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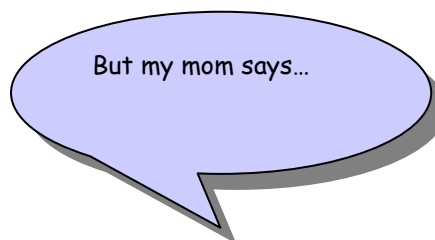
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-Division of Policy & Planning
-NYS Office of
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Common Myths about Safe Sleep for Babies

If I put my baby to bed on his back, won't he choke if he spits up? A healthy baby will turn his head if he spits up or vomits. Back sleeping is much safer since a baby may not be able to lift his head away from a pool of vomit near his mouth if he is on his tummy.

My baby sleeps better on her tummy, Isn't she more comfortable that way? A baby may not fall into as deep a sleep if she is on her back; this is a good thing. Back sleeping will help her to wake up if she gets in trouble with her breathing. Also, a baby that is on her back is not as likely to breathe in carbon dioxide because she has a good supply of fresh air around her mouth and nose. Once they are able to turn over on their own, you do not have to worry about turning them back over.

I feel better when my baby is close to me. Is it safe to sleep with him? Adult beds, recliners, and couches are not safe places for babies to sleep. Pillows, blankets, backs of couches and recliners can get pushed up against his face and cause his breathing to stop. A baby can also get trapped between the mattress and headboard or wall. We have had very sad cases, when a mom, dad, or other adult has rolled over on the baby during sleep, and the baby has died. A baby is safest when he is in the same room as his parents, but not in the same bed.

Why are bumper pads and blankets a problem? A baby may push her face up against bumpers or a blanket or anything else in the crib, causing a build-up of carbon dioxide around her face and nose. Instead of blankets, use a sleep sack or heavy sleeper to keep your baby warm.

10 steps

to take before baby takes his or her first

sleep in safety,
grow in style

CJ FOUNDATION
for SIDS™

1 Always lay your baby to sleep face up in an approved crib, on a firm-fitting mattress. Side and tummy positions are not safe for sleeping; check with your doctor if your baby has breathing problems.

2 Remove all loose bedding, stuffed animals, bumpers and pillows from crib. Crib bumpers are not recommended and can be hazardous. Consider using a wearable blanket or sleepsack instead of using a blanket.

3 Control room temperature and don't let your baby get too hot. Overheating is a leading risk factor for SIDS. Room temperature should be comfortable for a lightly-clothed adult, approximately 61–67 degrees Fahrenheit. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot.

4 Consider using a fan to increase air circulation in baby's room. Room fans have been shown to reduce the risk of SIDS.

5 Don't share sleep surfaces: sleep in the same room, but not the same bed or other surface, as your baby. Adult beds, couches, chairs, pillows, sheepskin, foam pads, and waterbeds are never safe for infant sleep and increase the risk of SIDS, suffocation and accidental infant death.

6 Offer your baby a pacifier at all sleep times. Pacifiers have been shown to reduce the risk of SIDS.

7 Don't smoke while pregnant and never allow smoke near your infant. While pregnant or considering pregnancy, do not smoke. Never let others smoke near your baby. Smoking is a major risk factor for SIDS.

8 If possible, breastfeed your baby. Breastfeeding has been shown to reduce the risk of SIDS.

9 Put your baby on his or her tummy to play when your baby is awake and supervised. Make sure someone is always watching. "Tummy Time" is good for your baby because it makes neck and shoulder muscles stronger.

10 Create a healthy lifestyle for you and your baby. When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your doctor about changes in your baby and how your baby acts.

Share these tips with everyone who cares for your baby. Education is the key to keeping your baby safe.

The CJ Foundation for SIDS is dedicated to reducing the number of infants who die while sleeping every year. Through SIDS risk-reduction education and educating parents and infant caregivers on how to provide a safe sleeping environment for their baby, *SLEEP IN SAFETY*, *GROW IN STYLE* will show parents how to design their nursery for safety and style.

www.cjsids.org 1-888-8CJ-SIDS

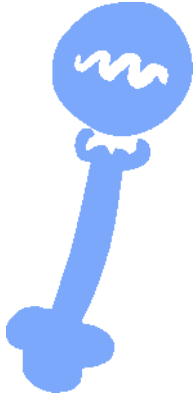
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OUR SPONSORS



Checklist for Gr

Here's what you can expect your child to be doing from birth to age three. If you ha



3 months

At **three months** of age, most babies:

- turn their heads toward bright colors and lights
- move both eyes in the same direction together
- recognize bottle or breast
- respond to their mother's voice
- make cooing sounds
- bring their hands together
- wiggle and kick with arms and legs
- lift head when on stomach
- become quiet in response to sound, especially to speech
- smile



6 months

At **six months** of age, most babies:

- follow moving objects with their eyes
- turn toward the source of normal sound
- reach for objects and pick them up
- switch toys from one hand to the other
- play with their toes
- help hold the bottle during feeding
- recognize familiar faces
- imitate speech sounds
- respond to soft sounds, especially talking
- roll over



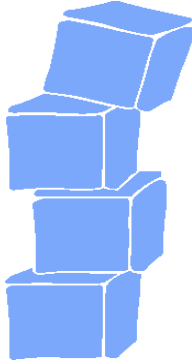
12 months

At **12 months** of age, most babies:

- get to a sitting position
- pull to a standing position
- stand briefly without support
- crawl
- imitate adults using a cup or telephone
- play peek-a-boo and patty cake
- wave bye-bye
- put objects in a container
- say at least one word
- make "ma-ma" or "da-da" sounds

If your child is having trouble doing some of these things, it may put
Talk with your doctor or call your

Local E/I Programs: Broome County 607-778-2851 * Chenango County 607-3
Otsego County 607-547-4230 * Tioga County 607-6



At **18 months** of age,
most children:

- like to push and pull objects
- say at least six words
- follow simple directions (“Bring the ball”)
- pull off shoes, socks and mittens
- can point to a picture that you name in a book
- feed themselves
- make marks on paper with crayons
- walk without help
- walk backwards
- point, make sounds or try to use words to ask for things
- say “no,” shake their head or push away things they don’t want

At **two years** of age,
most children:

- use two-to-three-word sentences
- say about 50 words
- recognize familiar pictures
- kick a ball forward
- feed themselves with a spoon
- demand a lot of your attention
- turn two or three pages together
- like to imitate their parent
- identify hair, eyes, ears and nose by pointing
- build a tower of four blocks
- show affection

At **three years** of age,
most children:

- throw a ball overhand
- ride a tricycle
- put on their shoes
- open the door
- turn one page at a time
- play with other children for a few minutes
- repeat common rhymes
- use three-to-five-word sentences
- name at least one color correctly



How to Survive Shopping with a Child!

Shopping can disrupt a child's routine and/or schedule, and can sometimes be confusing for him or her.

Going to public places with children **can** be a pleasant experience for everyone.

What can you do to make sure that the trip goes well?

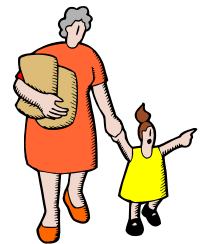
Plan ahead & check attitudes. Is your child too tired or hungry to shop? Are you? If yes, postpone your trip or find a sitter.

Explain the rules. Before entering the store make your expectations clear. For example, "Stay close to me" or "Use your quiet voice."

At the store **make a game out of shopping.** Who can see the bananas? Who can find the shoe store first? Who can see a person wearing red? Which store begins with a T?

Give children some choices. When possible, allow your child to decide: "Blue or red socks?" "Chocolate or vanilla ice cream?" Be prepared to bargain or compromise.

Praise your child. "You are being so helpful." A hug can be reassuring and say more than words at times.



Ignore inappropriate behavior unless it becomes dangerous, destructive, annoying to others, or truly embarrassing.

Remove a child who is out of control. Take him to the restroom or out of the store. Tell him quietly, eye to eye, that his/her behavior is absolutely unacceptable.

Wait for the child to calm down. Say nothing at all until s/he does, then ask if s/he is ready to try again.

If all else fails ... **Go home** if the child cannot calm down. If the shopping can't wait, find a sitter and return alone.



Remember kids will be kids. They are not perfect and neither are adults.

If you are interested in additional information and tips, please call Mother's and Babies Perinatal Network at 607-772-0517 or 800-231-0744

Do You Need Health Insurance?



Are you uninsured and interested in getting more information about affordable health insurance?

You may qualify for free or low cost health insurance available through

NYS Child Health Plus for ages 0-19. Adults 19-64 may be eligible for health coverage through Family Health Plus.

Call Mothers & Babies Perinatal Network @ 1-800-231-0744. Enrollers are available to assist you with your health insurance application.

Facilitated Enrollment Program made possible through a grant from the NYS Department of Health



Congratulations on your New Baby

Mothers and Babies Perinatal Network

457 State Street

Binghamton, NY 13901

1(800)231-0744

www.mothersandbabies.org

Name: _____

Address _____

First names of your children _____

Topics you would like to see discussed in future newsletters



Do you have lots of good reasons to stop smoking? We want to help you quit for good!

Call Mothers and Babies Quit Kit Smoking Cessation FREE program .

1-800-231-0744

The food each WIC participant receives may vary. For more information call the Growing Up Healthy Hotline @ 1-800-522-5006. Or your local County WIC Office @:

Broome: (607) 778-2881

Chenango: (607) 334-7114

Cortland: (607) 753-6781

Delaware: (607)746-1700

Otsego: (607) 433-8000

Tioga: (607) 687-3147

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**Mothers & Babies Perinatal Network
457 State Street
Binghamton, NY 13901**

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The Secret to a Healthy Smile

It is important to take care of your child's teeth right from the start...



Brush & Floss Every Day

For infants use a damp cloth after each feeding



Eat Nutritious Foods

Too many starchy and sugary foods can lead to tooth decay



Have Regular Dental Check-ups

(A child's first appointment should be when their first tooth appears or by their first birthday)



Be a Role Model for your child - brush & floss each day



February is National Dental Month - for more tips on keeping teeth healthy, contact M&BPN at 772-0517 or 1-800-231-0744