



Media Release

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CRDAMC's third annual Baby Expo

FORT HOOD, Texas – Days away from delivering her second baby, Spc. Mechelle Nichols, III Corps, went to the Carl R. Darnall Army Medical Center's Baby Expo to meet her friend so the first-time mom-to-be could get information on pregnancy and newborn care.

More than a thousand others also attended the third annual Expo held in front of the hospital Oct. 25. There were 57 tables/displays manned by CRDAMC OB/GYN doctors, midwives and nurses, plus vendors from Fort Hood and the surrounding communities, who provided sample products, education and awareness on a wide range of topics like pregnancy, labor and delivery, car seat safety, infant education and what to expect during the first year after birth.

Although her friend didn't make it, Nichols said the trip was still worth it to her as she learned quite a few new things to help her with her second child. Her daughter, Emiah, was born at Darnall on Christmas Eve last year.

"It never hurts to gain as much knowledge as you can. New ideas and products can help make things easier," she said. "There's so much information here and everyone is so helpful. I'm glad I came. It would have been great for my friend, too."

Another experienced mother, Amanda McKinley, also said the Expo was worth the trip. Pregnant with a baby girl due in March, she also brought her four boys ages from two to nine years old. She's quite familiar with the pre- to post-pregnancy care and services Darnall provides since her last two children were born at the hospital.

"I've done the gamut, but I thought attending the Expo would be a good idea. I did learn some new things like how it's best not to lay the baby flat in the bed. There were some good child safety tips, too," McKinley said. "We got lots of samples and there were things for the kids to do, too. We even won a nice prize at the Diaper Derby. All in all, it was a great day."

The Expo had something for everybody and was designed to be a fun way for attendees to learn valuable information. Visitors played “bingo” where they got a stamp at all the educational tables they visited. Once their card was full, they entered it in a drawing to win door prizes.

“Our goal was to provide awareness and information about pregnancy and early parenting to families. This year’s Expo was very well attended. We had about 500 more people than last year,” said 1st Lt. Rebecca Sherman, Labor and Delivery registered nurse and the officer-in-charge of the event, adding that moving the Expo to the front of the hospital provided more room and shade. “Everything went really well. For me, the best moment was when the Expo got into full-swing and everyone was learning, excited about the giveaways, and grateful to have an informative event.”

Sherman said many came up to her and expressed their satisfaction with the Expo.

“We had one woman write on a comment card how she had just PCS'd here with her husband and really appreciated connecting to the community, finding out what Fort Hood had to offer her during her pregnancy and for her newborn,” she added. That's what this event is all about—making a difference.”