribute to longterm physical and mental health issues in the unborn child including conditions such as mood disorders. Continued depression can also interfere with mother-child bonding following the birth of the baby.

Depression during pregnancy can be hard to diagnose, however. So many of the symptoms are similar to the symptoms that pregnant women naturally experience, for example, changes in appetite, changes in sleep patterns, lack of energy. If your feelings of sadness continue past your first trimester, it is important to talk to your doctor and get some treatment. You should also consider pursuing therapy.

Catholic Charities offers a variety of therapy services that can help pregnant women who are struggling with feelings of sadness and depression or assist with the bonding process. We are also able to assist women who are uncertain whether this is the right

time to parent a child, and even discuss adoption planning. Above all, we help women understand that their feelings are not unusual

Our services are available to all pregnant women, their partners, and their families regardless of race, religion, ethnic group, legal residence, economic status or marital status.

For more information, visit our [website](#) or call us at 856-342-4162.

CATHOLIC CHARITIES' SERVICES

- ❖ [Counseling Services](#)
- ❖ [Pregnancy Counseling](#)
- ❖ [Adoption Services](#)
- ❖ Diaper Bank (See a listing of our community service centers [here](#).)
- ❖ Visit our [website](#) for more information on our prenatal resources.

About Catholic Charities and Year of the Family



As a way of participating in the Diocesan-wide year of the family leading up to the September visit of Pope Francis in Philadelphia for the World Meeting of Families, Catholic Charities has developed a year's worth of themes and resources. The monthly themes follow the human life cycle, beginning in September 2014 with prenatal issues and ending in September 2015 (the month of the Philadelphia gathering) with end of life issues.

Each monthly theme is an opportunity for Catholic Charities to highlight the resources the agency offers to people affected by each of these populations and to provide additional information and links to external help. These resources will be showcased in the form of a monthly newsletter about each theme. Additionally, experts from Catholic Charities in these areas are available to give presentations at parishes within the Diocese of Camden. See our [website](#) for a listing of topics and contact Sylvia Loumeau (Sylvia.Loumeau@camdendiocese.org).

The initiative demonstrates Catholic Charities' commitment to provide for the people of the six southern New Jersey counties it serves at every stage of life, regardless of religious affiliation. With a staff of over 90 employees, Catholic Charities serves more than 40,000 individuals and families at 12 sites in Atlantic, Camden, Cape May, Cumberland, Gloucester and Salem counties. We provide high quality services to the poor and needy on a non-discriminatory, non-sectarian basis. Learn more at www.CatholicCharitiesCamden.org.



Visit our website for more information and links to helpful resources: www.CatholicCharitiesCamden.org/YearOfTheFamily