

Participant Testimonials – Video Transcription

Stephanie Wolf: Becoming a Mom® is a comprehensive perinatal education curriculum by the March of Dimes that's brought to families in Kansas through partnerships among Public Health, private practice, hospitals and many other community partners. It's a series of six sessions delivered in a group setting with an aim of providing parents-to-be, experienced and non-experienced, with comprehensive education and support during pregnancy and beyond, leading to healthy pregnancies, healthy babies, healthy moms and healthy families.

Dr. Christopher Graber: Becoming a Mom® helps my prenatal care by giving more information to the patients, by expanding on some of the topics that I will touch on in the office, but also by inviting them to talk about new topics that they may not have thought about before or that I may not have necessarily brought up during our visits.

Participant: I would highly recommend Becoming a Mom®, especially the first time moms because it's one of those scary moments that, you know, you don't know what to expect, I mean even a fifth-time mom.

Participant: The course itself just helped outline the natural progression of you know this is what happens in this first trimester, and then ways to be healthy in the second trimester, and then you know the third trimester really prepping for the baby to come and then also the actual delivery itself.

Participant: It was a relaxed atmosphere, and I think that helped because it's kind of nerve-racking going into this place where you don't really know anybody, but I mean when you're going, everybody is pregnant. There's a bunch of pregnant women and their support person and you're all there to learn, and so it's kind of a classroom setting where you're coming to learn --

Baby: Ma-Ma-Ma-Mom.

Participant: And it's just beneficial and it's relaxing.

Participant: It's allowed me to feel comfortable like actually raising a human and knowing what to do.

Participant: I picked learning about car seat safety, because there's a lot that I didn't know, a lot that I didn't know.

Participant: And then the tour of the hospital, that helped so much because I was able to put a face with the place and know that like the day that she decided to join us on her due date, I knew exactly where we were going, and then knowing what the rooms looked like, it helped with familiarity.

Participant: You guys in the class did a really good job of reassuring the moms that there were resources if it wasn't going perfect and not to expect it to be perfect.

Participant: Right.

Participant: And that there would be hurdles and hard times, but that there were resources to help with that.

Dr. Christopher Graber: I've really seen an increase in patient awareness because of Becoming a Mom®. My patients are better advocates for themselves. They are better informed and know a little bit better about what questions to ask to try and get the best care for both them and their baby.

Dr. Leslie Ablard: There have been numerous impacts that I've seen from the classes. Breastfeeding help has been extremely important. I think that that education that they get is probably the most important because I think it's the least intuitive for even people that have had babies before. I think the importance of vaccines that we give in pregnancy -- flu shot, whooping cough. I think you know postpartum depression recognition is important, too, and it gives them some good data on that. I very rarely have patients that are really begging to be induced before 39 weeks because they've gotten the classes and understand the importance of the brain and respiratory development that happened in those few weeks of gestation.

Participant: The benefits to Becoming a Mom® classes, I think they're endless. I mean you can stock up on your diapers. You get a prize at the end. You attend so many classes, you get to pick a prize and they deliver it to you after the baby is born, and I mean it's something that you need. It's not just a little fluff gift or whatever.

Patricia Kinnaird: I think that the impact is that there are more people that are knowing good information or a good resource that they can refer people to, and maybe not be as frightened if you're expecting your first baby and you've got some good information and a support system, and I think that support system is very, very important now.

Participant: I feel like really supported by the staff and they're coming to my house to help make sure that everything's going good, and then when I have questions with breastfeeding, I always ask and they always help me.

Participant: It was good to see a lot of those moms in there. You know and I know some of them are single moms, but they brought support people with them. They had somebody that they could talk to or rely on or -- it makes you feel good seeing people take care of other people.

Participant: There's always help, you know. People don't know where to turn and if you attend the Becoming a Mom, there's a lot of sources that could be available to you if you take the class.

Participant: It's a free class, so anybody from any income can come and get this information for free and it's really beneficial.

Participant: You don't know what labor's going to be or you're going to end up in a C-section or you're going to end up in natural, so I would definitely anybody that needs more resources to come to Becoming a Mom.

Participant: I know different friends that I have that are pregnant, I've been like oh, have you heard of these classes? And if they have, I'm like ok, cool. If not, then I'll like oh, you should check into it.

Patricia Kinnaird: I love the Becoming a Mom class overall. I think it's a wonderful class for expectant moms, but the idea that the mothers, the families actually, get information about all the agencies in the area that they can access for different resources.

Lori Blake: It makes so much sense to bring that expertise to the parents so they know in the community that it's not just the Health Department or it's not just CAPS or it's not just the Highway Patrol, but that we're all in this together and that we're really in parenting together.

Patricia Kinnaird: I wish that when I had my children that this had been available to me.

Participant: A song? Olivia? Can you sing me a song? (Laughter)

Participant: It's like slow down, slow down, and slow down. Slow down, slow down.