



Child Health Partnership provides at-home support to children and parents to promote the health and well-being of families in our community.



## Imagining a Healthy Community

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## Healthy Babies, Healthy Community!

Child Health Partnership is serving more pregnant mothers than ever. Last year, we worked with 89 pregnant women, and during the first eight months of this fiscal year we have already partnered with a total of 77 women, including 37 in the City of Charlottesville, 30 in Albemarle County, six in Fluvanna and four in Louisa. The number of pregnant persons we partner with is now almost double what it was a decade ago.

Child Health's services are most impactful when we start before a baby is born. Our prenatal services include monthly nurse visits to focus on a birth plan, what to expect, nutrition, self-care, breastfeeding, depression screening, personal support systems, not to mention the importance of regular prenatal check-ups. The family support staff also visit monthly to assist with reviewing family needs such as stable housing, food, and connections to other community resources. With a focus on trust, staff builds relationships with families so we are able to offer the best information individualized for the mother and her families' needs.



Especially for families having their first baby, the support that Child Health offers can be critical. Premature birth and low birth weight (LBW) can lead to higher rates of health and developmental challenges for babies, some of which may not appear in children until school age. LBW has significant

negative effects on families, including financial impacts and parental stress. These challenges also relate to perinatal depression, which affects at least 1 in 5 childbearing women. Depression is the most frequent form of maternal illness during pregnancy and following delivery, making it a major public health concern.

Prenatal and post-partum nursing education and support services can boost positive birth and maternal outcomes. Child Health services have been shown to reduce pre-term births from 20% to 7%, and low birth weight babies from 21% to 5%, for similar populations of moms. For many women, their partnership with Child Health is their connection to better parenting and better health.

Spring 2023



Welcome to the inaugural publication of Child Health Partnership's new newsletter – *Imagine a Healthy Community*. This first printing includes our fiscal year 2022 Annual Report as well as our donor honor roll. We hope you enjoy learning more about Child Health's impact on our communities.



**Welcome, Ann Taylor –  
Advancement Director**

Ann Taylor joined the Child Health Partnership team in January, as their new Advancement Director. Ann will be working with all areas of the organization to grow both funding and family referrals. After a brief retirement

from her roles at various non-profits both in Charlottesville and Vero Beach, Florida, Ann is excited to be working with such a wonderful group of people at a child-centric organization. Jon Nafziger, Executive Director, stated "I could not be more pleased to be working with a seasoned development and brand manager to assist the organization to increase funding and awareness for the benefit of local children and families."

After releasing the information that Ann was joining us, we interviewed her to learn more.

**Sean: You said you just moved to C-ville.  
What brought you to our community?**

Ann: My husband and I have three daughters. I was in central Virginia exploring colleges for our oldest and watching our youngest daughter compete in IEA. I was driving north on Route 29, when I realized I had to return to this area of the country. It makes my heart happy.

**Sean: What do you mean by return?**

Ann: I graduated from Sweet Briar College in the early '80s (laughing, yes I am old!)

**Sean: What are your favorite activities when you are not working?**

Ann: I love exploring with my husband Carter. We jump in the car and find ourselves someplace, and simply enjoy our surroundings. Of course, my girls are a priority and I spend a lot of time at horse-shows. Otherwise most weekends, you will find me cooking, baking or sewing.

Sean: **Thanks Ann, welcome!**



Thank you to  
Sharing Hearts Ministry  
for their donation  
of over 1,200 diapers.



## What is a Prenatal Visit *a nurse's view*

Life changes for every family when a woman is pregnant and a child is born. Babies do not come with instructions — or do they? When a mom partners with a nurse from Child Health, the instruction part of prenatal care and postpartum baby care can be less daunting.

The mom and family do not have to have significant medical concerns to receive prenatal nurse visits – all pregnant clients can partner with us and receive a visit. The actual focus of visits is a healthy pregnancy, including the importance of prenatal care, what to expect at each stage of pregnancy, how to prepare for labor and delivery, and what to expect in the postpartum for the mom and her newborn.

The nurse will typically complete a weight check to monitor for weight gain/loss (and blood pressure check.) Blood pressure is extremely important to monitor and expecting moms will receive education about the signs and symptoms of pre-eclampsia.

These visits do not take the place of a doctor's visit. Child Health works to insure the woman has a connection to a medical practice, and makes sure that the family knows how to schedule appointments and is able to attend them. Many of our moms need support

explaining pregnancy related symptoms to their OB. Sometimes our nurses will help the mom write down questions and thoughts so they are not forgotten when they are with their healthcare professional.

The nurse will also begin to discuss newborn care: swaddling, feeding, and the need and proper use of a car seat. In fact we have kits that nurses will use during these visits to help them so the moms know how to care for their newborn.

Within two weeks of delivery, the nurse schedules a home visit to complete a newborn assessment on the baby and a postpartum assessment of the mom. These include weighing the baby, checking the mother's blood pressure, learning about the mother's birth story, following up on breastfeeding/feeding status, checking in on scheduled appointment dates for mother and baby.

The mother may be feeling isolated. The nurse is always the mom's partner and helps her to understand she is not alone.

As the family begins its next phase with a new baby the team can continue to visit the family monthly for help with developmental assessment, positive parenting and other needs.



*Materials for prenatal visits. Packages utilized by our registered nurses and Family Support Staff*