

HEALTHY BABY SHOWERS TEACH IMPORTANCE OF NUTRITION FOR BABY'S BRAIN DEVELOPMENT

In alignment with Young Children, Priority One and in support of healthy brain development in utero, the NE-IA Kiwanis held educational baby showers focusing on nutrition for moms-to-be. Some 19 pregnant women and their husbands, partners, children and interpreters attended the events on April 30 (13 English speakers or had own interpreter) and May 5 (6 Spanish speakers).

Bi-lingual Mary Krisko, human sciences specialist in nutrition and wellness for Iowa State University Extension and Outreach, presented information on making healthy choices, nutritious foods needed, foods to avoid, and healthy weight gain for moms.



Backpacks filled with baby necessities as shower gifts

Attendees received a "Healthy Baby" backpack created by NE-IA Kiwanis that contained a digital baby thermometer, diapers, swaddling gown, food containers, baby bottle, cloth doll, and discount coupons for baby items. During the baby shower the women worked with and completed the easy-to-follow instructional materials found in their take home packets. Later they could choose from some 20 language-appropriate brochures on various aspects of pregnancy available at a resource table. Each also could pick from an assortment of books available for reading to children.

Krisko and the committee that put together the baby showers at the Forest Avenue Library in Des Moines served healthy salads and proteins and a create-your-own parfait bar featuring yogurt, granola and nuts.

Additional showers are planned by NE-IA Kiwanis. None of the attendees had heard of Kiwanis before, and all would recommend the shower to others.



Kiwanis®
NEBRASKA-IOWA DISTRICT



Instructor demonstrating how backpack leaves hands free for baby



Pregnant mom learning to use digital thermometer she received



Pregnant moms and support persons attending Healthy Baby Shower

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