



60 East Main Street
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 631-360-2880
 www.familycfa.com

#LImomsquad
**Our Village is
 Your Village!**



Childbearing Family Alliance -
 Kings Park NY
 fit4momlongisland



@familycfa
 fit4momlongisland



Our Purpose

Our purpose - our mission - is to empower families so they can more effectively be stable and secure sources of health, well being and fun.

Further, as a professional team, our purpose is to provide quality programs, community referrals and an opportunity for parents to network. This allows our clients to enhance and to support with certainty their families' health and well-being.

We take pride in the partnerships we form with our clients to accomplish our combined objectives. We honor these partnerships as the foundation for the service we provide and depend on them for our mutual growth.

Families First

FALL-WINTER 2023-24 CFA/Fit4Mom NEWSLETTER

Childbearing Family Alliance, Inc. Serving Long Island Families Since 1981

Our Fall-Winter Issue Is Here!



In This Issue

From The Director:

A word from Mary Kahrs, Executive Director of CFA 2

What Families Say About CFA:

Families talk about their CFA experience 2

In the Spotlight:

Read about our fun "Drop In" programs for preschoolers 3

The Importance of Mom Friends

Finding your village 4,5

CFA/Fit4Mom Happenings:

What's happening at CFA/Fit4Mom 6

Green Corner:

What can we do to reduce our use of plastics 7

Family Bites:

Avocado: A fantastic first food for baby . . 7



From The Director *Mary R. Kahrs, BS, MA, BSS, FACCE*



Welcome! It's time for your biannual update. Fall brings many changes. School starts again. The leaves on the trees impress us with their beautiful colors. The air becomes crisp, and the sun sets earlier. Yes, fall is certainly a time of change.

Here at CFA/Fit4mom we continue to change and grow. One thing that will never change is our commitment to moms, families, and our community.

This summer our Run Club+, Fit4mom program, trained and supported moms to take on the challenge of The Smith Point Bridge 5K Run/Walk for Literacy. This extraordinary program is provided throughout the year. Moms are now training for their next race; The Nissequogue River State Park Turkey Trot 5K Run/Walk.

Whether mom is a seasoned runner or a beginner, this program provides the training and support needed for moms to reach their individual goals and share their successes with their "village". The same physical and emotional support is evident in all our Fit4mom classes; Stroller Strides and Strides 360. If you would like to know more, please reach out to our own Katie O'Flaherty, lead instructor and Director of Operations for our Fit4mom division at www.westsuffolkny@fit4mom.com.

Another change is that our preschool drop off programs have returned. As an extension of your preschooler's day, these classes support the love of learning we all want our children to have in addition to supporting their newly learned academic skills. Please visit our website for more information.

Speaking of our website, it has also been going through some significant changes. Our new registration software has made our website much more efficient and user friendly. Take a look! www.familycfa.com.

Our hybrid prenatal programs continue to meet the needs of busy parents-to-be. They can join our classes in person or via Zoom. These live classes are not only informative but interactive and FUN!

As always our New Mother's Group and various grownup and me classes are offered throughout the year, bringing parents together, building relationships and strengthening support systems for families and the community.

There's certainly more to tell you but I think that I will let our new website show you— www.familycfa.com. And be sure to check out our events page where you can register for our "Mom's Night Out", "FREE Playgroups" and more!

And in closing, I invite you to stop by and visit us. Text 631-360-2880 and let us know you're coming. This way we can give you the warm welcome you deserve!

And, then while you're here check out our Little Free Library. Take a book, leave a book. The choice is yours.

See you soon,

Mary



What Our Families Say About CFA!

Hello!

I'm not sure if you will remember us but my name is Jennifer Matos. Me and my boyfriend Christian took a couple of classes with you guys to educate us on the whole pregnancy and becoming new parents.

We wanted to write you this email, update you and say thank you because our beautiful baby girl is here! She is super healthy and happy and we are currently home, feeling confident and happy thanks to the things we learned through your classes.

We were able to walk in and out of the hospital with a plan and everything we needed to know. We

truly appreciated all the help and advice you guys gave us! Thank you so much again!!

*Jenn Matos & Christian Frisby
& Baby Emilee Grace*

Hello!

CFA is a wonderful organization for families, expecting moms, and moms! The owner Mary is so sweet and welcoming.

I began my involvement with Fit4Mom classes when my daughter was a baby, then did their mommy & me classes as she got older, and continue to enjoy their moms night out events!

They have something for every mom to get involved in and will become your village. Highly recommend checking out all they have to offer!!

-Shelbi Pellen

"Mama, you are exactly the mom your baby needs."





In The Spotlight!



Drop Off Programs for Preschoolers!



CFA offers some wonderfully fun and enriching drop off programs for children 3 to 5 years of age. Each program centers around a special theme.

Our teachers have created a series of fun and enriching curricula incorporating free play, arts and crafts projects, songs, activities and books, all relating to the special class theme.

Science Time taps into a child's innate curiosity and love of exploration of the world around them. Children will go at their own pace as they engage in fun-filled, exciting, hands-on experiments. They love seeing how each experiment works in real time. This class is a great combination of learning and play!

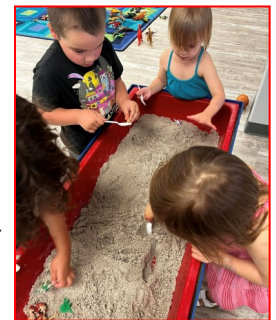


For **PJ Party**, children come to class in their favorite pajamas and slippers and bring along their favorite snuggle buddy, pillow and blanket! They enjoy free time to play and dance to music. The teacher leads them through imaginative crafts, such as painting a night sky full of stars and making a moon and star mobile that they can hang in their rooms. They snuggle under their blanket and pillow and cuddle with their favorite stuffed animal at story time.



Art Smarts class gives children a natural outlet for their creativity, allowing them to explore self expression and originality while developing their hand-eye coordination and stimulating their imaginations. Children taking this fun class get to use a variety of art mediums, exploring colors and textures through a variety of art projects and crafts. They come to class ready to play, create and get messy! At story time, the teacher reads an art-themed book.

Dino Day centers on ever fascinating dinosaurs! Kids are in for a Dinosaur-tastic time when they get to become paleontologists "excavating" for dinosaurs buried beneath the surface of our sand table. In this class they will get to make fossils and learn to say dinosaur names with a fun bingo game. Everyone has a blast playing and dancing to a fun dinosaur-themed music playlist. And of course there a book about dinosaurs at story time.



Snack Pack Café class is stuffed with healthy fun and good nutrition lessons! Kids will have a great time learning about the rules of the kitchen, safety and how to measure and mix ingredients to create some delicious treats. Since there will be many different foods used, parents can let the teacher know about any food allergies and/or restrictions.



Our **Out Of This World** class helps children explore outer space! Young children begin to look up at the sky and wonder about what they see. This class nurtures that natural sense of wonder and will help preschoolers learn about the moon, stars, planets, sun, astronauts and rocket ships. Through fun arts and craft projects, picture books, manipulatives, songs and movement, they will have so much fun as they learn about our universe.



FOR MORE INFORMATION/TO REGISTER GO TO FAMILYCFA.COM

The Importance of Mom Friends!



becoming a mother is a profound life transition that changes your world and changes the very way you see the world.

A baby brings so many wonderful gifts, one is the most unexpected gifts a new baby can bring is the

gift of friendship. When you reach out and find other moms to talk to and connect with, it can provide you with an essential connection during this challenging time and can lead to deep and lasting friendships, adding greatly to the quality of your life!

When you have a mom friend, you have a friend who is going through the same life journey as you— she really gets it!

Finding your “mom village” is an important key to surviving and thriving in your new role. It can be a key component to your happiness and mental health and can even help you to be a better parent!

For many new moms, as wonderful as having a baby is, it can be isolating and lonely at times. Having mom friends during this new life stage, with all that new motherhood brings, can give new moms a positive perspective. Friendships with those experiencing challenges similar to your own, is normalizing, validating and comforting!



And having a mom tribe is really good for your children too! Studies show that when moms have strong social connections, their children do better socially, emotionally and cognitively!

Having mom friends is having a social support network. It’s knowing you have a friend to call on if you need to get to a doctor or other appointment. It’s having a listening ear and emotional support through parenting challenges, knowing this person truly understands what motherhood is really like. It’s sharing helpful advice, information and knowledge with each other and having each other to go out with for a much needed fun night out.



When moms reach out to other moms, they can share the good and the bad, laugh and cry together, share their heart and all their messy feelings and return to their family feeling refreshed, with a renewed sense of confidence, connection and joy.

And for children, when a group of moms and their little ones come together, a child’s social development is being nurtured, their world is being expanded and, best of all, they know the experience of belonging in the world; they have a village too!



... And Finding Your Village!

CFA and Fit4Mom are the perfect places for a new mom to find her village! Our New Mother's Group at CFA, led by Mary Kahrs, has been bringing new moms together for the past 40 years! Many moms who have met at this wonderful program remain close friends decades later. Motherhood friendships so often create deep lasting bonds which stand the test of time!

Those first few months of new motherhood are filled with the newness of it all, with so many questions, uncertainties and a confusion of feelings. New moms are trying to figure things out as they are bombarded with lots of advice, opinions and information overload. Coming to New Mother's Group helps them express and sort out their feelings and meet other new moms going through a similar experience. They form friendships, connections, share advice, information and give each other encouragement and reassurance.

Being part of this community of moms, they gain new found inner strength and confidence. They feel heard and understood and they realize they are not alone. As social bonds form, get togethers extend beyond the weekly class meetings and coffee dates, meeting for a walk in the park and other outings ensue.

Fit4Mom fitness classes are another great way for moms to find their tribe. Moms and babies and/or young kids meet at various outdoor & indoor locations for fitness and camaraderie. These unique, mother-centered classes incorporate babies in strollers into the fitness routine and give young children the opportunity to socialize and engage in fun activities. Friendships form in such a natural way.



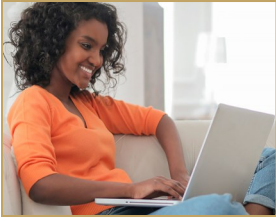
CFA/Fit4mom also organizes our popular "Moms Night Out" and "Moms Day Out" events. Moms have a blast getting together for fun and socializing at a variety of locations. (see photos) We also organize monthly free playgroups for the kids & parents and many other family oriented events.

So, if you are a mom, we invite you to come find friendship, community and connection— come find your tribe at CFA/Fit4Mom!

If you know a mom, tell her about our "Village". We'd love to meet her!

**www.familycfa.com and
www.suffolkcountywest.fit4mom.com**

CFA/Fit4Mom Happenings



BIG NEWS - Updated Website & Easier Registrations:

We've updated our website, including new registration software, making it faster and easier to register online for our any of our extraordinary programs. For professionals, we've added downloadable PDF's of our program flyers for your office or practice.

Check it all out now! www.familycfa.com - Professional Resources tab



Fall Line-up of Parent-Child Programs:

"Stay & Play" & "Fun For Wee Ones" combine fun, learning & socializing for you and your growing child. "Tot Music" lets parents & children enjoy music and song together and our "New Mom's Group" helps new mothers & their babies come together for support, friendship, information & self-confidence. Go to familycfa.com for our fall schedule.



Fit4Mom Programs & CFA:

CFA is proud to offer Fit4Mom programs! These proven fitness programs are unique and totally mother-centered. We offer "Stroller Strides", "Strides 360" and "Run Club+." FIT4MOM offers pre and postnatal health, wellness, and fitness programs for every stage of motherhood, and are the perfect complement to our CFA program lineup. CFA & Fit4Mom programs were created by moms for moms to provide Strength in Motherhood®. Your first class is always free! Sign up online at suffolkcountwest.fit4mom.com.



Drop Off Programs for Preschoolers:

For kids 3 to 5 years of age! Parents can choose 1 or more of these specialty classes, each centered around a different theme: "Dino Day", "Science Time", "Snack Pack Café", "PJ Party", "Out of This World" and "Art Smarts". Each program includes free play time, special themed arts, crafts and activities, music and story time. See page 3, "In The Spotlight" for a closer look. Go to www.familycfa.com for details.



For Parents-To-Be:

Expectant couples come to CFA for a variety of prenatal classes to help inform, prepare and empower them for their labor, birth, postpartum period and caring for their baby. Some prenatal classes are offered in hybrid format so you can choose to attend in-person or Zoom. We offer "Baby Care Basics", "Infant/Child/Adult CPR & Safety", "Breastfeeding A to Z", our "Labor, Birth & Beyond" series and the FREE early pregnancy class, "Pregnancy Basics".



...And New Parents:

Once baby arrives, we have lots of programs and events to help provide moms and families much needed support, information, friendship, community and connection! We have "New Mothers Group", all our own Grownup & Me classes, "Stroller Strides", "Moms Night/Day Out" events and free playgroups. The ever popular parent-child Tot Music programs are also here at CFA, including "Music Together", "Drum Class", "Drums Alive" and "Canta y Baila Conmigo". Call or text us at 631 360-2880/Visit our website for more information and class schedules.



Free Educational Online Webinar from Viacord:

Join other expectant parents to learn about cord blood & cord tissue banking. You'll hear from a leading obstetrician on why banking your baby's stem cells is an amazing way to plan for your family's future health. Call/text us for upcoming dates: 631 360-2880 or contact ViaCord Rep Amy Cerullo, 631-566-8522.



Green Corner

We've gathered some tips on easy ways to protect Mother Earth and Your Family's Health!

Plastics— Reducing/Recycling/Finding Alternatives

Plastic is everywhere! Where does it all go when we throw it out? A study published in the journal *Science* estimates that 8.8 million tons of plastic packaging ends up in our oceans each year, impacting all of us on earth!

As individuals, we strive to do our best to recycle our plastic waste but consumers alone cannot solve this problem! Companies around the world must do more to move away from single-use, or virgin plastic in their products and manufacturing.

What companies can do:

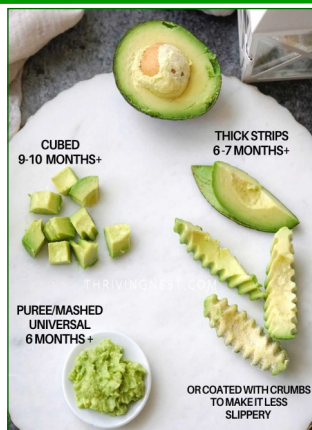
- ◆ They can phase out the use of un-recyclable plastics.
- ◆ They can move away from plastics and use alternative materials wherever possible.
- ◆ They can use recycled plastics wherever possible instead of making more new plastic.

Learn more: see online article in *Forbes* July 6, 2023 "How companies can help solve the worlds plastic problem"

What consumers can do:

- ◆ Carry reusable shopping bags and produce bags
- ◆ Shop in bulk when possible
- ◆ Buy sauce and other food products in glass jars
- ◆ Carry lunches and to-go meals in reusable containers
- ◆ Make your own cleaning products
- ◆ Carry a reusable water bottle and travel mug
- ◆ Use non plastic, reusable drinking straws
- ◆ Buy non plastic toothbrushes
- ◆ Buy bars of soap instead of liquid soap
- ◆ Switch from disposable diapers to cloth
- ◆ Use the power of the purse and stop buying from companies that don't change
- ◆ Buy from businesses that care about the environment
- ◆ Look for and buy from companies that offer plastic-free alternatives to everyday products.

Check out www.cleanomic.com



Family Bites

Avocado— The Ideal First Food For Baby



Avocados are Amazing! This delicious, versatile fruit contains a wide range of nutrients and health benefits for all of us!

But let's focus in on why avocados are one of the top healthiest first foods for babies!

skin, and immune system health.

- ◆ A great source of unsaturated fatty acids, important for normal growth and development of the central nervous system and brain, and allowing greater absorption of fat-soluble nutrients.

Tips for feeding baby avocados:

For babies just starting solids, first wash and remove the peel and pit from a ripe avocado (use organic avocado whenever possible) and puree or mash a few teaspoons adding a small amount of breastmilk or formula right before serving.

Mix together until you get the consistency and creaminess you want. Note: do not store and reuse your avocado baby food after it has been mixed with the breast milk or formula.

The beauty of avocado is its ease and versatility, so as you introduce additional new foods to baby, just add a fruit or vegetable to the avocado puree. Some suggested combos are; avocado & butternut squash, avocado & blueberry, banana, mango, peach, oatmeal, spinach or yogurt.

As baby grows and you add more food combinations, the mixtures are endless! You can mix in greens, cereals, grains, meats.

www.thrivingnest.com/baby/avocado-baby-food-ideas-combinations/ has lots of recipes, nutritional info, preparation and feeding guidance so your little one can enjoy and benefit from avocados from babyhood through childhood and beyond.

Avocados have a soft texture, mild flavor and are sodium and sugar free. They can be pureed for babies as soon as they're ready to start solids (around 6 months). Then, as baby grows into toddlerhood, avocados are an ideal transitional food— cut up, sliced or mashed into a variety of textures, remaining soft and easy for baby to eat.

Most importantly, avocados are nutrient-dense and a rich source of essential vitamins, minerals, fiber and healthy fats, supporting healthy growth, healthy bones and a healthy gut and immune system.

Avocados are...

- ◆ Rich in fiber to help digestion and the development of a baby's gut microflora and helping increase microbial diversity.
- ◆ A rich source of vitamins C, E, K and B6, riboflavin, niacin, folate, pantothenic acid, zinc, magnesium & potassium.
- ◆ Rich in carotenoids, beta-carotene, lutein and zeaxanthin, all potent antioxidants that are highly beneficial to eye,



Established 1981

Mary R. Kahrs, Executive Director

60 East Main Street

Kings Park, N.Y. 11754



Our Programs

- Pregnancy Basics
- Labor, Birth & Beyond Series for childbirth prep.
- Breastfeeding A to Z
- Baby Care Basics Class
- Your Core & Pelvic Floor
- Infant/Child/Adult CPR
- New Mother's Group
- Grownup & Me Playgroups
 - Fun For Wee Ones
 - Stay & Play
 - Separation with Ease
- Preschool Drop Off classes
- Tot Music
- Family Play Saturday
- Fit4Mom fitness classes:
 - Stroller Strides
 - Strides 360
 - Run Club
- Mom's Night Out
- Mom's Daytime Meetups
- Family & lots of other Community Events

CFA/Fit4Mom Community



*From pregnancy into parenthood,
we're with you every step of the way!*