

**MIHP Biweekly Update**

**October 7, 2024**



**Maternal Infant  
Health Program**

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**Mark Your Calendar: October COP Webinar**

The October Community of Practice webinar will be on Wednesday, October 23rd from 1:00PM - 2:30PM. The topic is “Housing Resources in Michigan,” presented by Lisa Kemmis from the Michigan State Housing Development Authority (MSDHA).

[REGISTER HERE](#) for the Housing Resources in Michigan webinar.



### **October is Infant Safe Sleep Awareness Month!**

October is [Infant Safe Sleep Awareness Month](#) in Michigan and [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#) nationally. To help support families, you can learn more about the [safe sleep guidelines and why they are recommended](#) to keep babies safe.

Another way to promote infant safe sleep is to sign up for the *Infant Safe Sleep Month Virtual 5K Your Way*. To participate, complete a 5K run/walk or any other activity for at least 30 minutes (bike, swim, dance, chair aerobics—just move) during the month of October. [Learn more about the Virtual 5K Your Way and sign up today!](#)

This month, take time to promote infant safe sleep in your community - educate your clients, friends and family. Join us and [learn to how you can make a difference](#) in October, and all year long!

Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep at [michigan.gov/safesleep](https://michigan.gov/safesleep)



## Depression and Anxiety During and After Pregnancy – What Parents Should Know

The [Healthy Start Assistance and Support Center](#) has helpful brochures that define perinatal depression and anxiety, explain the signs and symptoms, share what mothers and birthing people should know, and offer ways fathers, partners, and friends can help mothers and birthing people who may be experiencing perinatal mental health challenges. They are available in English and Spanish.

[Depression & Anxiety During and After Pregnancy Brochure for Moms](#)  
[Depression & Anxiety During and After Pregnancy – What Fathers, Partners, and Friends Should Know](#)

Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep at [michigan.gov/safesleep](https://michigan.gov/safesleep)



## MDHHS Virtual Baby Fairs in December



**REGISTER NOW!**

Michigan Department of Health and Human Services  
**Virtual Baby Fair**



Are you a new or expecting parent? Join us for a virtual baby fair to learn how to be better prepared for your best adventure yet! Learn about resources available to you, important information, and ask questions to experts.

**Monday, December 2, 2024, from 6:00-8:00 p.m.**  
**Thursday, December 5, 2024, from 9:00-11:00 a.m.**

Register at

<https://www.surveymonkey.com/r/RZXS9B8>

### Participating MDHHS Programs:

- Newborn Screening
- BioTrust for Health
- Infant Safe Sleep
- Women, Infants, & Children (WIC)
- Vital Records
- Unintentional Injury Prevention
- Oral Health Program
- Care for MiWell
- Childhood Lead Prevention Education
- Michigan Maternal Mortality Surveillance, Hear Her Michigan Campaign
- PFAS Education
- Eat Safe Fish
- Immunizations
- Early Hearing Detection and Intervention
- Maternal Infant Health Program
- Michigan Home Visiting Initiative
- Birth Defects Education and Outreach
- Breastfeeding Support
- Children's Special Healthcare Services



**MDHHS**  
Michigan Department of Health and Human Services

Scan here  
to register!



For more information please contact  
[MDHHS-VirtualBabyFair@Michigan.gov](mailto:MDHHS-VirtualBabyFair@Michigan.gov)  
517-284-4992



**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](mailto:MIHP@michigan.gov). For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.