



Rocking rocks!

By Linda Henry, Mommy Rocks Board Member

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 us 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 instinctive care-giving behaviors, quietly offers up an impressive array of physical, emotional and developmental benefits.

If moms are lucky enough to have a rocking chair during the 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 the 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 pro-



otes 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.

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A Mom (and Dad's) story

By Deb Sanders, Mommy Rocks Founder

In 2008 we served 90 families with over 200 children. It brings to mind the trials that our families faced last year. It reminds me that many families struggle with adjusting to a new little person in the house without support from family or minimal support at best. Those are the families that we help.

Veronica had just moved in with her mom, who was on disability. While the new grandmother did not have funds to help her daughter, she did provide a room for her to share with her new baby girl.

We were able to provide her with a rocking chair, diapers

as well as some other much needed items. We were also able to refer her to an agency that provided her with a crib.

It was great to have referrals for two military families. The dads came to choose chairs for their wives, which is pretty unusual for us. Both are serving our country, so it was an honor to give them something so small as a rocking chair!

Heather took the RTD to our location because she did not have a car. She picked out a rocker and was thrilled with the baby items that were given to her. Her chair was delivered that day to her apartment. The next day she

called to thank us again for helping her out.

Stephanie's baby girl was only 1 1/2 pounds at birth and needed heart surgery, so her

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Rocking rocks! *(from page 1)*

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 also help to promote a secure feeling of well being and bonding for both baby and mom. Rocking 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 story telling and read-

ing. Reading to baby becomes more entertaining and interactive as baby progresses to toddler and young child. At this point, in addition to all of 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, calorie burning

and chance to share a favorite book?

So, do 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. Mommies Rock, you rock, and everyone benefits when babies rock!

A Mom (and Dad's) story *(from page 1)*

grandmother came to pick out her rocking chair. She was pleased that she could help her granddaughter in this small way.

We actually had three moms this year already who had preemies. We were able to provide them with premie layette sets that were donated to us. T-shirts, diapers, nightgowns, so tiny you can hardly believe these new moms will be bringing home and caring for these young lives.



All of our Mommy Rocks moms are connected to services that help them. They attend classes, get counseling, see nurses and dietitians or belong to programs that follow them and their baby for two years.

We believe that giving them rocking chairs allow them to bond with their baby during those first few years, and from the response we have gotten from our partner agencies, they agree!

This year to date we have had over 50 referrals, so our numbers of mothers and infants served might surpass 2008.

Recycle it!

Rocking Chair Round Up in your Neighborhood!

Your church or group can sponsor a Rocking Chair Roundup for Mommy Rocks! This is a great service project for youth groups or any group, and it is easy!



Just publicize the event and let your friends and neighbors know that you are collecting gently used and new rocking chairs for Mommy Rocks and the fun begins!

Mommy Rocks will work with you to make sure it is a great event, and it only takes a few hours. A Mommy Rocks representative will assist with the round up. For more information contact Deb at 303-601-8421 or at information@mommyrocks.org.

So please sponsor an event, and ask folks to dust off that rocking chair in the basement or garage and recycle it! Those gently used rocking chairs will have a new life with a mom and her new baby, and you can help!



Ways you can Help Mommy Rocks

Like many nonprofit organizations, we have all been asked to serve more families with fewer resources. In our case, it means fewer rocking chairs, diapers and other needed supplies that would be helpful to a new mom.

So the short and simple of this is that we could really use your support. And believe it or not you don't have to write a check to support us! That would be nice, too but I do know that things are tough all over.

Here are a few painless ways that you can help our moms!

- Check with family, friends, and associates to see who has any of the following items that they could donate: diapers (opened packages are ok), gently used rocking chairs,



gently used crib sheets.

- Attend one of our upcoming Barnes & Noble Book fairs.

- Check with your employer to see if you can donate through workplace giving. Some workplaces match funds. Call us for information about this process.

- The pennies add up when you conduct your online searches using www.GoodSearch.com. Designate Mommy Rocks as the organization you "goodsearch for." This Yahoo-powered search engine donates half its advertising revenue to charities. Last year all those pennies added up to help us purchase two rockers!

- In December, our Silent Auction will return! Plan to attend and do some shopping for the holidays.

Summer food and fun

Mommy Rocks is planning a Western Cookout for all ages this summer!

It will be held on Saturday, July 25th, from 6 to 8 p.m., at St. Paul's Episcopal Church, 9200 West 10th Avenue, 10th & Garrison Street, in Lakewood.

Bring out the entire family to enjoy great food and entertainment and help support Mommy Rocks.



Fun and games outdoors and cool eats indoors! The very talented Cindy Perchetti will wow everyone with her incredible Ragtime tunes on the piano.

St. Paul's is the home of Mommy Rocks, so take a tour of our "headquarters."

Doors will open at 5:30 p.m. Tickets must be purchased in advance by July 1st to assure your place at this fun event. Call Deb Sanders at 303-601-8421 or 303-484-1886.

Tickets \$15.00
Children under 10 \$7.50
Children under 3 free
(Includes: beverage, main dish, salads, sides, dessert, entertainment)

2008 Donors

Great Oak Level (donors over \$1000)

- Durant Family Foundation, The Woodlands, Texas

Walnut Level (donors \$500-\$999)

Maple Level (donors \$100-\$499)

- Pam & Sal Costa
- Linda Henry
- Charlotte Shepic
- Deb Sanders
- Craig Sanders
- Les Martin
- Sheryl Clossen & Family
- Joan Dawson
- Michael & Andrea DiPinto
- Patrick Sweeney, D.D.S.
- Leo & Jane Sands
- Gerri & Ray Schiel
- Maximum Company, Inc.

Cedar Level (donors \$50-\$99)

- Mil & Bernita Lundquist
- Lorena & Mark Zimmer
- Bill & Geri Harris
- Charlene Sandoval
- Phyllis Flaxman
- John & Elsie Broughman
- Martinucci Family
- Ann Mezo
- Beverly Breda
- Roy Laws
- Rich & Peggy Corbetta

Golden Aspen (Corporate Supporters)

- City Market-Breckenridge
- Barnes & Noble Denver West
- Buzz in the Burbs
- Chili's Lakewood
- The Boppy Company

Olive Tree Level (Faith Communities)

- St Thomas More Parish Children's Charity, Centennial, CO
- St Paul's Episcopal Church, Lakewood, CO

Little Bear Chair Level (kids who support Mommy Rocks)

- Maddie & Lexie Martinucci
- Alayna & Megan Nelson

Spring/Summer 2009

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**Mommy Rocks is a project
of the Colorado Nonprofit
Development Center.**

Make donations payable to:
CNDC FBO Mommy Rocks.



Mommy Rocks

Mission Statement

To provide first time mothers and
their infants a "place" of their
own as small as it might be to
continue the life long bonding and
loving process.

BARNES & NOBLE

www.bn.com

Save the date and join us!

Thursday-May 21st

Book Fair at Barnes & Noble at Denver West
14347 W. Colfax Ave Lakewood

Friday-Saturday June 26th & 27th

Garage Sale at 5803 W Ohio Ave. Lakewood
(Portion of proceeds going to Mommy Rocks)

Saturday, July 25th

Summer fun and food, a Western Cookout
St. Paul's Episcopal Church
9200 W. 10th Avenue in Lakewood
(see page 3 for information)

Monday-October 26th

Book Fair Barnes & Noble at Denver
West
14347 W. Colfax Ave Lakewood

Saturday, December 5th

Silent Auction returns!



Mommy Rocks
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