



# Summer Newsletter

2008



## Summer has arrived!

Summer is finally here and we are excited here at PARTNRS to continue to see many of you for your second interviews (and even meet some of your new babies!). We've had 180 participants complete their first interview and 27 participants complete their second interview already. Read on to see how things are going and for some summer tips on how to stay cool and healthy!

## About PARTNRS

PARTNRS is a program focused on understanding what life is like for young couples as they become moms and dads (some for the 2<sup>nd</sup> or 3<sup>rd</sup> time!). PARTNRS participants complete 3 interviews on a laptop. The first interview is during pregnancy, the second interview is 6 months after the new baby arrives and the third interview is 12 months after the baby arrives. We look forward to hearing about your life and your baby at these interviews!

*"I'm very prepared for my daughter to be here and I think I'm going to be a good father. I am going to be sure that I do my best to be there for my beautiful daughter and I'm going to make sure that she grows up to be a very happy individual and I hope she puts her whole potential to the extreme."*

*~Quote from a Daddy-to-Be*

## Summer \$200 Raffle Winner!

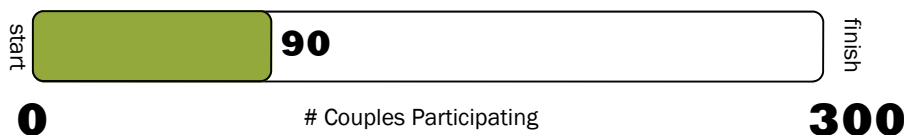


We are happy to say that we had a female participant from Bridgeport win our second raffle drawing! She won a \$200 gift certificate to Walmart!! Since she participated in her second interview she had a total of 3 chances to win—and did! Our January 2008 \$200 gift card raffle winner was Michel from Bridgeport! Congratulations!

Every 6 months we hold a drawing for a \$200 gift certificate to Walmart. Our next raffle drawing is in January 2009. Let us know if you change your contact info so we can tell you if you win! Participating in your first interview got you one chance to win. Participating in your second interview gets you **3 chances** to win!

## Recruitment

90 couples have joined PARTNRS so far! To fill the program we need 300 couples so we are well on our way.



## Tips for staying cool this summer!

The summer months promise to bring us steaming hot weather so here are some tips for staying cool this summer!

- ☼ Drink lots of water! Even if you don't feel thirsty you need to keep your fluid levels up.
- ☼ Ice! Soak your feet in water with ice to soothe swollen feet and cool you down.
- ☼ Keep your bedroom cool by closing the curtains or shades during the day to keep the hot sun out.
- ☼ Help keep your baby cool by applying sunscreen whenever they are outside and dress them in cotton clothes or even just a diaper!



## Find your baby's horoscope!



***So far, PARTNRS participants have welcomed 53 babies to their lives!***

A fun part of pregnancy and being a new parent is imagining how your baby's life will unfold. Will she be adventurous, serious, creative or practical? Will he be a doctor, an artist, a teacher, a star? There's no certain way to tell, but some astrological signs may give you an idea of what's to come. Don't see your baby's horoscope? **Look for the rest of the Babyscopes in the next issue of the PARTNRS newsletter!!!**

- Aries** (March 21-April 19): Get ready for the ride of your life — this little soul is a powerhouse of energy and talents. Active is the keyword, and fearless too, so remove tall objects once climbing is mastered!
- Taurus** (April 20-May 20): Your little Taurus is creative, naturally easygoing, and has great common sense. She loves soft fabrics and the touch of your hand. Regular routines provide security and a love of food and drink gives him a healthy appetite.
- Gemini** (May 21-June 21): Your precious Gemini is curious and has a quick wit, imagination, and intellect. A fun-loving nature makes settling down to do one thing impossible, but his/her ability to juggle several activities at once is outstanding!
- Cancer** (June 22-July 22): Cancer is the zodiac sign for childhood, family, and home, so feelings and nurturing instincts are strong here. You can never love a Cancer child too much or too often!
- Leo** (July 23- August 22): Mom and Dad have every right to be proud of their little Leo, who is blessed with a sunny disposition, loving heart, abundant creativity, and instinct for leadership.
- Virgo** (August 23-Sept22): Keep your running shoes handy, because this child will be in constant motion, both physically and mentally. An active, curious mind coupled with unlimited nervous energy keeps parents on their toes.

*Adapted from Pregnastrology (2007). <http://pregnastrology.com/index.html>. Accessed June 25, 2008.*

## Let us know if you change your phone # or address

Here's how to reach us:

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