Over fourteen years we have been asked many questions about Mommy Rocks so I thought this would be a great place to post some of the questions with answers.

Q: When did you give out the first rocking chairs and how did it all start?

A: Our first chairs were given out on Mother’s Day 2002. I actually had a dream one night (crazy as it seems) and came up with everything from the name of the organization and what I wanted to give each mom. Rocking chair, books, receiving blanket, burp pad, music and flashlight were the first things I wanted to make sure moms had.

Q: Is Mommy Rocks a nonprofit project/agency?

A: Mommy Rocks became a project of the Colorado Nonprofit Development Center (CNDC) in 2002. 

Colorado Nonprofit Development Center is there to guide and support us.

CNDC’s mission is to foster the development of a healthy and vibrant nonprofit sector in Colorado by enhancing the effective and efficient use of community resources and by supporting the development of charitable projects and nonprofits.

They are the only 501(c)(3) nonprofit in the region offering emerging, transitioning, and established organizations:

Comprehensive fiscal sponsorship, including:

- Organizational incubation and effective growth strategies
  - including financial management and human resources
  - One-on-one coaching and technical assistance.

Q: Where does Mommy Rocks find the moms?

A: Mommy Rocks has developed relationships with local health departments, hospitals, clinics, military bases, as well as other agencies and non-profits that serve low income/resource pregnant women. They in turn refer mothers to us. We only take referrals from such agencies.

Q: Chairs! Where do you get them and how do the moms receive them?

A: We purchase approximately two-thirds of our rockers brand new at an average cost of $145.00 per chair. The remainder are gently used and donated. This gives us a variety of styles and sizes for moms to choose from. I used to pick out a chair for each mom, which was a challenge, and deliver chair to them.

Several years ago we were blessed to be given space at St. Paul’s Episcopal Church in Lakewood. We distribute chairs from there about twice a month by appointment. Moms finally get to sit in a chair and see what is most comfortable to them! Total gift for each family is about $250.00.

Q: What other things do you give to the families?

A: Our list has grown over the years thanks to in-kind donations which is why we can now give diapers, baby wipes, blankets, bibs, sweaters, hats, clothing, booties and books to families as they are donated to us.

Q: Do you have paid staff?

A: We are 100% volunteer managed using our time and talents to support Mommy Rocks.

Q: Have you had to turn away a mom because you did not have enough rockers?

A: I can honestly say in the beginning it was really close but no! If we didn’t have a new rocker one seemed to be donated just in time and ready to go to a family!

If you have any questions please let us know! We’d be happy to answer them.

Pictures above are Adalyn Josephine granddaughter of Deb Sanders, born Dec. 2015.
7 Everyday Hero is head of "Mommy Rocks" nonprofit

Mitch Jelniker
Feb 1, 2016
volunteer | everyday hero

Rocking Babies Crucial to Children’s Development
Veronica Hoegler, Ph.D.

Do you know why rocking a baby is so important? Not only does it help soothe a fussy baby, but it is crucial to their development and coordination.

Our five senses – vision, hearing, smell, touch and taste – help us learn about and move through our world. But, did you know there are two more senses that we employ every day? One is called the vestibular sense. And the vestibular sense requires rocking to develop optimally.

The vestibular sense makes us aware of our head. It helps us determine its position, direction and the speed at which it is moving. This information helps keep our head and body upright and aware of proper posture. When standing on the subway, the vestibular sense tells us when the train starts and stops in movement. It is our vestibular sense that tells us when we are upside down, sideways, or right side up on a roller coaster.

Gently rocking a baby engages the vestibular sense and helps it develop. The vestibular sense is a sense upon which many other skills rely. So gently rock your babies! And enjoy them.

Pictures of some of our parents and babies as well as: Southwest Region Women’s Club members’ book drive, Sandy Nyland at Mommy Rocks fundraiser, Deb and Mitch Jelniker.
Mommy Rocks 2015 Donors

Piñon Pine Level ($10-$39)
Ronald & Sally Kenny
GoodShop
Karen McDermott
Melba Johnston
Anne & Bryan Kohlenberg
Barbara Burgeson
Catherine Hebert
Cheryl Brungardt
Roberta Anderson
Sarah Pacheco
Zelma Pacheco
Susan Cox
Mary Oaks
Minnie Lundberg
Judy Henderson
Lynn Smith
Penelope & Norm Carlavato
Valerie Gongaware
Russell & Michelle Callejo
Rich & Janet Orcutt
Paula & Rich Workman

Cedar Level ($40-$99)
Ebert & MaryLou Arellano
Mil & Bernita Lundquist
Dr. & Mrs. Charles Pavluk M.D.
Sara Dawson
Beverly Breda
Norma Tubman
Joan Dawson
Joanne Wilson
Randy Bales/Bales State Farm
Insurance
Pat Sladek
Elizabeth McConnell
Debie & John Montero
Mary Heiny
Jean McRoberts
Welcome Come Co./Pam Trent
John & Carol Livingston
Pam & Ron Schrier
Veronica Hoegler
SAVA Catering/Lana Zimdars
Hanzon Studios
Kathy Peretto
Brenda Huddleson
Ann Mezo

Maple Level ($100-$499)
Sal & Pam Costa
Craig Sanders
Andrew & Katie Sanders
Jennifer Braun
Holly Rutherford Allen
Norma Tubman
Susan Franklin
Dee Hayes
Dr. Patrick Sweeney DDS
Sue & Chris O’Dell
Maximum Company/Bob Burgee
Southwest Women’s Club-GFWC
Lynn & Mark Voth
Deb Sanders
BJ & Ellie Burmit
St. Thomas More Catholic Church
Miriam & Timothy Cake

Walnut Level ($500-$999)

Great Oak Level (over $1,000)

2015 Chair Report
40 Families served
756 Families served since 2002

Please accept our sincere apologies for any errors or omissions.

Thanks to Donors that have provided:
*Diapers, Baby wipes, Flashlights, Books, Rocking Chairs, Chair Pillows, Blankets, Bibs, Crib Sheets, Burp Pads

*These items we would love to bring to our Trinidad/Walsenburg outreach with your help! Your gifts all year round are appreciated.
Donations for our outreach can be dropped off at St. Paul’s on May 8th. See next page: Upcoming Mommy Rocks Events or call Deb!

Please share your pictures with us of you or your group working on projects for Mommy Rocks.
Picture to left: Clements Community Center, Lakewood, CO sewing group! One of their members make bibs for babies! She has been making them for Mommy Rocks for over 5 years!

WANTED: Mommy Rocks is looking for an organization, church or group to hold a rocking chair roundup in 2017! This event requires group effort to advertise for gently used rocking chairs to be donated to Mommy Rocks and host a location for dropping off chairs. For more information contact information@mommyrocks.org or call 303-601-8421.
**Upcoming Mommy Rocks Events**

**Sunday, May 8th**… *Mother’s Day and 14th Anniversary of Mommy Rocks!*
Services at St. Paul’s Episcopal Church 9200 W. 10th Avenue Lakewood.
Mommy Rocks presentation at 8 a.m. and 10:30 a.m. services. Everyone welcome!

**Sunday, May 8th....** Drop off *donated items for June outreach at St. Paul’s 10-th-noon.

**Friday, June 17th**… Outreach distribution of rocking chairs in Trinidad/Walsenburg community. We’ll be on the road again heading south to serve moms and babies. *Your donated items will be distributed to families during this distribution.

**Friday, September 9th**… Wine Tasting and Italian Buffet at Spero Winery in Denver. Enjoy amazing wines and foods from the Spero Family. Reservations must be made in advance $45.00 per person. This is our most popular event and everyone has a great time! The atmosphere and friends you meet are *FAVOLOSO!* Time: 6:30 p.m.

**RSVP to Deb @ 303-601-8421 by Thursday, September 1st.**

Watch for our web site to be updated! It will look much the same but will be much easier to navigate. Updates will be more frequent and we’ll be able to add pictures and stories. Fingers crossed…..by end of the summer!

**Please accept my donation to Mommy Rocks**
(All donations are tax-deductible to the extent permitted by law.)

Donor Name ______________________________________

Address for acknowledgment: __________________________________________

_______________________________________________

Circle one: $25  $35  $45  $55  $105  other $ ________

Make checks payable to: **CNDC FBO Mommy Rocks**

Mail to: **Mommy Rocks**  PO Box 261033  Lakewood CO 80226

To make a credit card donation call 303-601-8421 or e-mail deb@mommyrocks.org and Deb will contact you to obtain credit card information. Be sure and share best time to call and best telephone number to reach you

**Consider making a minimum of $14.00 gift. $1.00 for each of the years we have been serving moms in our communities!**