

Circle of Hope

June, 2017



What is Circle of Hope?

The Circle of Hope (COH) is a support group for women who have consumed alcohol during pregnancy and/or have a child or children with Fetal Alcohol Spectrum Disorders (FASD).

The COH is here to provide you with:

- Referrals and resources
- Factual information about FASD and addiction
- Support for you and your family



Our New Mission!

This Spring, NOFAS extended its mission and priorities to address the risks of prenatal exposure to tobacco, marijuana, opioids, and methamphetamine.

Prenatal exposure to tobacco:

- ◆ Increases the risk for miscarriages
- ◆ Increases placental insufficiency
- ◆ Can cause low birth weight and/or premature birth
- ◆ Can cause cleft palate
- ◆ Is a risk factor for Sudden Infant Death Syndrome (SIDS)

Prenatal exposure to marijuana:

- ◆ Increases risk for the child to be anemic
- ◆ Can cause low birth weight
- ◆ Increases likelihood that child will require neonatal intensive care

Prenatal exposure to opioids:

- ◆ Can cause premature birth
- ◆ Can cause drug withdrawal called Neonatal Abstinence Syndrome (NAS)
- ◆ Heroin specifically can cause stillbirth and birth defects, including heart defects

Prenatal exposure to methamphetamine:

- ◆ Increases the risk for growth deficiency, heart abnormalities, and brain abnormalities in newborns

If you or someone you love is having difficulty abstaining from addictive substances, visit the Behavioral Health Treatment Services Locator at www.findtreatment.samhsa.gov

It is a confidential & anonymous source for persons in need of treatment.

It is never too late to get help.

Together, we can heal and recover!

To join the Circle of Hope or to request more information, please contact Kathy Mitchell at the National Organization on Fetal Alcohol Syndrome: mitchell@nofas.org 1-(800)-66-NOFAS www.nofas.org



Tips for a Healthy Pregnancy!



Another new NOFAS objective is to educate the public about **healthy practices during pregnancy** such as early prenatal care, proper nutrition, appropriate exercise, and approaches to reduce stress, as well as abstaining from harmful substances.

Stress & Pregnancy

It is normal to be stressed out during pregnancy! Your body, life, and emotions are all changing. However, too much stress can cause headaches, trouble sleeping, high blood pressure, and even premature birth. Try **meditation** as an approach to reduce stress during pregnancy, or during any other stressful periods in life. Here is a quick guide:

- 1) **Choose your mantra.** This is a word or a phrase that you silently repeat during meditation on which to focus your attention and thoughts. It can be simple like “Peace” or “Calm”, or something religious or spiritual.
- 2) **Find a comfortable place to sit.** Ideally somewhere quiet and physically comfortable. You do not need to sit on the floor unless that is your preference.
- 3) **Close your eyes, and begin to take slow, deep breaths.** In through your nose, out through your mouth.
- 4) After a few minutes, **begin to breathe normally and repeat your mantra silently.**
- 5) **Don't attempt to empty your mind or stop thinking...** let your mind wander naturally, trying to circle back every once and a while to your mantra.
- 6) After 20-30 minutes, **slowly stop repeating the mantra, open your eyes, and sit for a few minutes** before resuming activity.



Nutrition

While you're pregnant, *what* you eat and *how much* you eat are important to both your health and your baby's health. Here are **5 great pregnancy power foods** to think about adding to your diet:

Eggs: Protein powerhouses & low-calorie

Yogurt: Full of calcium and probiotics that can help prevent yeast infections

Lentils: Great source of folate, and can help protect against some birth defects

Salmon: Make sure it's cooked! High in Omega-3 fatty acids and can reduce risk of depression during pregnancy

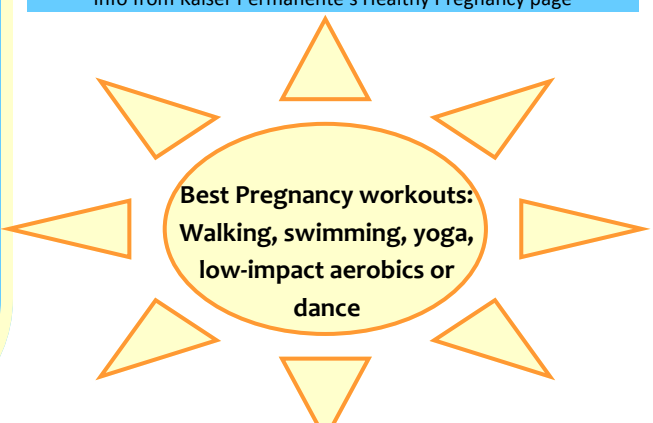
Dark green veggies (ex. Kale and Broccoli): Jammed-packed with vital nutrients



But, be careful! There are a few things you should avoid eating for these 9 months:

Raw or undercooked meat and fish, raw eggs or things that contain them such as cookie dough, unpasteurized milk, cured meats with added nitrates such as hot dogs, and seafood that may have high mercury levels such as tuna and halibut.

Info from Kaiser Permanente's Healthy Pregnancy page



Best Pregnancy workouts:
Walking, swimming, yoga,
low-impact aerobics or
dance