



Healthy Beginnings

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Promoting Healthy Births and Healthy Families

3 Parkside Court, Building 2
Utica, New York 13501
Phone (315) 732.4657
Toll-free 1.877.267.6193
www.newfamily.org

Safe infant sleep is as easy as A-B-C!

Babies should be:

- ⇒ Sleeping **ALONE**
- ⇒ On their **BACK**
- ⇒ In a safe **CRIB**

Alone: Babies need their own space (crib / bassinet / pack-n-play) to sleep safely. They should not sleep with adults or other children. Be sure to share your room, but not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that could happen if baby sleeps in an adult bed. Nothing should be in the crib but baby. This means no pillows, bumper pads, blankets, or toys.

Back: Put baby to sleep on their back, not on their tummy or side. Only put baby on their tummy for supervised playtime ("tummy time") – which they should have every day to help develop strong shoulder and neck muscles.

Crib: Use a safety-approved crib, bassinet, or pack-n-play with a firm mattress and a fitted sheet. If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, move baby to a crib.

Follow the 
ABCs
of Safe Sleep

I should sleep

A **Alone**

On my

B **Back**

In a safe

C **Crib**

Right from the start

Other tips to keep your baby safe while they sleep:

- Use a one-piece sleeper. Don't use blankets. Baby will be perfectly comfortable in a one-piece sleeper without the risk of sleeping with a blanket (which could end up covering mouth and nose).
- Be sure baby is not too warm while they sleep. Dressing baby in light layers and keeping the room temperature between 68 and 75 degrees is best.
- Breastfeed your baby. Breastfeeding for 2 months cuts baby's SIDS risk almost in half.
- Try using a pacifier at sleep time if baby likes it (but don't force baby to take it).
- Make sure baby is up to date with vaccines.
- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.
- Never use a car seat, baby swing, or other carrier without properly fastening all the straps.
- Make sure no one smokes in your home or around your baby.
- Don't use alcohol or drugs. They can impair your thinking and make you drowsy.
- Don't rely on home baby monitors, which can cause unnecessary worry. Monitors should only be used if your baby needs home oxygen or has serious breathing problems.
- Make sure **everyone** caring for your baby follows these tips!

For more information on safe sleep, visit health.ny.gov/safesleep.

April Owens

Executive Director
Ext. 225

Theresa Gorgas

Director of Finance and
Administration
Ext. 227

Diane Schnier

Perinatal Coordinator
Ext. 222

Megan Capuana

Perinatal Associate
Ext. 228

Lynne Gates

Health Insurance
Programs Coordinator
Ext. 224

Cheryl Perkins

Health Benefits
Specialist
Ext. 244

Filomena Facciolo

Health Benefits
Navigator
Ext. 242

Gerda Mortelette

Small Business
Specialist
Ext. 243

Darlene Mack-Brown

Program Support
Specialist
Ext. 221

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

Women of child bearing age: Taking a vitamin with folic acid can help prevent birth defects.

Did you know? Half of all pregnancies are unplanned – that's why it's so important that all women of childbearing age take the recommended amount of folic acid, even if they're not planning to get pregnant. Currently, only about 1 in 3 women are taking a multivitamin that has folic acid in it.

According to the March of Dimes, in the United States, more than 120,000 babies will be born with birth defects this year. That includes almost 3,000 babies born with neural tube defects, which affect the spine and brain. Many of these neural tube defects could be prevented if all women of childbearing age take daily multivitamins that include folic acid.

Folic acid is a B vitamin. If a woman has enough folic acid in her body a month before and during pregnancy, this can help prevent major birth defects that affect the spine and brain. Folic acid comes from fortified foods or supplements, or a combination of the two. Folate is the natural form of folic acid found in many foods.

Some foods rich in folate include:

spinach, artichoke, broccoli, potatoes (with their skin), lettuce, avocado, papaya, orange juice, pasta (enriched), bagels, white or whole wheat bread, cooked lentils and beans, soy nuts, liver (cooked), or sunflower seeds without the shell.



Other ways to prevent birth defects:

- See your healthcare provider regularly
- Avoid alcohol at any time during pregnancy
- Avoid smoking cigarettes
- Avoid "street drugs"
- Learn easy ways to cope with stress
 - Healthy ways to cope include eating healthy & well-balanced meals, exercising on a regular basis, getting plenty of sleep, and giving yourself a break if you feel stressed out.
- Prevent infections
 - Easy ways to do this include washing your hands frequently, cooking meat until it's well done, and avoiding contact with people who have an infection.
- Maintain a healthy weight
- Talk to your provider about medications you are taking
- Discuss vaccinations with your provider



Need help finding a provider? Simply dial 2-1-1!
Free—Confidential—24/7—Every Language

Source: HealthDay News, CDC

Germs cause cavities—we all have germs in our mouths that use the food we eat to make acid. This acid weakens teeth and causes cavities. If we don't brush after we eat, this acid stays on our teeth for 20 minutes EVERY time we eat or drink. When teeth are exposed to acid over and over again, the teeth weaken and eventually begin to decay. To prevent cavities, clean away food and germs. Make sure you and your child brush every day – after breakfast and before bed.

Make tooth brushing fun for your child!

When you brush your child's teeth at night, make a game out of it! Tell him or her you're going to get all of the "cavity germs". Be sure to say fun things like, "Oh, I got one!" or "Oh, there's another one! I'm going to get it!"

- Reward good brushing behavior. Use what motivates your child – stickers, reward charts, a favorite bedtime story, or making sure to say "I'm so proud of you!" followed by a huge high five.
- Sing a song about tooth brushing:

A Brushing We Will Go (Sung to the tune of "A Hunting We Will Go")

"A brushing we will go, a brushing we will go! My smile goes up, my smile goes down, a brushing we will go! A brushing we will go, a brushing we will go! My smile goes up, my smile goes down, a brushing we will go! A brushing we will go, a brushing we will go! My smile goes up, my smile goes down, a brushing we will go!"

Choose tooth healthy foods and beverages:

- Fresh fruits and vegetables
- Popcorn (Watch out for popcorn hulls! They can get stuck in between the teeth & gums and cause pain)
- Nuts
- Whole grain breads
- Whole grain crackers, rice and pastas
- Yogurt
- Water
- Milk



Source: Cavity Free Kids

As winter approaches, it's time to start thinking about all the ways we can keep our babies comfortable. Below are a few tips from the American Academy of Pediatrics to keep baby warm and cozy throughout the season.

Dressing for the outdoors:

- ❄ Multiple thin layers will keep baby warm and dry. Make sure he or she has warm boots, gloves and a hat. Boots should be big enough to allow for two pairs of socks on the feet.
- ❄ A good rule of thumb to follow is one more layer of clothing than adults would wear in the same weather.
- ❄ Blankets, quilts, pillows, bumpers, and loose bedding should be left out of baby's sleeping area. These are associated with an increased risk of SIDS. Try using one-piece sleepers or wearable blankets instead.

Dressing for the road...

Tips to keep baby warm in a car seat:

- ❄ Bring the carrier inside so that it remains at room temperature, not outdoor temperature.
- ❄ Dress baby in thin layers:
 - Start with tighter fitting clothes on bottom (tights, leggings, long-sleeved body suits).
 - Add pants and a warmer top (sweater or thermal-knit shirt). A fleece jacket could be added over top.
 - For very cold weather, long underwear is a great layering option.
 - Don't forget hats, mittens, socks and booties.
- ❄ If it's very cold, a blanket or coat can be laid over the top of the car seat harness straps *after* baby is buckled up.

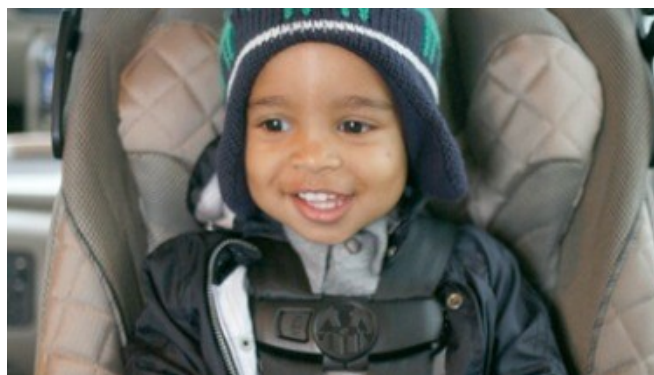


Image: healthychildren.org

For more information about keeping baby warm in the cold weather, visit healthychildren.org



We'd like to hear from you!
 Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 3 Parkside Court, Building 2, Utica, NY 13501; 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, finding a doctor, and more... Call them today!

(315) 801-5011

(315) 801-5013

(315) 801-5012

(315) 801-5014

Did you know that New York State offers free services to decrease the rate of unintended pregnancy?

What's covered?

- Birth Control
- Emergency Contraceptives
- Yearly Exams and Pap Smears
- Follow-up treatment for sexually transmitted infections
- HIV Counseling and Testing
- Colposcopy/Cryosurgery/LEEP
- Sterilization
- Transportation to Family Planning Visits

To find out if you're eligible, contact **Planned Parenthood Mohawk Hudson** at (315) 374-5353.

Have Questions? Dial 2-1-1, or visit www.211midyork.org

2-1-1 can 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

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

Staff members will 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

798-5906 or 798-5747



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.