



# BIRTHRIGHT

ISSUE 2 OF 2021



## It Takes a Team

Are you wondering about the various ways you could help Birthright?

Birthright is in search of two new **Board Members** to serve a three-year term starting in January 2022. The Board meets four to six times a year, and the meetings are 60 minutes or less. Please contact a current Board member if you would like more information on serving, or if you'd like to recommend someone suited for the task.

For more direct contact with clients, you could work in the office as a **Volunteer Support** person. We currently have an open morning time slot from 10 am – 12:00 pm or an evening time slot from 5:30 pm – 7:00 pm once a week or every two weeks; and we prefer to have two volunteers working together during the evening shift. These hours will be new for the Center, so we can work them around your schedule.

To better serve the 9% of Hispanic people in Reno County, we would like to have **Translator Services** available when Spanish-speaking individuals come to our office. This position can be offered in one of two ways – we can have two set days each month or by appointment only.

Research suggests that baby sign language might give a typically developing child a way to communicate several months earlier than those who only use vocal communication. This might help ease frustration

Continued on page 2

IT IS THE RIGHT FOR EVERY PREGNANT WOMAN TO GIVE BIRTH  
AND THE RIGHT FOR EVERY CHILD TO BE BORN

## If Takes a Team... (continued)

between ages 8 months and 2 years — when children begin to know what they want, need and feel but don't necessarily have the verbal skills to express themselves. Birthright is looking for a **Sign Language Instructor** to teach basic sign to mom's and tots.

Our current Board members and volunteers include:

Board Members:

Travis Price	Katy Young	Toyla Frondorf
Emily Wiggins	Terri Lee	Audrey Haines

Volunteer Staff:

Barbara Hoskinson	Anna Kiser	Vicki Quick	Maxine Julian	Carolyn Stucky
Donnise Shipley	Shelli Ridder	Amy Godina	Betty Hendrickson	Rachel Ryan

Please feel free to reach out to any of the above-board members/volunteers with questions about how you can be of service to your local Birthright!

## Fun Facts on Pregnancy

The Centers for Disease Control and Prevention provides birth rate by month data, showing July through October tends to be the most popular birth months in the United States. August is the overall most popular month for birthdays, which makes sense, considering a late August birthday means December conception. Cold weather, snow, romantic fires and holiday parties seems to create just the right equation for the beginning of human mating season.

- **Becoming a mother makes your heart grow literally as well as figuratively!** An expecting mother blood volume increases by up to 50% and your heart beats faster & stronger, growing larger to keep up with supporting the little miracle growing in her womb.
- **Couvade Syndrome or "Sympathetic Pregnancy"** sees some men experience weight gain, nausea and swelling tandem with their pregnant partners.
- **Your little one actually starts crying long before birth.** Studies have shown that babies begin to cry silently in the womb at as early as 28 weeks. Scientists believe that this is a form of practice communication for when the babies are born, rather than a reaction to feelings.
- **Cravings!** We've all heard of pregnant women craving the likes of pickles, sardines and grapefruits... but were you aware that 30% of women have cravings for non-food items during pregnancy? Some bizarre non-food cravings recorded included soap, chalk, paper and stones. This is an eating disorder known as 'Pica'.
- **Taller women are more likely to conceive twins.** According to a study published in the Journal of Reproductive Medicine, women over 5feet 5 inches tall are more likely to conceive fraternal twins. This is because taller women have higher levels of a certain protein released from the liver that is linked to increased ovulation.
- **Babies can be born with teeth.** Contrary to popular belief, babies can actually be born with teeth. In fact studies have shown that for every 2000 babies born, one will have a tooth. These teeth are known as natal teeth and may be by doctors to ensure no choking occurs, as the teeth are often loose.



# Connecting... Is Fun

Social connections are important to our well-being. They push the happy meter up – they improve health – and they encourage activity! Birthright is having fun making connections through Facebook and on our website. Each month, we recognize a national or world day event and highlight it at our center. Below you will find a list of our upcoming events. If you'd like to participate, you are welcome to join in the fun – and never underestimate the importance of having fun! Remember, when we're connected to others, we become better people.

## November 2021

Nov. 25th – Thanksgiving Meal Provided

Nov 13<sup>th</sup> World Kindness Day – Encourage followers to share on the Birthright website an “act of kindness” that they were the recipient of that kindness.

(You can help by posting an act of kindness you received on our site.)

## December 2021

Dec 6<sup>th</sup> St Nicholas Day – giveaway gold chocolate coins to all visitors

Dec. 7<sup>th</sup> National Letter Writing Day – drop off letter to Santa at Birthright

(Birthright will be in need of gold chocolate coins. A red mailbox for Santa's letters and if someone would like to write back to the children that would be great.)

## January 2022

Jan 6<sup>th</sup> – National Cuddle Up Day – Give away blankets for Mom and Baby

(Birthright could use new or gentle used blankets for moms and toddlers)

## February 2022

Wed. Feb. 2<sup>nd</sup> National Signing Day Sign Language Demo to teach children

Feb. 14<sup>th</sup> candy to hand out to children and mothers

Feb. 17<sup>th</sup> – Random Act of Kindness Day (coordinate with McDonalds, Burger King and Spangles – small free coffee, ice cream, etc. give away – businesses can sell random act of kindness cards to be used throughout the day for customers

(Birthright is looking for someone to teach basic sign language to mothers for an hour or two. Would love to have Valentine's candy for mothers and the children. If you know a manager at one of the fast foods stores, we could use your help getting small gift cards for the random act of kindness.)



*Thank you for donating!*

MR. AND MRS. GREG ALONZO  
MRS. ANNE ARMSTRONG  
MR. AND MRS. MICHAEL ARMOUR  
MR AND MRS DALE BIRNEY  
MS LYNN BOOTH  
MR AND MRS JOSHUA CARROLL  
MS JEANETTE CASIDA  
MS LOIS COX  
MS MELVA CUMMINGS  
AUCTION & REALTY DAVENPORT  
MR AND MRS JON DAVELINE  
MR & MRS FRANCIS DEPENBUSCH  
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MR AND MRS CLIFF TOWLE  
MR WAYNE WERTH  
MS BARBARA WILSON  
DR AND MRS JACK WORTMAN  
MS KATIE YOUNG  
MS MARY ZUK

## Ways to Donate

### You can donate online

[www.birthrighthutch.com](http://www.birthrighthutch.com)

### Mail a donation

Birtright  
PO BOX 904  
Hutchinson KS 67504

### Or if you shop on Amazon

go to supporting non-profits  
and click on to  
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# HAPPY THANKSGIVING

