

MIHP Biweekly Update November 4, 2024



Maternal Infant Health Program

-
- [Mark Your Calendar: November COP Webinar](#)
 - [Inclusive Insight – November](#)
 - [Safe Sleep Social Media for November](#)
 - [Study Opportunity](#)
 - [Upcoming State of Michigan \(SOM\) Holidays](#)
 - [Previously Released MIHP Updates](#)
 - [Biweekly Update Topic Submission](#)
 - [MDHHS Publications](#)
 - [Coordinator Directory](#)

Mark Your Calendar: November COP Webinar

The November Community of Practice webinar will be on Wednesday, November 13th from 1:00PM - 2:30PM. The topic is “Perinatal Mood and Anxiety Disorders (PMADs) and Dads,” presented by Postpartum Support International (PSI), Michigan Chapter

[REGISTER HERE for the Perinatal Mood and Anxiety Disorders \(PMADs\) and Dads webinar.](#)

Inclusive Insight – November

This month's edition spotlights Indigenous maternal healthcare in North America, also known as Turtle Island. A core element of Indigenous maternal health is the interconnectedness of people, land, and community. Read this month's edition here: [Inclusive Insight – Indigenous Approaches to Maternal Health](#).

Read this month's edition here: [November Inclusive Insight](#)



Safe Sleep Social Media for November

You can help raise awareness of infant safe sleep by posting on social media. Below you will find sample social media posts for November that you can utilize on your own social media accounts. The Michigan Department of Health and Human Services (MDHHS) will be posting similar posts if you want to share the MDHHS post instead of posting directly.

If the post contains a link, click on the link and replace it with the URL directly from the website. Make sure the link works before posting. There are also links to images that you can use with each post, if needed.

Post 1 Support your kids and protect your grandbaby. Make sure everyone practices the ABCs of #safesleep - Alone, Back, Crib. Learn more at [Link to: Baby We've Got Your Back Brochure for Grandparents](#).

[Image for Post 1](#)

Post 2 Planning a holiday trip with your baby? Make sure you have a #safesleep space at your destination and make sure your car seat is properly installed before taking off! Click to learn more about proper installation at [Link to: Car Seats: Information for Families](#).

[Image for Post 2](#)

Post 3 Swaddling can be a way to help soothe a baby, but it should be stopped when they start attempting to roll. #safesleep

[Image for Post 3](#) - **Swaddle** under Social Media Graphics

Post 4 Little one won't stop crying? Movement, white noise, hearing your voice, or a change of scenery may work. Once calm, practice #safesleep. Learn more soothing tips at [Link to: Soothing a Crying Baby](#).

[Image for Post 4](#)

If you have any questions, please contact the Infant Safe Sleep Program at MDHHS-InfantSafeSleep@michigan.gov.



Study Opportunity

VOICES of Black Women, an initiative led by the American Cancer Society (ACS), is calling on Black women from all walks of life to join the movement. Michigan is 1 of 20 states where ACS is conducting a study and we wanted to share this information with you. This opportunity serves as a collective commitment to understanding and improving the health of Black women across the nation. By taking part in ongoing studies, eligible women become an essential part of a movement dedicated to shaping a healthier future for Black women.

Who is eligible to participate?

Black women age 25-55 with no history of cancer (except basal or squamous skin cancer), who lives in Michigan.

What is involved?

Participants use a private VOICES website to access our online surveys. The first survey takes about an hour, followed by brief check-ins at least twice a year to help us gather meaningful insights into Black women's health.

Learn more

- Visit the website: <https://voices.cancer.org/>.
- [See the attached flyer](#).
- For more information, contact Megan Landry landry@cancer.org and Kerry Murphy-O'Donnell kerry.murphyodonnell@cancer.org.

Upcoming State of Michigan (SOM) Holidays

November 5

November 11

November 28 and 29

December 24 and 25

December 31

Previously Released MIHP Updates

To review any previously released MIHP Biweekly Updates, they can be found by [visiting the MIHP webpage Michigan.gov/MIHP](http://Michigan.gov/MIHP).

Biweekly Update Topic Submission

If you have suggestions for topics to be addressed in future additions of the MIHP Biweekly Update, [please submit your ideas here](#).

MDHHS Publications

[Sign up here to receive program updates and communications.](#)

Coordinator Directory

Please click here to access the most recent Coordinator Directory. [MIHP Coordinator Directory](#)

Our communication for the Maternal Infant Health Program has been streamlined to a single email address and phone number. Please forward all emails to MIHP@michigan.gov. For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.