

Organization: Healthy Yancey-Toe River Health District

County: Yancey

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Project: Educational Sessions/ Mothering Matters

*****Below are excerpts from their final report*****

About the Project: Mothering Matters was able to reach 12 mothers living in Yancey County who participate in WIC, Child Service Coordination, or Maternal Care Coordination. The program was advertised through the local newspaper (Yancey Common-Times), and by local agencies in the community. Ages of the participants ranged from 17 to 30 years. All mothers that attended the sessions are single parents with one to three children in their home.

Session #1 - Dinner on a Budget

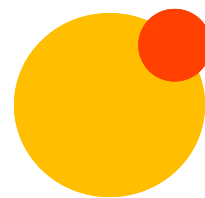
Ideas were discussed on how to make healthy meals at home incorporating foods purchased with WIC vouchers. Mothers were given an opportunity to discuss grocery saving tips with each other. Table etiquette was reviewed for adults and children. "A Taste of WIC" included bean soup, french bread, and Super Rice Krispie Bars (with recipes given). Educational material included a food gift bag containing whole wheat pasta, sauce, and a pasta spoon.

Session #2 - Beautiful Mom Day

Mothers were given the opportunity to speak with a professional stylist and discuss issues and concerns with their hair. Tips were given for stress free, quick, easy hair styles. Skin care for all ages was reviewed. "A Taste of WIC" included baked spaghetti, garlic bread, and fruit crisp (with recipes given). Educational material included donated hair supplies for mother and child, children's sunscreen products along with usage tips, and spa nail care items.

Session #3 - Active Lifestyles

Participants were given the opportunity to participate in a Salsa dance class. Imagination Library information was presented. AMY Regional Library allowed the mothers and children to sign up for a library card. "A Taste of WIC" included baked chicken tenders, mixed green salad, cowboy slaw, and peanut butter pudding (with recipes given). Education material included local recreational areas that are family friendly, along with donated utensils, dinner ware, platters, and water glasses.



Session #4 - A Healthy Family

Healthcare issues were discussed. Family planning concerns were reviewed. Health Check, Health Choice were discussed. Child health and the importance of immunizations were reviewed. "A Taste of WIC" included breakfast casserole, ever-ready bran muffins, and fresh fruit (with recipes given).

Session #5 - Empowering Child Development

Correct development for child's age was discussed along with tips. Specialist in children's development spoke about empowering mother-infant bonding. "A Taste of WIC" included chicken, bean and vegetable stir-fry, brown rice, and black bean brownies (with recipes given).

Session #6 - Community Assessment

A session for Yancey County community assessment was done. This allowed young mothers and their children's needs to be discussed and heard for future county improvement. "A Taste of WIC" included homemade pizza with choice of toppings, summer salad, and peanut butter apple crisp (with recipes given). Education material included information on how to contact local government offices for questions or concerns (Co2 detectors and information on need).

Successes: With funding support through the N.C. Healthy Start Foundation, Mothering Matters was able to provide educational materials, environmental supports, and healthy nutritional foods/recipes, and cooking materials. These additional materials provided incentive and motivation for participants to actually try their new knowledge and skills at home. Participants expressed disappointment at the completion of the program and an interest in continuing to get together in an informal setting.