

### Babies First helps Sandy mother navigate her own grief while raising a newborn



One of the first things home visitor Mimi Rosales does after greeting Kayla Hawkins and daughter Alayah is to weigh and measure the two-year old.

"Twenty-four pounds, 35 inches," says Rosales, who has been visiting this family since Hawkins was a few months pregnant.

"It had been 10 years since I had had a baby," says Hawkins who sought out the Babies First nurse home visiting program so she could get a refresher on raising a baby and get connected to health care, food and clothing assistance and early learning resources.

Hawkins lost most of her vision in 2007, which makes driving impossible. Her partner works long hours, so she also wondered how she would get herself and the baby to in-person appointments.

"I'm always amazed at how she handles the situation," says Rosales, who travels across Clackamas County's 1,800 square miles to check in with 25 families on the Babies First and CaCoon nurse home visiting programs.

Shortly after Alayah was born, the family suffered a devastating tragedy. Hawkins' oldest son died in a car accident, which left her grieving and in need of her own mental health resources.

"When mothers are okay, their kids are also more likely to be okay," says Rosales who helped Hawkins find a counselor.

Over the past two years, Rosales also helped connect the family with pre-school services for Alayah, resources to help Hawkins' 13-year-old son with ADHD and impulsivity, and transportation services to get to in-person appointments.

"I love this program, it's helped me a lot," says Hawkins, who now only needs visits once a month, and soon will likely be able to end visits, which will allow Rosales to add another family to her caseload.

