



# WOMEN & INFANT SUPPORT EDUCATION **W.I.S.E**

## AGENDA

### Week 1 – April 28<sup>th</sup>

#### Baby Basics

Presented by Senior Health Educators,  
Bellies, Babies and Beyond

- Baby Supplies
- Learning your baby's cries/soothing
- Diapering/bathing
- When to call the doctor

### Week 2 – May 5<sup>th</sup>

#### Nutrition/Live Virtual Cooking Demo

Presented by HEBNI Consultants, Roniece  
Weaver, MS, RD, LD

- Eating healthy during pregnancy
- Foods to avoid
- Important vitamins/nutrients



### Week 3 – May 12<sup>th</sup>

#### Pregnancy and Mental Health

Presented by Tammie Holt, LMHC

- Navigating mental health during and after pregnancy

### Week 4 – May 19<sup>th</sup>

#### Doula

Presented by Jamilah Channel,  
Certified Doula

- Preparation for birth
- Postpartum

### Week 5 – May 26<sup>th</sup>

#### Benefits of Breastfeeding

Presented by Nyteema Booker,  
Breastfeeding Counselor

- Benefits for mother/baby
- Positioning
- Dads role

### Week 6 – June 2<sup>th</sup>

#### Panel Review

Presented by Senior Health Educators

- Survey
- Reflections
- Recognition/Certificate

