



THE HEALTH AND WELLNESS INSIDER

A H E D N e w s l e t t e r

Provider's Perspective: *Meet Bernadette Milan*

Bernadette wanted to teach prenatal yoga because of her own experiences when she was pregnant. She has several certifications to teach pre- and post-natal yoga, therapeutic yoga, stress management, and adaptive yoga. She also uses what she learned from her Bachelor of Arts degree in Psychology from UC Berkeley in her work.

These are some of the benefits of yoga:

- *Improves sleep*
- *Reduces stress and anxiety*
- *Increases the strength and flexibility of muscles for childbirth*
- *Decreases lower back pain, nausea, headaches, and shortness of breath*

There are other benefits to taking prenatal yoga. You can meet and bond with other pregnant women. It can also help prepare you to be a new parent.

I hope to create a safe space for community with other students while creating more comfort and ease mentally, emotionally, and physically through the challenges of pregnancy.



WORLD BREASTFEEDING WEEK

August 1-7, 2022

Santa Clara Valley Medical Center (SCVMC) is a **Baby-Friendly** hospital. This means that SCVMC uses the Ten Steps to Successful Breastfeeding.

Some of the steps include:

- Giving prenatal education to families
- Helping mothers to hold their baby skin-to-skin right after birth and beyond
- Keeping mother and baby together in the room
- Offering breastfeeding support during their hospital stay and afterwards



For Moms

- Lowers risk of some cancers (like breast and ovarian cancer)
- Supports bonding with your baby
- Helps lose pregnancy weight sooner



Breastfeeding Benefits



For Babies

- Gives antibodies to fight diseases
- Helps with brain development
- Lowers risk of childhood obesity, diabetes, and Sudden Infant Death Syndrome (SIDS)



Resources

- <https://www.babyfriendlyusa.org/>
- <https://www.lactationtraining.com/resources/educational-materials/handouts-parents>

Visit our website listed below and click on the **Resources** tab for more lactation resources

A H E D N E W S

To sign up for our **FREE VIRTUAL** health education classes:

- Ask your provider to refer you to us
- OR call us at **408-885-5436**

Please visit our website for more information:

www.scvmc.org/ahed