

Skagit County Prenatal to Three Network Meeting

Agenda
10/29/2020
8:30 – 10:00 am



Networking & professional support for providers who serve families of pregnant women, infants and toddlers

Welcome & Introductions – All

Help Me Grow/Bright Beginnings—Lyndie Simmonds

- Current status/Action teams
 - Centralized Access Point
 - www.helpmegrowskagit.com
 - Family Resource Center
 - Family Resource Navigator
 - Basic needs for Babies
 - Family & Community Outreach
 - New interactive resource map: <https://www.paloozomap.com/> (Jen Lindbeck)
 - Bright By Text (Shannon Thompson)
 - Child Health Care Provider Outreach
 - Data Collection & Analysis
 - Equity
 - Advocacy

CuddleBright—Jen Lindbeck

- Updates
- Using CuddleBright to teach empathy

Family Palooza—Jen Lindbeck

Perinatal Mental Health—Jennifer Sass-Walton

Agency Updates – All

Announcements

- www.skagitrising.org
- The Finley Project <https://www.thefinleyproject.org/ourprogram>
- Hear Her: Save a Life www.cdc.gov/HearHer

Professional Development

- Infant Mental Health trainings
- NFP Wellness [YouTube Channel](#)

- resources available for self care through: Healthy Nurse Healthy Nation (HNHN) **Healthy Nurse - Healthy Nation**
- [Strengthening the Social-Emotional Health of Young Children Through Screening](#)
- Brazelton Touchpoints Center
 - [Learning to Listen](#) Fall 2020 webinar series (free)
 - *Parents, Children and Transgender Identities*
 - *Fighting Immigration Policies that Tear Families Apart*
 - *Supporting Fathers Who Were Sexually Abused as Children*
 - [Strengths-based Family Engagement](#) series (registration fees)
 - [Supporting Everyone's Mental Health](#) series (registration fees)

Proposed 2021 meetings: January 28, April 29, July 29, October 28