



In June we celebrate Father's Day, but actually every day is Father's Day! Dads are everyday heroes and play such an important role in raising children. So, please take time to thank the father figure in your life.





Fatherhood Initiative of Florida  
**Healthy Start**  
Coalition of Bay, Franklin, Gulf Counties



## Dads & Donuts

at Dan-D-Donuts  
Friday, June 14th

1147 Harrison Ave, Panama City  
7:00AM until 11:00AM







Learn about our  
**T.E.A.M. Dad Program** and  
Register to win a  
gift basket worth \$500

Sponsored by Bay, Franklin, Gulf Healthy Start Coalition, the State of Florida, Department of Health and the Healthy Start MomCare Network, Inc. and the State of Florida, Agency for Health Care Administration. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-435-7352 within the State or visiting the website at: [www.FloridaConsumerInfo.com](http://www.FloridaConsumerInfo.com). Registration does not imply endorsement, approval, or recommendation by the State. Registration #CR-52511



# BECOME A SUPERHERO

Join **T.E.A.M. DAD**





**Healthy Start**  
OF BAY, FRANKLIN, & GULF COUNTIES

[healthystartbfg.com](http://healthystartbfg.com)



# Welcome Fatherhood Coach James Reed



James Reed, Jr., is originally from Indianapolis, IN. He and his wife and two youngest children relocated to Panama City Beach two years ago this June. He is the father of three children, ages 22, 8 and 3. His oldest attends Ball State University and his 8 year old daughter is an A Honor Roll student. James has his

bachelor's degree in education from the University of Southern Illinois where he also played football. After 12 years in education, James decided to make the move for warmer weather and sandy beaches. In this new chapter of his life, he is elated to be the new T.E.A.M Dad Coordinator at BFG Healthy Start and looks forward to serving our community.



## Our Services

Many new fathers struggle to figure out their role when their wife or partner has a baby. Our new fatherhood program offers education, training, and support to help men become the responsible, engaged, and empowered fathers their children need them to be.

Our fatherhood program can help with:

- Parenting & Co-Parenting Education
- Improving Child Development
- Building Healthy Family & Community Relationships
- Workforce Development & Economic Stability
- Personal Development



If you have a child under the age of 3 and live in Bay, Franklin or Gulf County and are interested in more information about T.E.A.M. Dad, please contact our Fatherhood Coach at:  
TEAMDad@healthystartbfg.org  
or 850-370-0844.



## Why is it Important?

Involved Fathers Have a Positive Impact on Their Children!

- 130% More likely to hold leadership positions
- 55% More likely to go to college
- 43% More likely to earn A's in school
- 75% Less likely to have a teenage birth
- 80% Less likely to spend time in jail
- 46% Less likely to use drugs
- 50% Less likely to experience depression



## Fatherhood

- F** Foundation. Parenting is like building a house: fathers are the foundation upon which mothers build structures in the child's life. Both are needed for a child's success. Be the foundation and steadfastness in your child's life.
- A** Awareness. Be aware of what's going on in your child's life, including their health, school, and interests. Your child wants to spend time with you!
- T** Teach. An important role of a father is to teach, guide, and instill proper values in his children so they have what they need to succeed in the future. Your children look to you as a leader.
- H** Health. With all the bustle around your developing child, it can be easy to forget that your own health is important too. By taking care of your physical and mental health, you are not only demonstrating healthy habits from an early age but also doing your part to be around for your child's life longer.
- E** Engage. Children who have an active involvement with their fathers have been shown to be more successful in life. Be involved with your child early on, particularly during their first 1,000 days of life, so that you can promote healthy bonding and have quality engagement throughout your child's life.
- R** Responsible and Resourceful. Raising a child is a great joy, but there are many responsibilities involved. It is important to be resourceful in what you have and to learn new skills so that you can support your family.

## Facts About Father Engagement

- Fathers and infants can be equally as attached as mothers and infants. When both parents are involved with the child, infants are attached to both parents from the beginning of life.
- Father involvement is related to positive child health outcomes in infants, such as improved weight gain in preterm infants and improved breastfeeding rates.
- Father involvement using authoritative parenting (loving and with clear boundaries and expectations) leads to better emotional, academic, social, and behavioral outcomes for children.
- Fathers occupy a critical role in child development. Father absence hinders development from early infancy through childhood and into adulthood. The psychological harm of father absence experienced during childhood persists throughout the life course.
- The quality of the father-child relationship matters more than the specific amount of hours spent together. Non-resident fathers can have positive effects on children's social and emotional well-being, as well as academic achievement and behavioral adjustment.
- High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children. Children with involved fathers are less likely to act out in school or engage in risky behaviors in adolescence.
- Father engagement reduces the frequency of behavioral problems in boys while also decreasing delinquency and economic disadvantage in low-income families.
- Father engagement reduces psychological problems and rates of depression in young women.

Overall, the impact that fathers and father figures can make is substantial. Just as there are many positive aspects to father involvement, the effects of father absence can be detrimental as well.



# Recent Events!

Healthy Start and T.E.A.M. Dad recently hosted the Annual World's Greatest Baby Shower and participated in the Weems Memorial Hospital "Catch the Wellness Wave" health fair and the Tyndall Air Force Base Elevation Expo.

## World's *Healthy Start* Greatest BABY SHOWER



**Tyndall Air Force  
Base Elevation Expo**





## We Need YOU!



The Healthy Start Community Action Group (CAG) has been hard at work sorting through the recommendations from the Fetal Infant Mortality Review Case Review Team to identify and prioritize the Community Action Goals for the 24-25 fiscal year. These goals and action items will help pregnant women in our area welcome more healthy babies into the world and will help reduce the infant and fetal death rates in the Bay, Gulf and Franklin communities.

During the 2024-2025 fiscal year we will focus on four major goals:

1. We want to reduce the rate of tobacco use and vaping by pregnant women.
2. We want to increase awareness of healthy lifestyle behaviors so there is a reduction in maternal hypertension and obesity.
3. We want to decrease the percentage of unsafe sleep deaths in our community.
4. We want to continue ongoing bereavement services.

We will meet these goals by:

1. Creating community flyers that link to anti-smoking/anti-vaping education.
2. Partnering with local fitness instructors to create videos of pregnancy-safe workouts.
3. Training local first responders to identify and educate citizens on unsafe sleep environments.
4. Continuing to host the Annual Pregnancy & Infant Loss Candlelight Service.

If you or someone you know would like to help us meet these goals, please contact Tracey Leep by phone at 850-872-4130 ext. 105 or by email at [tracey@healthystartbfg.org](mailto:tracey@healthystartbfg.org).

## Last Rites for Little Ones

### A Bay, Franklin, Gulf Healthy Start Program

The last thing an expectant family is prepared for is to leave the hospital without their baby. Parents grieving for a fetal or infant loss sometimes have to make final decisions through a haze of grief and unforeseen financial circumstances.

'Last Rites for Little Ones' (LRLO) is intended to help low and moderate income families in Bay, Franklin or Gulf Counties that have suffered the tragedy of losing a child by financially assisting them with their funeral arrangements. Many families feel helpless and do not know where to turn for assistance. Through the LRLO program, we provide financial assistance towards gravesites, grave markers, or cremation and urn to families in need (up to \$300) when funds are available. Our bereavement trained care coordinators and staff provide bereaved families with emotional support and education.

Over the last several years we have been able to help many families. And, we would like to continue to provide this assistance but need the community's help to fund the program. Healthy Start is a 501(c)(3) non-profit Coalition and your donations are tax deductible.

To contribute to the Last Rites for Little Ones, please call 872-4130 ext. 102 or mail your donation to:

Last Rites for Little Ones  
Healthy Start Coalition, Inc.  
2101 Northside Drive, Unit 101  
Panama City, FL 32405





# Upcoming EVENTS

- 6/13 CAG Meeting – 9 -10AM CST**
- 6/19 Juneteenth Holiday**
- 6/25 FIMR Meeting – 9-11AM CST**
- 7/4 Holiday**
- 7/30 Gulf/Franklin InterAgency Meeting  
9-10AM CST**
- 8/3 World Breastfeeding Week Celebration**
- 8/27 FIMR Meeting – 9-11AM CST  
Zoom Only**
- 9/2 Labor Day Holiday**
- 9/28 Walk to Remember, 9-11AM CST**

The Healthy Start Coalition of Bay, Franklin, and Gulf Counties is a private, non-profit maternal and child health organization dedicated to reducing Bay, Franklin, and Gulf Counties' infant mortality rate and improving the health of pregnant women.

The Healthy Start Coalition of Bay, Franklin, and Gulf Counties works with community organizations and individuals with a vested interest in maternal and child health to maximize community resources. We offer a variety of programs to meet the needs of women, children and families.

**Visit Us Online!**



**www.healthystartbfg.com**



## HEALTHY START SERVICE LOCATIONS

### BAY COUNTY

531 Jenks Ave. Suite C • Panama City, FL 32401  
850-215-1320

### ALL ABOUT WOMEN OBGYN

850-785-1517

### EMERALD COAST OBGYN

769-0338

### FRANKLIN COUNTY

139 12th Street • Apalachicola, FL 32320  
850-653-2111

### GULF COUNTY

2475 Garrison Ave. • Port St. Joe, FL 32456  
850-227-1276

### HEALTHY START COALITION

2101 Northside Drive, Unit 101  
Panama City, FL 32405  
850-872-4130

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