



60 East Main Street
Kings Park, N.Y. 11754
(631) 360-2880
www.familycfa.com



www.suffolkcountywest.fit4mom.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 2022-23
CFA/Fit4Mom NEWSLETTER

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

It's Time For Our Fall & Winter Issue!



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



Hello CFA families and friends,

Here we are! Fall 2022! So much has changed yet so much remains the same. Our purpose, our mission is the same - to empower families so they can more effectively be stable and secure sources of health, wellbeing, and fun. What has changed... a lot!

Let's start with our NEW "Snack and Learn" program. This is the daytime version of our "Sip & Learn." These groups are provided free of charge and led by various professionals discussing various topics. Parents and their children join us to learn something new, share ideas, chat and have a snack. Be sure to check our website's Events page often and follow us on Facebook and Instagram.

Our Mom Meetups are expanding, giving moms many opportunities to get together, chat and form friendships. Each month we have a "Moms' Day Out", a "Moms' Night Out" and an "All Age Playgroup." Info on all of these events will be posted on our website Events page and on social media.

One of our newest additions is our "Breastfeeding Café." We meet every Tuesday at 12:30, in person or via Zoom. A Certified Lactation Counselor is here to answer your questions, help with latch on, pumping, sleep schedule, etc. Moms get the professional support they are looking for and the chance to meet other moms. That's MOM POWER!

Now it's time to brag about our new team members. As I have

mentioned, our programs are changing and expanding, therefore so is our need for finding just the right people to support and enhance these changes. Well, we have done just that! Please continue to page 4 to learn about these extraordinary women. I am so proud and honored to have them join our CFA/Fit4Mom Dream Team!

Our Labor, Birth and Beyond series of prenatal classes continues to meet the needs of busy parents who can choose to attend in person or via Zoom. The only class that we ask that students attend in person is our CPR class. This allows our instructors to immediately evaluate and tweak participant skills to maximize learning, application, and confidence.

"New Mother's Group" meetings also have a hybrid option. New moms can feel safe and secure in their homes and transition to in person as they continue their physical healing, get more sleep, and build their confidence and mom to mom connections. This group is the ultimate in village building and support for new mothers!

And, as always, I encourage you to stop by! See our beautiful new space, meet our Team, and discover all we have to offer. We are here! Ready, willing, and able! I am looking forward to your visit.

Be Well, Mary 



What Our Families Say About CFA!

"Hi Mary!

It's Laura and Lau! We had the pleasure of taking our birthing classes with you a few months back. We wanted to share with you that we had our beautiful baby boy on his due date, Friday, May 20th at 8:27 AM.

We are all doing well. Thank you again for all you've done to help make the birthing experience a knowledgeable and manageable one for us.

Sincerely,

Laura & Lau

"Mary,

I can't thank you enough for everything I learned from your classes. People laughed at me when I said I was taking Lamaze, Breastfeeding, Baby First Aid & CPR. Not only did I learn so much but I was secure every step of the way. When Rich and I are ready for our next child, you can guarantee we will be there for a refresher course! Until then, we will be at the new mommy group!

Thanks.

-Marian P."

"I think all of the programs at CFA have been wonderful. Mary, our instructor, is a wealth of knowledge and provides a wonderful support.

-Michele M."



"Don't tell a mother she looks tired; she already knows that. Tell her she's doing a good job; she may not know that."

-Stephanie Peltier





In The Spotlight!



Welcome To Our Free Breastfeeding Support Group!



Katherine Koncelik
CBD, CPD, CLC

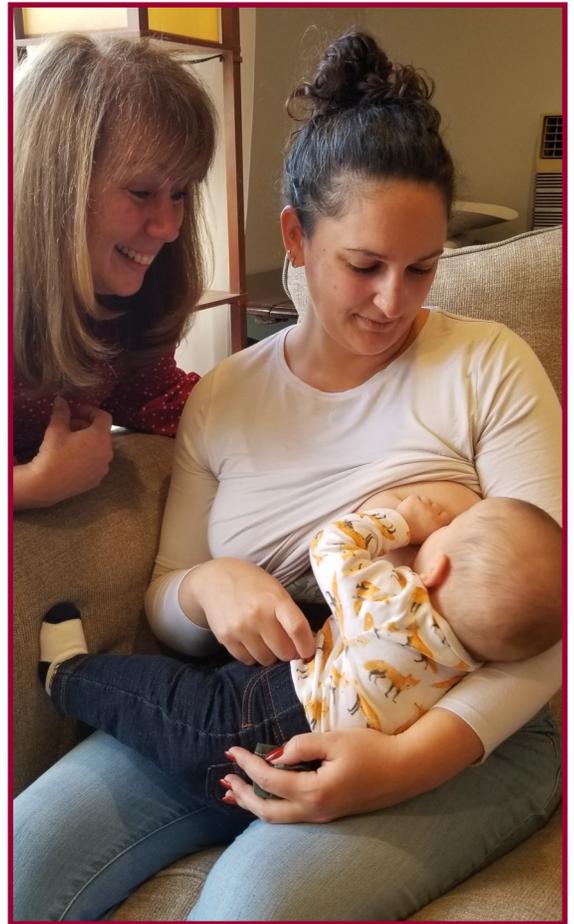
The Nurturing Way

Perinatal Lactation and Doula Support
nurturing-way.com
631. 581. 1066

Hi! I'm Kathy Koncelik, a Certified Birth and Postpartum Doula and Certified Lactation Counselor. I have been supporting birthing and breastfeeding families on Long Island for 30 years.

I am also co-founder, past treasurer and Council Member of the Long Island Doula Assoc., Inc. (LIDA). I served in these positions at LIDA for 13 years. I am the mother of two grown daughters; my oldest, has given my husband and me two grandchildren; Olin is 5, and Sierra (CeeCee), just turned one this August.

My youngest daughter is expecting her first baby, due at Christmas time. Like her older sister, I will be at her side as



she gives birth for the first time! In addition to being a doula and lactation counselor, I have also volunteered as a La Leche League Leader at the Babylon-Lindenhurst Group for almost 25 years. La Leche League Leaders hold free monthly meetings. Yet I have found that meeting once a month just isn't enough for many breastfeeding moms. A monthly meeting won't help a breastfeeding mom who may

have just given birth two days after our meeting and so must wait a month to get the help, support and advice she needs.



So, in order to better meet the needs of these breastfeeding families, Mary Kahrs and I came up with the idea of creating a weekly Breastfeeding Support Group or "Breastfeeding Cafe." Our Breastfeeding Café meets every Tuesday at 12:30 pm at CFA in Kings Park.

At these weekly meetings, mothers are able to socialize with other breastfeeding mothers in a quiet, private, clean and inviting space. This provides a supportive and encouraging environment in which breastfeeding problems are solved while receiving encouragement and support.



- Kathy

For more information about our weekly Breastfeeding Café here at CFA or if you have any questions, call/text us 631 360-2880 and check our website: familycfa.com

Meet Our New Team

Meet Kaitlin Peterson

My first experience with the CFA was over five years ago when I brought my then 2 week old daughter, Sophie, to the “New Moms Group” with Mary. The group was vital in those first few months, and I made lifelong friends. We went on to attend all of the CFA classes and became part of the CFA family.

Before staying home with my daughter I was an Oncology RN and nanny. I love engaging with kids and giving them a safe environment to explore and be themselves. My hobbies include hiking, skiing, reading and anything that allows me to spend quality time with my husband and daughter.



Meet Katie Ferrante

“Hi everyone! My name is Katie and I lived in Kings Park my whole life but am now a resident of Smithtown. I live with my husband, two kids and our dog Harley Quinn. I have a little boy Wyatt who is 3 and a little girl Emery who just turned 1.

I found out about CFA through a friend when I had my son in 2019. She encouraged me to join Mary’s “New Mom’s Group.” After joining I realized just how great CFA was and I never left! Once CFA reopened after Covid, I came back with my 6 month old for “Fun For Wee Ones.” Getting back to being around moms and babies was so good for us!

When I’m not playing outside with my kids or hanging out at CFA you can find me drinking coffee and listening to a podcast. I love kids and being around kids and can’t wait to have fun!”

Meet Anne Sachs

My name is Anne! I have been married to my husband for 8 years. We have two boys, Cooper (5) and Lincoln (3), and our pup Lexi (12). I heard about CFA at my first OB visit. I went to every class that Mary offered and fell in love with her programs and the outpouring of support, so joining “New Moms Group” was a no brainer. I am still close to my new moms group as all the kids enter Kindergarten this year! We’ve taken all the baby and toddler classes up until preschool. I don’t know where I would be without this community of CFA Moms.

“Fit4Mom” classes have been a wonderful outlet as well! Mary’s team has always helped to support me as a mom and remind me how strong I can be as a woman. I am so excited to join the team!



Meet Lindsey Miller

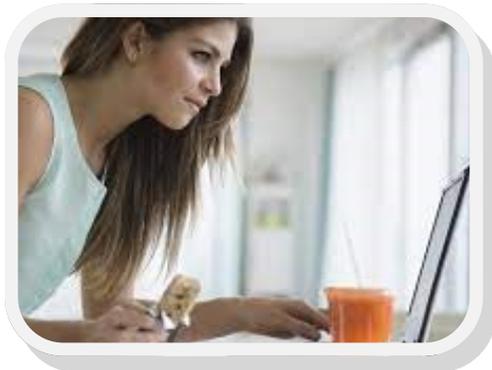
My name is Lindsey and I first joined CFA as a new mom with my son 5 years ago! I met an amazing group of women and loved that CFA gave us a safe place, and forever friends to open up about being a new moms. My son Jack and I continued on with classes until he started preschool. I am so happy to become a member of the CFA team and to help all the new moms and little ones. I am a stay at home mom who also homeschools. I believe in learning through play and getting messy! I love working with kids and seeing them learn.

My family and I love spending time together outside, we love to camp, explore new places and learn about new areas. We are a very adventurous family and I can’t wait to share the CFA adventure with your family!

So Many Ways For Moms To Meet At CFA!



We have such a variety of great “Mom Meet-Ups” for fun, socialization, friendship, information, education, support and community! Connecting with other new moms can truly make you feel like you’ve found your village! Lifelong friendships can ensue. CFA has been the place where so many friendships have begun and flourished! We will always love bringing new parents and little ones together! For details check out our website & social media.



Snack & Learn (daytime) / Sip & Learn (evenings)

Informative & FREE hour-long meetings where parents and parents-to-be can hear from experts on a variety of topics and ask questions. Some of our past guest speakers have included; pediatricians, midwives, CPR instructors, and a water safety & drowning prevention instructor! These meetings are available in hybrid format.

Playgroups Fun & free playtime & activities for moms & their little ones! Indoor & out! Our latest was a Disney-themed playgroup at Nesconset Library!



Breastfeeding Café

Free breastfeeding support group led by Kathy Koncelik, C.L.C.. Nursing moms and babies come to get help, education, one-on-one support and have their questions answered! *(see page 3 to learn more).*

Mom’s Night/Day Out!

Mom-only outings for relaxed fun and friendship! Some past meet-ups have included; an evening at a Northport brewery, making crafts at Sprouts Garden Center, hand knitting at CFA, brunch at Relish, candy making at Stony Brook Chocolate. This September our Mom’s Day Out was an afternoon of wine, food and friend-time at Harmony Vineyards! In the picture moms meet at Top Golf. And of course the **original** mom-meet-up, our popular **New Mother’s Group**, a life-saver for new moms and their babies for support, advise & friendship.



CFA/Fit4Mom 2022-23



Fall Line-up of Parent-Child Programs:

“Stay & Play”, “Fun For Wee Ones,” & “My Baby & Me,” combine fun, learning & socializing for you and your growing baby. “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.



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 email [Viacord Rep Susan.Cassella@PerkinElmer.com](mailto:Viacord.Rep.Susan.Cassella@PerkinElmer.com) or text 201 207-3759



Fit4Mom Programs & CFA:

CFA is proud to offer a great lineup of Fit4Mom programs. These proven fitness programs are unique and totally mother-centered. We offer “Stroller Strides”, “Strides 360”, “Fit4Baby” and “Run Club+.” These wonderful Fit4Mom fitness programs are the perfect complement to our CFA program lineup of prenatal and parent-child programs!

You can sign up online at: www.suffolkcountywest.fit4mom.com for a free class. Call or text 631 360-2880.



Mom Meet-Ups:

“Mom Meet-ups” are our newest series of fun and informative programs and events that provide opportunities for new moms to learn and play together in a variety of ways, all of which help them engage, socialize and find balance, information, support and confidence in their mothering journey. We’ve lined up expert guest speakers for our “Snack & Learn” and “Sip & Learn” series. We’ve chosen fun venues and activities for our “Mom’s Night/Day Out” events. Our “Playgroups” are always great fun and our weekly “Breastfeeding Support Group”, provides expert, compassionate and hands-on help for breastfeeding mothers. And of course, CFA is the home of the “New Mother’s Group”.



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. Classes are offered in hybrid format so you can choose to attend either in-person or virtually. We offer classes covering early pregnancy, labor management and progress, the power of pushing, pelvic floor health, baby care and breastfeeding. We also help with doula and lactation consultant referrals and so much more!



...And New Parents:

Once baby arrives, we have lots of programs and events to help provide new moms much needed support, information, friendship, community and connection! We have “New Mothers Group”, “Stroller Strides” fitness classes, a free weekly “Breastfeeding Support Group” and free community events including “Playgroups” and “Moms Night/Day Out”. Many of our programs are offered in hybrid format. Now we’ve added even more programs for new mom’s under our “Mom Meet-Ups” line-up. Read about it above.



Green Corner

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

A Few Simple Ways To Conserve Our Most Vital Resource — WATER!

Water is life! Literally! We cannot survive more than a few days without water, yet we don't always seem to understand how precious this resource is and how important it is to conserve and protect all sources of water.

According to the EPA, "The U.S. population has doubled over the past 50 years, while our thirst for water has tripled. With at least 40 states anticipating water shortages by 2024, the need to conserve water is critical".

Keeping our water sources clean and free of pollutants and controlling consumption are two important ways to ensure safe and plentiful water for all living things!

Each one of us can do our part to reduce our use and waste of water and make sure we are not disposing household pollutants and chemicals into our own neighborhood water supply.



HERE ARE SOME TIPS TO HELP EVERY FAMILY TO BECOME MORE WATER SMART!

- * Take shorter showers—5 minutes or less.
- * Water the yard early or late in the day to reduce evaporation.
- * Mulch around plants to hold water in the soil.
- * Turn off the water while soaping hands & brushing teeth.
- * Turn off sink faucet while scrubbing dishes & pots.
- * Use a broom instead of a hose, to clean driveways & walkways.
- * Get an Energy Star labeled washing machine and dishwasher and wash only full loads.
- * Regularly check for water leakage inside & outside your house.

Here's more to explore about water conservation.....

<https://mygardyn.com/blog/8-small-things-you-can-do-to-save-water-in-a-big-way>, <https://www.conservation.org/priorities/fresh-water>, <https://getbusygardening.com/benefits-of-a-rain-barrel>



Family Bites



Get To Know Bone Broth—The Super Soup!

Bone broth, made from meat, poultry or fish bones and simmered for hours is truly one of the world's oldest medicinal foods. Health experts agree that bone broth indeed contains many potent nutrients and has numerous health benefits, all of which are backed by science!

Six key areas in which bone broth delivers a powerful nutritional punch for optimal health are:

#1: Gut health

#2: Immune health

#3: Joint health/anti-inflammatory effect

#4: Skin health

#5: Sleep and mental health

#6: Bone health

It's best to use grass-fed beef, pastured pork, wild fish bones or organic chicken bones in your broth. Bones that come from healthy, happy animals have greater nutrient density that in turn impacts our cellular function.

You can find bones at your local butcher shop or specialty meat store. Just ask if you don't see them in the case.

Chicken Bone Broth - from Dr. Kellyann's Bone Broth Diet

Ingredients:

- 3 or more lbs. raw chicken bones/carcasses from 3-4 chickens
- 1 whole chicken & 4-6 additional legs, thighs or wings
- 1/4-1/2 cup apple cider vinegar, depending on size of pot
- Purified water to just cover the bones & meat in the pot
- 2-4 carrots, scrubbed and roughly chopped
- 3-4 ribs organic celery, including leafy part, roughly chopped
- 1 onion, cut into large chunks
- 1-2 garlic cloves
- 2 tsps. Peppercorns
- 1 bunch parsley & 1-2 cloves of garlic
- 1 tomato, cut into wedges (optional)

Place all the bones and meat in a large pot, add vinegar and enough water to cover everything by 1". Cover the pot. Bring water to simmer over medium heat. Use a shallow spoon to skim the film off the top of the broth. Add the veggies, lower heat and barely simmer for 6-8 hours.

Add the parsley & any other herbs you like in the last hour. When done, remove from heat and using slotted spoon, remove all bones and meat, pour the broth through a fine-mesh strainer & discard the solids. Season with salt & other herbs to taste.



Childbearing Family Alliance, Inc.



Mary R. Kahrs, Executive Director

60 East Main Street
Kings Park, N.Y. 11754

Established 1981



Main Office: 631-360-2880

Fax: 631-360-2878

familycfa@aol.com

www.familycfa.com

Find us on Facebook
and Instagram :)

CFA Programs Some in Hybrid Format

- Pregnancy Basics
- Childbirth Education
- Breastfeeding Classes
- Breastfeeding Support Group
- Baby Care Basics Class
- Infant, Child & Adult CPR
- New Mother's Group
- Parent/Child Playgroups
- My Baby & Me
- Fun For Wee Ones
- Stay & Play
- Separation with Ease
- Art Smarts
- Tot Music & Drums Alive
- Preschool Enrichment programs
- Fit4Mom fitness classes:
Stroller Stride, Strides 360,
Fit4Baby, Run Club+
- Lots of ways for Moms to
meet Moms

www.familycfa.com

CFA/Fit4Mom



Celebrating 40+ Years!

Visit our website:
www.familycfa.com

Come visit us at
60 East Main Street in
Kings Park!

Come to Our Breastfeed-
ing Support Group every
Tuesday from 12:30-1:30

We have "Mom's Night
Out", "Daytime Mom
Meetups" & "Family Fun
Playgroups"!

Learn about Cord Blood
Banking at a Virtual
ViaCord Event

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