

Promoting Healthy Beginnings

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If you would like to contribute to our newsletter as a writer or with suggestions for future articles, please call, fax or e-mail the office.

Contraception At-A-Glance

Did you know that roughly 50% of all live births are unplanned? Being aware of the various types of birth control can help individuals plan their reproductive future. There are five types of birth control to prevent pregnancy. Some work better than others, and the type a woman uses depends on what her and her doctor decide is best for her health and pregnancy goals. The different types of contraceptives are listed below, in order from most effective to least effective.

- **Sterilization:** A permanent form of birth control that prevents women from getting pregnant and men from releasing sperm. This generally involves surgery and is not usually reversible. There are three different types of sterilization: implant, tubal ligation, and vasectomy. The implant (non-surgical method to permanently block the fallopian tubes) and tubal ligation (cut, tie, seal off the fallopian tubes) are tools available to women who do not wish to have children, or any more children. A vasectomy (cut, block or close of the vas deferens) is available to men who have the same life goals.
- **Long-acting reversible contraceptives or “LARC”:** There are two types of LARCs—Intrauterine methods (IUDs) and implants. An IUD is either hormonal of copper and inhibits the sperm from reaching the egg. The IUD is inserted into the uterus by a healthcare provider. These methods last 3-10 years, depending on which type is used. The implant is a small rod that is implanted in the upper arm and releases a progestin to prevent pregnancy.

- **Short-acting hormonal methods:** These methods include injectable birth control, oral contraceptives, contraceptive patch, and vaginal ring. These methods use hormones to regulate or stop ovulation and prevent pregnancy.
- **Barrier methods:** These include condoms, diaphragms, and sponges. This is birth control that is used each and every time someone has sex. The diaphragm and sponge are less common than condoms, however they are still used. The diaphragm is a shallow, flexible cup made of latex that is inserted into the vagina before intercourse, blocking sperm from entering the uterus. The sponge is a soft disposable foam sponge filled with spermicide and is inserted into the vagina before intercourse. This should be left in place for at least 6 hours after intercourse and removed within 30 hours.
- **Natural rhythm method:** This is avoiding sex or using birth control only on the days when a woman is most fertile. This is the least effective type of birth control and is prone to human error.

There are only two types of birth control that can protect from STIs as well as pregnancy. These are the male and female condoms. While they are the best way to prevent STIs, they are not the most effective birth control method. To improve birth control efforts, an individual can use “dual protection”. This means they use a condom each time they have sex, and at the same time, they also use a more effective form of birth control, such as an IUD, implant, or shot.

Sources: NICHD, Office on Women’s Health, Planned Parenthood

Do you know someone that could use a reminder to use their birth control or track their period? The free “Spot On” app by Planned Parenthood has a menstrual cycle symptom tracker, and will also send reminders as appropriate (whether daily, weekly, monthly, etc.) for both short and long-acting contraceptive methods. In this day and age, when many of us are over extended and often playing beat the clock, reminders can be especially helpful at reducing human error and preventing an unintended pregnancy.



MVPN Lending Library

Looking for up to date maternal and child health information, but not sure where to find it?

Look no further! MVPN has a free lending library stocked with all the latest issues of:

- Journal of Perinatology
- Nursing for Women’s Health
- Journal of Obstetric, Gynecologic, & Neonatal Nursing

We also have DVDs and books with information on the following:

- Nutrition
- Oral Health
- Pregnancy Specific Health Concerns
- Prematurity
- Perinatal Loss
- Breastfeeding
- Parenting
- And so much more!

Visit us at 1000 Cornelia Street in Utica (2nd floor) to browse our lending library and find the resources you need!

There are many reasons that could cause someone to feel desperate enough to abandon a baby. This may be hard to understand, but keep reading to learn about possible contributing factors.

A woman of any age can find herself in a vulnerable situation with a difficult decision to make. However, high school and college students are among the most vulnerable to crisis pregnancies. This may be due to fear of their parents’ disapproval or punishment, and they may feel they have nowhere else to turn. Some women conceal these pregnancies, even from the father of the child.

Potential contributing factors to infant abandonment:

- Severe Postpartum Depression or Psychosis
- Pregnancy as a result of sexual abuse or incest
- Financial inability to care for the child
- Fear of other children being taken away by social services
- Shame of having a baby out of wedlock
- Fear of abuse if pregnancy is discovered

When babies are abandoned, often in unsafe places such as alleyways or dumpsters, it is rare that the child is discovered within enough time to save the infant.

What is the Safe Haven Law?

Luckily, legislation is currently in place that protects both mother and child. The Safe Haven Law differs from state to state, but in New York, a person has until the child is 30 days old to relinquish custody to an appropriate (responsible) person or suitable location. A suitable location is a fire department, police department, hospital, or community health center. When relinquishing custody, by law, the individual has the right to remain completely anonymous. The individual simply states that the infant is being relinquished under the Safe Haven Law. They may be asked to share any medical history that would help a doctor care for the infant, but even this is optional and up to the discretion of the individual. Through the Safe Haven Law, the mother is protected from any legal repercussions pertaining to abandonment, and she can have peace of mind knowing that her baby is safe.

For more information, call Mohawk Valley Perinatal Network at (315) 732-4657.



How Can Early Intervention Make a Difference?

Why is Early Childhood Intervention Important?

Have you worked with a child who you felt wasn't reaching their milestones appropriately?

All children grow and develop at different rates, however, some may need more help than others to reach those milestones. That's where Early Intervention (EI) comes in. EI services for children and infants who may experience developmental delays or disabilities are important for the child's future success in school, work, at home, and in the community.

Early intervention was established to improve the development of infants and toddlers with disabilities, reduce educational costs by minimizing the need for special education, minimize the likelihood of institutionalization and maximize independent living, and increase the capacity of families to meet their child's needs.

An early intervention program may include a number of different professionals, including social workers, speech therapists, occupational therapists, physical therapists, registered dietitians, developmental therapists, and psychologists. All these individuals will work together to help children live the best life imaginable.

EI can help improve children's lives in the following areas:

- Health
- Language and Communication
- Cognitive development
- Social/Emotional development

Can I make a referral to Early Intervention?

Absolutely. Anyone can refer a child to EI – Pediatricians, parents, grandparents, and child care providers. The child does not need a diagnosis for referral.

Nutrition and Children with Special Needs

All children need a healthy diet in order to grow and develop, however, children with disabilities are more at risk for experiencing nutritional deficiencies.

If you work with children with disabilities and wonder how you can make meal-time a more positive experience, check out these tips:

Before mealtime:

- Provide a quiet atmosphere, wash hands and face, announce that it's meal time
- Seat the child upright with feet and hips at a 90-degree angle
- You may also want to use the right equipment:
 - Spoon size that matches the size of child's mouth
 - Coated spoons (for those who bite too hard on spoons)
 - Sectioned plates or bowls with a lip on the sides
 - "Sporks"
 - Sippy cups or mugs with handles

Choose food wisely:

- Keep hot food hot and cold foods cold
- If the child can self-feed, provide finger foods
- Serve soup in mugs
- Use straws when able
- Give sips of fluid between solids
- Choose foods that are hearty, nutritious, cost effective, and can be used consistently (beans, brown rice, pasta)
- Cook meals to avoid the need for processed and fast-food

For more information, check out the following websites:

- www.ahealthiermichigan.org/2011/11/17/is-it-possible-to-eat-healthy-food-on-a-low-income
- www.eatright.org/resource/for-kids (click 'food' bullet)

Sources: UR Medicine/Golisano Children's Hospital, Central ECDC

Central Early Childhood Direction Center (ECDC)

Central ECDC is one of 14 ECDC's in New York State and is funded by the New York State Education Department. Central ECDC is affiliated with the Learning Disability Association of the Mohawk Valley (LDAMV) and the Resource Center for Independent Living (RCIL) Utica, New York.

Central ECDC provides information related to programs and services for children, birth to age 5, who have special needs or whom you suspect may have a delay in their development. Central ECDC also conducts free workshops for parents, agencies, professionals, and other members of the community on various topics throughout the year.

Central ECDC services are available free of charge to parents, agencies, professionals, and other members of the community.

Contact Us

Central Early Childhood Direction Center:
Utica Office 315.272.1887 / Watertown Office 315.785.9440
ecdc@rcil.com / <http://www.rcil.com/ecdc>

Breastfeed Your Baby Here

MVPN's *Breastfeed Your Baby Here* Community Initiative works with businesses and organizations to support breastfeeding mothers and babies in our community to help make nursing an accepted, comfortable, and easy choice in stores, daycare centers, buses, parks—anytime, anywhere.

Join our efforts toward a healthier Mohawk Valley and a healthier community by making a commitment to the current and future wellbeing of mothers and babies by becoming a partner.

What does it mean to be “Breastfeeding Friendly”, and to be a *Breastfeed Your Baby Here* partner? At the most basic level, a business or organization can be a *Breastfeed Your Baby Here* partner by displaying the official 8.5 x 11 *Breastfeed Your Baby Here* signage (pictured below), as an indication of an organization's awareness and support of *New York State Civil Rights Law, Section 79-e*, which protects a mother's right to nurse in public. We also ask that partners educate all staff members and encourage others to be courteous and kind to nursing mothers everywhere.

For those who would like to go above and beyond: Additionally, you can offer a clean semi-private or private area (other than a bathroom) with a chair, which can be made available to breastfeeding mothers. Many partners are finding that they already have a space in their facility to use for this purpose, so no extra work is needed. Partners also have the option to serve the community as a “drop-in place” for breastfeeding moms. This means a business welcomes mothers to stop in and nurse if they are in the neighborhood, without being a customer or client. Partners can also promote other family-friendly accommodations they may have, such as changing tables.

When a business signs on to become a *Breastfeed Your Baby Here* partner, they can then choose whether or not they would like to have their contact information, location, and available accommodations listed on the *Breastfeed Your Baby Here* website—which moms can use to find breastfeeding-friendly public places while they're out and about with their babies.

Mohawk Valley Perinatal Network currently has over 35 established *Breastfeed Your Baby Here* partnerships with private and non-profit businesses in the Mohawk Valley. For more information on how to become a partner, call Mohawk Valley Perinatal Network at (315) 732-4657 x228



Our Mission

To improve birth outcomes and maternal, child and family health, facilitate collaboration among providers and community organizations and advocate for change

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