

## ***Nurturing Holistically: Expectant Mom Retreat***



The Hancock County Head Start Expectant Moms Program kicked this year's retreat off with class and elegance! The moms were saluted with pink and blue décor, greetings, and an enthusiastic staff. Expectant Moms were welcomed with an ice breaker that added a touch of humor. Hancock Central High School Nurse, Jaquashala Hackley, was among one of the speakers that provided the Expectant Moms with a wealth of knowledge on prenatal education such as: taking care of pre and postnatal baby body, baby's fetal development, the harmful affects of drugs and alcohol during pregnancy, breastfeeding, and post-partum care. Expectant moms listened attentively as each speaker presented a different dynamic of pregnancy and how pregnancy changes mood, emotions, and the body. Local business owner, Elisa Vorpal of "The Garden Spot," graced the expectant moms with strategies on self-care and nutritious eating.

Each mom was presented with essential self-care items such as: candles, bath scrub and soap made from goat's milk to jump start their self-care regimen. Adding to the list of dynamic speakers, Ashkea Lewis with the Fort Valley State "Expanded Food Nutrition & Education Program" introduced a creative aspect on how to provide low-cost healthy meals on a budget for an expecting family. As the retreat came to an end, the moms had the opportunity to experience through visual technology how the body prepares itself for child birth. To top the event, Assistant Director, Betty Legette showered each mom with a cute baby outfit that will make any baby boy or girl's arrival into this world, glamorous and stunning! We would like to thank each Expectant Mom of the Hancock County Head Start/Early Head Start & Pre-K Program, the Hancock County Public Library, Nurse Jaquashala Hackley, Elisa Vorpal, and Ashkea Lewis for supporting the program and making the retreat a beautiful success. There will be future Expectant Mom Retreats and more programs to come!