



Healthy Beginnings

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Promoting Healthy Births and Healthy Families

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Safe Sleep for Infants—What do I need to know?

The American Academy of Pediatrics (AAP) has created a new, updated list of safe sleep recommendations for infants. If your baby is less than 1 year old, please use the following information as a guide to help keep your baby safe while he or she sleeps!



- Put baby to sleep on his or her back for every nap and every bed-time.
- Baby's sleep surface should be firm, not soft.
- Breastfeed your baby. Breastfeeding helps to keep babies healthy and strong which helps to protect them while they sleep.
- Room-sharing with baby on a separate sleep surface is recommended. Simply place the baby's crib, bassinette, or pack-n-play in your room close to your bed.
- Keep soft objects and loose bedding away from baby's sleep area (no blankets, teddy bears, etc.).
- Consider offering a pacifier at naptime and bedtime. If you're just beginning to breastfeed, wait until after baby gets good at nursing before beginning to offer a pacifier.
- Avoid smoke exposure during pregnancy and after birth.
- Avoid alcohol and illegal drug use during pregnancy and after birth.
- Keep baby comfortable but avoid overheating. If baby looks too hot (red cheeks, sweaty skin, damp hair, warm to the touch) remove layers of clothing and/or turn the heat down.
- During pregnancy, be sure to visit your doctor regularly for all prenatal check-ups.
- Be sure your baby has received all the recommended vaccinations for his or her age.
- Do not use any type of baby sleep positioner (such as a wedge).
- Do not use any type of baby monitor as a strategy to reduce the risk of SIDS.
- Do not swaddle your baby for nap-time or bed-time.
- Having baby sleep in bed with you is NOT recommended under any circumstance.

More information can be found at www.healthychildren.org

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**The mission of
the Mohawk
Valley Perinatal
Network is to
improve birth
outcomes and
maternal, child
and family health**

Tummy Time for Babies

Since the American Academy of Pediatrics recommended infants be placed on their backs to sleep in 1992, there have been fewer infant injuries and deaths during sleep-time. But since babies are on their backs while they are awake in car seats, bouncy seats, swings and other devices, it's easy to see that they can end up on their backs for most (if not all) of the day.

Unfortunately, babies are spending less time on their tummies while awake. As a result, the development of a flat head, weakened neck and arm muscles, and delays in rolling over, crawling, pulling to stand, and walking are more common than ever before. Tummy time allows babies to develop head control and the upper body strength needed in order to push up and eventually crawl.



Tips on how to safely encourage tummy time:

- Provide supervised tummy time on a firm, flat surface while the baby is awake.
- Begin tummy time for a few minutes several times a day until the baby tolerates longer sessions.
- Place a rolled towel or receiving blanket under the baby's arms or shoulders to make it easier for him to lift and turn his head.
- Place interesting toys such as mirrors and rattles where the baby can see and reach for them.
- Lie on your tummy beside the baby so she can see your face up close. Babies love to look at faces!
- Lie on your back and place the baby on his tummy on your chest. Once he tolerates this, try moving him to a blanket on the floor.

Remember, you should always place babies on their backs to sleep! But when babies are awake and an adult is watching, encourage them to spend some time on their tummy to play!

Infant/Toddler Technical Assistance Network of Region III, a project of the New York State Office of Children and Family Services (December 2003)

Did You Know?

Have you ever heard of women eating their placenta after giving birth? It's very common for many types of animals. Although not as common for humans, this practice has been used in Traditional Chinese medicine and other parts of the world for thousands of years. Media attention to this topic in recent years has made some people curious. Even celebrities such as Kim Kardashian have shown an interest in the subject!

What is the Placenta?

The placenta is an organ connected to a mother's uterus that gives oxygen and nutrients to a growing baby and removes waste from the baby's blood. This exchange happens through the umbilical cord—which is connected to both the placenta and the baby. After baby is born, the mother also "gives birth" to the placenta, which is why it is sometimes called the afterbirth.

These are some of the common beliefs as to why eating the placenta may be healthy for mothers:

- Nutritional benefits
- Pain relief
- Reduced bleeding after giving birth
- Improved milk production
- Hormonal replacement



A special lab can dry the placenta and grind it into a powder to be put into capsules. Then it could be taken like any other vitamin supplement. There are also hundreds of recipes on the Internet, and a placenta cookbook available through amazon.com.

Until more research is done, we can't recommend for or against this practice, but many of the women who have tried it report good results!

Source: Joseph, J., Giovinazzo, M., & Brown, M. Nursing for Women's Health Vol. 20, Issue 5 (2016) 478-483

FACT SHEET



FAST FACTS ON The Essential Plan

How do I enroll?

 nystateofhealth.ny.gov

OR

 1-855-355-5777 or
TTY: 1-800-662-1220

OR

 Through free help from
a certified in-person
assistant near your
home or work.

Can you help me in my own language?

Assistance is available in
your language by phone
and in person.

When can I enroll?

Enrollment for the
Essential Plan is open
all year long.

What is the Essential Plan?

A new health plan for New Yorkers. It costs much less than
other health plans. And it offers the same essential benefits.

Who can buy it?

Lower-income people who don't qualify for Medicaid or
Child Health Plus.

Household size	Most you can make
1	\$23,760
2	\$32,040
3	\$40,320
4	\$48,600

How much does it cost?

Either \$20 a month per person – less than a dollar a day
or NOTHING.

How else does it save me money?

It has NO DEDUCTIBLE, so the plan starts paying for your
health care right away.

You get FREE PREVENTIVE CARE like routine doctor exams
and screenings to keep you healthy.

What does the Essential Plan cover?

The same services covered by other plans:

- doctor visits, including specialists
- tests ordered by your doctor
- prescription drugs
- inpatient and outpatient care at a hospital



One of 16
Perinatal Networks
funded by the NYS
Department of Health.

We'd like to hear from you!
Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 1000 Cornelia Street, 2nd Floor, Utica, NY 13502; Fax: 732-5640; Email: aowens@newfamily.org

Find us on Facebook!
"Like" our pages to keep up to date with information for pregnant women and parenting families, as well as the Perinatal Network events and happenings!



www.facebook.com/newfamily.org

Planned Parenthood
HIV Testing & Counseling



Free, confidential Clinics:

<u>Utica:</u>	<u>Rome:</u>
1424 Genesee St.	111 E. Chestnut St. Ste. 205
315-724-6146	315-337-8584

Please call to make an appointment

**The Baby Weight Station at
Oneida County Health Department**

- ⇒ Get answers to your questions from a Certified Lactation Counselor
- ⇒ Check your baby's weight

We want to work with you to solve problems and build confidence so you can breastfeed as long as you would like!

Drop in Fridays 1-4 or call for an appointment.

Oneida County Health Department
406 Elizabeth Street, Utica New York
Please call 798-5906 or 798-5747
for more information or to make an appointment!



Community Health Worker Services

Community Health Workers help women of child bearing age improve their health, as well as the health of their family. They are an outreach and home visiting program serving Oneida & Herkimer county residents. If you need help getting health insurance, nutrition information, food stamps, or finding a doctor, call them today.

(315) 272-2661

Pregnant?

Protect yourself and your baby.

Get early prenatal care.

Prenatal Care - Medicaid Prenatal Services Program

Early and regular check-ups are important to you and your baby's health.

Medicaid Prenatal Services Program offers complete pregnancy care and other health care services to women and teens who live in New York State.

There's no cost to eligible women who participate in Medicaid Prenatal Services!

Call MVPN at 732-4657 or toll free at 1-877-267-6193 for more information.