

Mom and Baby Group at Frisbie Memorial Hospital

Wouldn't it be great if you were handed an instruction manual when your child was born? Everything would be listed for you on how to raise your child until the age of two, with a resource page at the end. However, there is no manual, but I did find Frisbie's Mom and Baby Group held on Wednesdays from 9:30 a.m.— 11:30 a.m.

When my daughter, Hannah, was born, my husband, John, and I didn't know what to do. We made it through the first week, but then John went back to work. I was left to fend for myself during the remainder of my maternity leave. But after three weeks of being home all the time with a newborn, I was ready to pull my hair out because I was bored and lonely. I pulled out a flyer about the Mom and Baby Group held at the hospital where I had given birth, and hung it on my refrigerator—I vowed to go the next week.

The next week came....and I was napping on the couch during the group time. I vowed again to go the week after. This time, I actually made it out the door. We arrived to find a group of moms meeting in a room at Frisbie's conference center. There was a large blanket on the floor, toys scattered everywhere, babies playing and moms trading advice. I knew in a heartbeat that I'd made the right decision for me and Hannah.



Moms sharing experiences and a few laughs.

I was able to jump into the conversation quickly because everyone would go around, introduce themselves and their child, and share any joys and challenges they were facing that week. Hannah was about a month old, so she was still in the “eat, sleep, poop” phase. Despite that, I was able to breastfeed, and ask the silly questions like “Is my baby's poop supposed to be that color,” and “Are you really supposed to sleep when the baby sleeps?” What made it even better was that all of the moms in the group had been there, and knew what I was going through. Finally, someone to relate with my little triumphs (“I got in a shower before I left!”) and challenges (“Why won't my daughter eat anything today?”)

Hannah and I go to the group faithfully. It has become a part of our routine. It just makes the weeks easier and gives me something to look forward to. Some of the moms shared with me the reasons why they enjoy attending the Mom and Baby Group. The overall consensus was that it is a great opportunity to meet new people in similar situations, as well as a chance for new parents to learn about the available area resources such as local consignment shops for kids clothing and pediatricians.

Written by Melissa Cardin of Rochester. Melissa is married with a daughter, Hannah, who attend the Mom and Baby Group weekly.

The Mom and Baby Group is for new moms and provides support and information on breastfeeding, general feeding issues, and baby care concerns.