

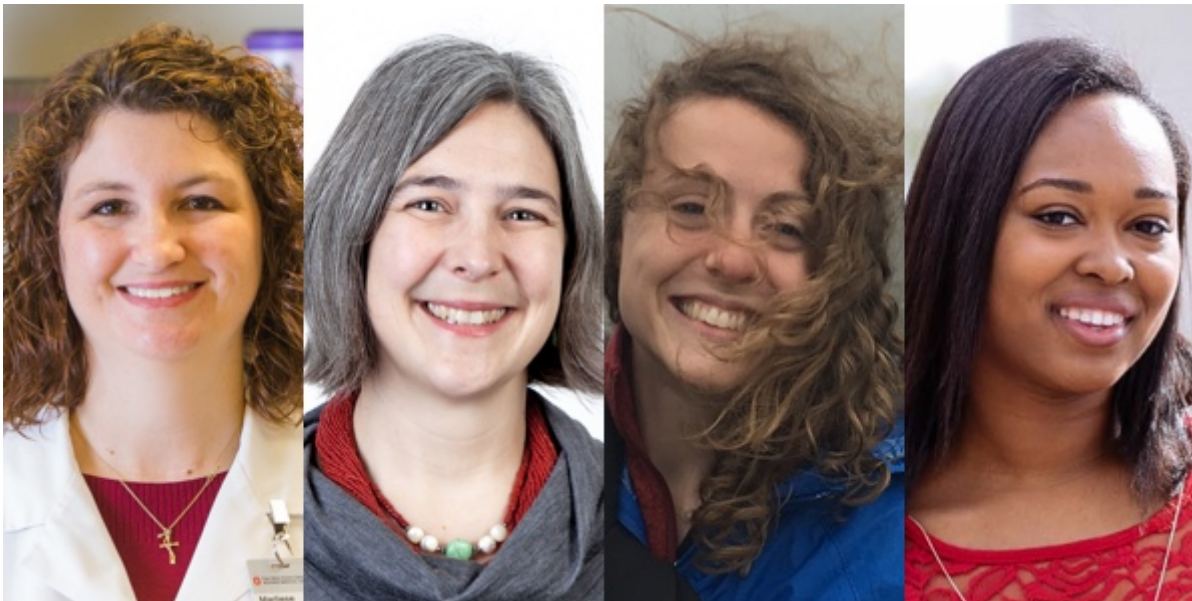
AUGUST NEWSLETTER



Beyoncé's NICU experience, in her own words

Beyoncé opens up in an exclusive cover story with Vogue. For the first time ever, the star shares her experience addressing body image after birth, battling serious complications during her pregnancy with twins and her NICU experience.

[Read her story >>](#)



How YOUR support helped us honor four incredible nurses

March of Dimes was proud to recognize four outstanding nurses for their dedication to improving the health of moms and babies in their communities. Isabel Brewster, Natima Geis, Marliese Nist and Kristin DeArruda Wharton were each awarded a 2018 March of Dimes Graduate Nursing Scholarship for post-graduate and doctoral studies in the field of maternal-child nursing.

[Meet the nurses >>](#)



Four common breastfeeding questions, answered

Am I doing this right? Is my baby getting enough milk? These are just a couple of the worries that cross the minds of new moms who breastfeed. To address some of the most commonly asked breastfeeding questions, TODAY Parents joined with an International Board Certified Lactation Consultant and parenting coach, Meredith Fein Lichtenberg.

[Check out the answers >>](#)



How California reduced its maternal death rate by over 50%

Maternal mortality rates are increasing across the U.S., but California has become an exception. The state's maternal mortality rate declined 55 percent between 2006 and 2013. The reason for the decrease? Common-sense measures that may surprise you — like making sure each patient's concerns are heard and implementing safety protocols for addressing blood clots and reducing c-sections in first-time births.

[Learn more >>](#)

**HEALTHY
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