Community Outreach

Outreach has become a part of achieving our mission. About 90% of mothers referred to us come to our location prepared to choose and take home a rocking chair. Being able to sit in a chair and find which one fits best for comfort and size is the best of all situations.

Having our location at St. Paul’s Episcopal Church has been a great improvement from the days when I chose a rocker for each mom. Took it across town, up three flights of stairs only to find out that the chair I brought was not the best fit. Disappointing for both mom and me.

In 2008 we made our first “out of town” outreach trip. It was a great adventure and with some of my Girl Scout co-workers, friends and family we headed to Chaffee County. Set up shop in Buena Vista and unloaded chairs, books, blankets, clothes, diapers and baby wipes. Working with local health department nurses and WIC they identified the families we would distribute to. It was a great success all around!

I knew we would do another outreach I just didn’t think it would take eight years. In 2016 Craig and I would travel south to Trinidad and serve families in Huertano County.

Instead of taking volunteers with us we connected with Girl Scouts, Kiwanis and Rotary members along with WIC staff and had rockers shipped to the Trinidad Fairgrounds to be assembled at our distribution location.

Loading up my KIA with everything else, we were packed to the roof but managed to give each mom everything we give moms locally. This outreach touched 26 families.

With two large outreaches done I’ve found that it is occasionally difficult for a mom to come to our location due to lack of transportation or not having a vehicle that will hold a rocker.

January 2017 was our first local outreach to Tri-County Health Department Iliff WIC location. Having identified 10 families I was pleased to have five Mommy Rocks supporters volunteer to help distribute chairs and other items to families.

Smaller and more local outreach programs are helpful to moms and the staff that make those referrals. This summer in August we will be in serving Tri-County Health Departments WIC Brighton Community.

We are now leaving some of the chairs purchased in boxes so that families can assemble them at home.

Serving new moms in different ways has been a learning experience for Mommy Rocks so ideas may come a little slow but never too late to make a difference.

A few of our referring agencies are:
- Tri-County Health Department
- Jefferson County Health Department
- St. Anthony Hospital
- Children’s Hospital CAMP Program
- Colorado Community Health Alliance
- Denver Health WIC
- Denver East & West Side Clinics
- Family Tree
- Catholic Charities
- Kaiser Pre-Post Natal Nurses
WHY A ROCKING CHAIR?

The rocking chair came to America via England, where it was typically used as a garden chair. American Colonial moms were quick to bring the chair inside and create a comforting space in the home for mother and child. Thanks to them, the rocking chair is now a fixture in hospitals, nurseries and homes across the nation.

Here’s why you should feel fantastic about helping Mommy Rocks place rocking chairs in homes where resources are scarce and adult furniture, not to mention extras for babies, are at a bare minimum. Along with cooing, cuddling and eye gazing, rocking comes naturally to new moms. Rocking, much like other intuitive care-giving behaviors, quietly offers up an impress array of physical, emotional and developmental benefits.

If moms are lucky enough to have a rocking chair during pre-natal months, studies suggest that rocking for just a few minutes a day can help promote the development of the fetal nervous system. Rocking also relaxes the mother-to-be and benefits both her circulation and pain management.

Once baby is home, the benefits of rocking just keep unfolding from newborn to toddler to young child and beyond. For the newborn, rocking with mom not only soothes fussiness and promotes rest, it also provides a firm foundation for psychosocial development. Rocking also mimics the gentle back and forth rhythm of a cradle, combined with mom’s soothing sound, scent and touch.
Mommy Rocks 2016 Donors

Piñon Pine Level ($10-$39)
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Foster Family Foundation
St. Paul Episcopal Church
Nikki & Dave Leonard
Anonymous Donor

St. Paul’s Episcopal Church family we are blessed by the generosity of your spirit and gifts!

Why a rocking chair continued

The gentle motion of the rocking chair has been shown to release endorphins. Endorphins are necessary for baby’s development and for mom’s recovery and they both help to prepare a secure feeling of well-being and bonding for both baby and mom. Ricking also stimulates the vestibular system, which assists in the baby’s biological development and its ability to be alert and attentive.

As baby grows, the rocker becomes a quiet space for storytelling and reading. Reading to baby becomes more entertaining and interactive as baby progresses to toddler and young child. At this point, in addition to all the physical and emotional benefits, the rocking chair helps to promote literacy and learning.

The rocking chair, in short, is truly a treasure for moms and babies and anyone lucky enough to rock from time to time. Where else do you find bonding, soothing, stress relief, biological and emotional stimulation, and a chance to share a favorite book?

So, do you feel fantastic about helping our moms and babies rock? Feel great about facilitating the healthy development of a child who may not have as much as other children. Feel terrific that you’re helping to create young readers and open minds. Feel warm and fuzzy and downright pleased about promoting bonding that helps the whole family. Moms rock, you rock and everyone benefits when babies rock!

Linda Henry, 2009 Board Member
Upcoming Mommy Rocks Events

**Thursday, July 27 ... Painting with a Twist!** Bring a friend and cool off this summer with a creative evening to support Mommy Rocks! Get your paint on and let’s have some fun! Help us reserve the entire place to support Mommy Rocks!

Painting with a Twist
7134 W Alaska Drive
Lakewood /Belmar
6:30 to 8:30 pm

Reservations must be made by July 17th. Go to link below ASAP to make at or call 720-465-2364. $35.00 per person. Check out link below for event information.


**August 31**... Mommy Rocks Brighton WIC Outreach

Volunteer for this outreach, meet moms and see how your donations impact families. Make a three and a half hour commitment.

Contact Deb at 303-601-8421 for further information.

**Saturday, September 30**th ... Tea Tasting

Get ready for fall and cozy up with a cup of tea and find out what your favorites might be for the season! Enjoy sweet and savory treats! Dozens of teas available to taste. Hosted at Deb’s home, come casual and comfy. $25.00 per person. Reservations call 303-601-8421.

**Friday, October 27**th ... 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** $55.00 p.p. or $100.00 per couple. 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 October 20th.

A special Thank You to Denver Heating and Air Conditioning, Duane Fitts and Shereen Abusaeedi for sponsoring a Wine Tasting Fundraiser in March. Funds raised are used toward our 2017 outreach programs.

For information on your company, church group or organization to sponsor or hold an event for Mommy Rocks contacts us at 303-601-8421 or deb@mommyrocks.org.

I would like to support Mommy Rocks allowing them to serve more moms and babies!

(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 visit our website www.mommyrocks.org

Consider making a minimum of $15.00 gift. $1.00 for each of the years we have been serving moms in our communities!