



# Healthy Mothers, Healthy Babies Coalitions of South Jersey: *Volunteer action builds stronger, healthier communities.*

## Riding Safely in Cars

The Healthy Mothers, Healthy Babies Coalitions sponsor child car seat safety events throughout the year. Parents can have their installation efforts inspected and corrected, if needed. Others may be provided with a new, safer car seat. Whenever possible the Coalitions collaborate with other agencies on these events. These events have provided hundreds of South Jersey families the peace of mind that their children are safely buckled-up.



## Pregnant Pause

Pregnant Pause is a fun event with a serious message. Sponsored by the South Jersey Coalitions, the event helps spread the word that fetal alcohol syndrome is the only 100% preventable birth defect. Pregnant women who drink alcohol take a huge risk with their baby's health. Damage from FAS is irreversible. Pregnant Pause educates women about the dangers of drinking while pregnant and how to protect their baby. A popular feature is the opportunity to sample non-alcoholic drink concoctions. These fruity, frothy and fun drinks demonstrate safer and healthier alternatives for moms-to-be.

## Community Health Fairs

Helping families learn about and connect to local services is the focus of the Coalition Health Fairs. These community-based events highlight local resources, providing a comprehensive and quick look at agencies just waiting to help. Many struggling families are unaware of the wealth of assistance available to them. This one-stop approach not only saves time in researching services, it also provides an opportunity to talk directly with providers. Participants are rewarded for their efforts with door prizes, giveaways and raffle chances.

## Health Fair

*free and open to the public*

*hosted by the*  
Healthy Mothers, Healthy Babies  
Coalition of Burlington County

Thursday, May 7, 2009  
11 a.m. - 2 p.m.

Burlington County  
Human Services Building  
795 Woodlane Road  
Westampton, NJ 08060

*Get the latest information on:*

- Smoking Cessation for Pregnant Women and New Moms
- Breastfeeding Tips
- Prenatal Care Information
- Nutrition for Growing Children
- Car Seat Safety
- Caring for Special Needs Children
- Lead Poisoning Prevention
- Health Insurance

**Raffles and Door Prizes Awarded All Day!**



## Community Improvements

A new sidewalk may not seem like much, but for women in Cape May County who used public transit to access the county's only public prenatal clinic – that new sidewalk was golden. The sidewalk, along with a new bus shelter as well as a new drop-off location were all made possible largely through the efforts of the Cape May County HMHB Coalition. The bus stop's former location required clinic visitors to navigate 4 lanes of highway. A harrowing crossing for those with toddlers. Working with community leaders Coalition members led a successful effort to establish a new and safer bus stop location for clinic users. Next the focus turned to building a bus shelter to protect waiting moms and children. Then came the sidewalk.