



# Healthy Beginnings

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## What do you know about birth control?

There are five types of birth control a woman can use to prevent pregnancy. Some work better than others and the type you use will depend on your health and your desire to have children in the future. They are listed in order below, from most to least effective:

**1. Sterilization:** Both males and females may utilize this type of contraception. This is birth control that prevents pregnancy for the rest of your life through surgery or a medical procedure.

**2. Long-acting reversible contraceptives or "LARC":** You may have heard the term LARC thrown around by medical or public health professionals. This is birth control that your doctor inserts one time. With this method, there is no need to remember to do anything on a daily, weekly, or monthly basis (like taking a pill applying a patch, or getting a shot). LARCs last for 3 to 10 years, depending on the method (IUD or hormonal implant).

**3. Short-acting hormonal methods:** These include the pill, mini pills, patch, shot, and vaginal ring. This is birth control prescribed by your doctor that you have to remember to use on a daily, weekly, or monthly basis.

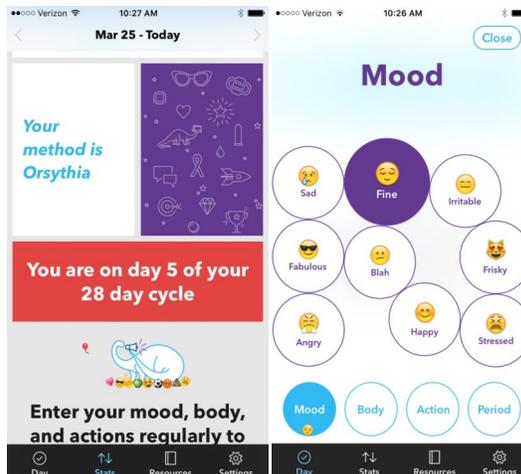
**4. Barrier methods:** These include condoms, diaphragms, and sponges. This is birth control that you use each and every time you have sex.

**5. Natural rhythm method:** This is avoiding sex or using birth control on the days when you are most fertile. A home ovulation test kit can help you find your most fertile days.

There are only two types of birth control that can protect you 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, you can use dual protection. This means you use a condom each time you have sex, and at the same time, you also use a more effective form of birth control, such as an IUD, implant, or shot.

While some of these birth control methods can be purchased from the pharmacy, you will need to talk to your doctor for oral contraceptives, the patch, vaginal ring, diaphragm, shot/injection, implantable rod and an IUD.

Are you using a short-acting contraception method but need daily or weekly reminders to stay on schedule? Download the **Spot On** app by Planned Parenthood to get reminders and advice sent to your phone.



Not planning on getting pregnant now or in the future? Talk with your doctor about which type of contraceptive may be right for you.

Source: Office on Women's Health

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

# How can Central Early Childhood Direction Center help your child?

## Why is Early Childhood Intervention Important?

Do you wonder if your child should be talking more or walking by now?

As children grow, they learn new skills. Children learn to crawl, walk, and talk by certain ages. If you think your child is developing slowly, Early Intervention can help.

Early Intervention services (for infants and toddlers with developmental delays or disabilities) are important for future success in school, the workplace, at home, and in the community.

Providing services to young children who have (or are at risk for) developmental delays or disabilities, has shown to improve outcomes in the following areas:

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

When children in need received Early Intervention services, family members are better able to support them from an early age and throughout their lives. Early Intervention services also reduce the need for special education as the child gets older.

If you think your child has a delay or a disability, don't wait. Contact your child's pediatrician or your county's Department of Health.



Sources: The National Early Childhood Technical Assistance Center, Oneida County Department of Health

## Nutrition and Children with Special Needs

All children need proper nutrition for optimal growth and development. Unfortunately, children with disabilities are at risk for experiencing nutritional problems. To help keep our children strong and healthy, it's important to encourage good eating habits as early as possible. At first, eating healthy may seem difficult when you're on a budget. Below are some ideas to help make it happen.... Get creative!

- Substitute snacks with fruits and vegetables (this will reduce the cost of chips, cookies, chocolate, candy, etc.).
- Buy fruits and vegetables that are in season, which cost less. [www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season](http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season)
- Try not to waste food by paying attention to expiration dates and being creative with leftovers.
- Cook meals at home to reduce the need for processed and fast-food.
- Plan your meals for the week or cook double the amount and freeze what you don't need right away for later use.
- Choose food items that are hearty, nutritious, cost effective and can be used consistently (beans and lentils, brown rice, pasta, soups that you can add vegetables to, inexpensive cuts of meat and fish like tuna and salmon).
- Save costs on fresh produce by signing up for a Community Supported Agriculture (CSA). Through this, you can pay for produce in advance and get it directly from a farmer for lower costs. [www.localharvest.org/csa/](http://www.localharvest.org/csa/)

Check out these helpful resources:

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

## 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](mailto:ecdc@rcil.com) / <http://www.rcil.com/ecdc>



Did you know? There are many situations that could cause someone to feel desperate enough to abandon a baby. This may be hard to understand, but some of these situations include:

- 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 without being married
- Fear of abuse if pregnancy is discovered

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 the most vulnerable to crisis pregnancies. This may be due to fear of their parents' disapproval or punishment. They may feel they have nowhere else to turn and no other choice.

### What is the Safe Haven Law and how does it work?

The New York State Safe Haven Law allows a mother who is unable to care for an infant (up to 30 days after birth) to give up custody without fear of legal consequences. This law protects babies from being left behind in an unsafe place. The baby can be brought to a fire department, police station, hospital, health department, or nonprofit community health center. The person bringing in the baby must find a responsible person and tell them they are giving up custody of the child under the Safe Haven Law. As long as the child shows no signs of intentional abuse, the person will not need to give any personal information (including their name). This means the mother can remain anonymous.

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



### **Did you know that 1 in 5 new moms experience a mood or anxiety disorder related to pregnancy?**

Most moms have experienced the Baby Blues, which are mild mood swings that start the first few weeks after birth. However, unlike perinatal mood or anxiety disorders, the baby blues go away in roughly three weeks. Perinatal Mood and Anxiety Disorders linger much longer than three weeks and can have a huge impact on your life.

These disorders include:

- Depression/Anxiety
- Obsessive-compulsive disorder
- Panic disorder
- Psychosis
- Post-traumatic stress disorder
- Bipolar disorder I or II

If you are feeling guilt and anxiety about parenting, loss of love for your baby, or difficulty enjoying baby (such as less active interactions, inability or lack of attempt to soothe baby, refusal to look at or hold baby, hostile expressions), you are not alone! Help is available. There are a variety of treatments and self help methods that can be used, including:

- Perinatal Mood and Anxiety Disorder Education
- Reaching out for help and support from family and friends
- Local support groups for new mothers
- Counseling / Therapy
- Medication

The Samaritan Counseling Center is a great local resource ready to help! Give them a call at (315) 724-5173 to schedule an appointment.



**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: mcapuana@newfamily.org

### 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**

### The Baby Weigh Station at the 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!**

Call for an appointment.

Oneida County Health Department  
 406 Elizabeth Street, Utica New York  
**Please call 798-5906 or 798-5747**



**Have Questions? Dial 2-1-1,  
 or visit [www.211midyork.org](http://www.211midyork.org)**

We connect you to answers to life's questions!

- ◆ Could I reduce my utility costs?
- ◆ Who can help me apply for health insurance?
- ◆ Can I volunteer?
- ◆ What help is available for my disabled mother?
- ◆ Are there lawyers to advise me?
- ◆ My unemployment ran out, what's next?
- ◆ I think my son is using drugs, what can I do?
- ◆ Is there child care in my area?
- ◆ Who will help me recover from this?
- ◆ And many more topics!

You call 2-1-1 —> Operators listen & direct you —> You get connected to services that help!

**Free - Confidential - 24 Hours - 7 Days a Week - Every Language**

### ***Do you or someone you know need help quitting drinking?***

Call the Center for Family Life and Recovery at: **(315) 733-1709**



### ***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.

And 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.