



Isis

Rising

A Prison Doula Project



Summer 2013 Newsletter  
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## Research & Program Update

We have been very busy this summer, working on a number of different projects related to Isis Rising. We recently received funding to expand our doula program to Hennepin County Adult Correctional Facility (aka, the Hennepin County Workhouse). We will start providing doula support services for pregnant women at the facility early this fall. Doulas will provide prenatal, birth, and postpartum visits within the correctional facility, and if women are released before their due date, our services will follow them back into the community. We are thrilled about the expansion of our project, and thank our project participants for encouraging us to explore the needs of jailed women in our state.

We have also been working with Ms. Timlin, the director of the Anthony Unit, to discuss ways that Isis Rising and Anthony can be more integrated. We're looking forward to learning more about activities in Anthony and ways that we can collaborate to support incarcerated mothers and their children at MCF-Shakopee.

Finally, in June Sesame Street announced a new initiative for children with incarcerated parents, *Little Children, Big Challenges: Incarceration*. Minnesota was selected as one of ten states that will provide resources to young children of incarcerated parents and their families. The multimedia kits designed by Sesame Street, include a DVD with a Muppet story, a children's storybook, and a guide for caregivers to provide strategies and tips to help communicate with children about incarceration. Contact Ms. Timlin if you are interested in getting a kit for your family.

### What is Isis Rising?

Isis Rising is a pregnancy and parenting support program for mothers incarcerated at the Shakopee Women's Prison.

*"The world talks to the mind.  
Parents speak more  
intimately, they talk  
to the heart."  
-Hain Ginott*





## *Get to Know an Isis Doula* *Gloria Quiroga*

Gloria has been a doula since 2003 and has worked with Everyday Miracles since 2006. She holds a Bachelor of Arts in Legal Studies along with an Associate's degree in the Applied Sciences, Legal Assistant Program. She was born in Texas where her family worked as migrant farmers.

Gloria has received many awards including Bilingual Education Paraprofessional of the Year and the Black, Indian, Hispanic & Asian Women in Action Award of Honor.

Along with being a doula, Gloria has worked as an Outreach Specialist for the Civil Society, providing outreach to clients needing legal support. She is also involved in advocacy work with women who are victims of sex trafficking.

Gloria and her husband have five children, fourteen grandchildren, and are foster parents to two girls.

## *Benefits of Exercise* *During and After Pregnancy*

Pregnancy can be a source of stress, both emotionally and physically. Incarcerated pregnant women often experience poor mood, lower energy levels, and other health problems during their sentence. If left untreated, these conditions can persist even after the baby is born. Exercise is one strategy to improve health and wellness during pregnancy.

### **Exercise**

There are several different safe exercises you can do while pregnant, including dance, walk, stretch, yoga, or low-impact aerobics. Anything low-impact, making sure to keep one foot on the floor at all times, should be safe. Also, making sure to stretch before and after any physical activity is important to maintain joint health.

### **Benefits of Physical Activity**

There are several positive aspects to exercising while pregnant, including:

- Increases in energy levels
- Assists with sleep
- Helps reduce stress
- Reduces pregnancy discomfort
- Prepares the body for child birth physically and emotionally
- Improves the unborn child's autonomic nervous system (the body's involuntary functions including breathing, mood, ability to cope with stress, and sleep)

### **Physical Activity after Birth**

Staying active is important both while pregnant and after the baby is born. Some advantages are as listed here:

- Eases symptoms of depression
- Helps with managing anxiety and stressful situations in a healthy way
- Increases confidence by losing the weight gained during pregnancy