

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.

Learning to Swim Early can Increase Self-Esteem & Confidence

Do you remember how old you were when you learned how to swim? Research says children can learn how to swim as young as 12 months old! Even if they can't walk, they can learn how to navigate the waters and improve brain function at the same time. From the article, "The Benefits of Infant Swim Time" written by Caitlin Boyle and medically reviewed by Karen Gill, MD, FAAP:

"A four year study of over 7,000 children by the Griffith University in Australia found that swimming children were more advanced in physical and mental development when compared to their non-swimming peers. Specifically, the 3 to 5-year-olds who swam were 11 months ahead of the normal population in verbal skills, six months ahead in math skills, and two months ahead in literacy skills. They were also 17 months ahead in story recall and 20 months ahead in understanding directions!"

Not only is splashing around in the pool a fun summertime activity, it's a great tool for helping children to improve their brain function and feel good about themselves at the same time.

So how does swimming help children grow up to be the best they can be? Swimming works to improve brain function by utilizing bilateral cross-patterning movements. These movements use both sides of the body to help the baby's brain grow. The cross-patterning movements build neurons and help "facilitate communication, feedback and modulation from one side of the brain to another". This leads to improved reading, language, and academic skills, and increased spatial awareness (awareness of their body in relation to their surroundings) down the road.

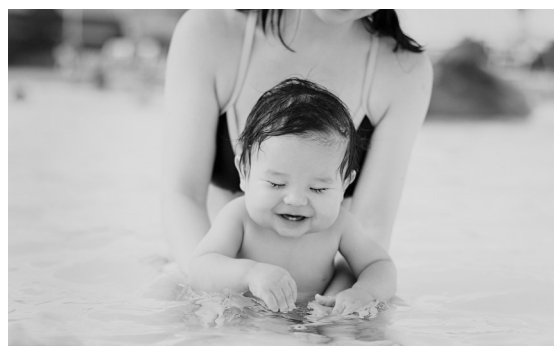
Another plus to learning to swim early? Socialization! Chances are if there's a swim class nearby, it will be full of other babies ready to learn how to swim and play. This helps babies become a lot more comfortable in social situations than those who haven't had the opportunity to interact with other children learning to swim.

Taking swim lessons can also help reduce the risk of drowning. Teaching babies important water safety skills (such as learning to float on their backs, not running on slippery surfaces, etc.) can help save lives. Babies aren't the only ones who can benefit from water safety, though. Parents and caregivers need to know and be on the lookout for certain signs of drowning (from the AAP Guidelines):

- Head is low in water, and mouth is at water level
- Head is tilted back and mouth is open
- Eyes are glassy and empty, or closed
- Hyperventilating or gasping
- Trying to swim or trying to roll over

It's important to mention that newborns and infants should never be left alone near water. Even 1 inch of water is enough to cause drowning. For children up to a year old, it is best for an adult to stay close enough to the baby to touch them at all times.

Know someone looking for swim lessons? Mohawk Valley Community College has a Parent and Child Aquatics class which builds basic water safety skills for both parents and children, and helps children adjust to the water environment. Call MVCC at 315-792-5300 for more information.



(Source: The Benefits of Infant Swim Time, Caitlin Boyle, Medically Reviewed by Karen Gill, MD, FAAP, HealthLine)

2-1-1: Your Community Connection

DIAL 2-1-1

Your Community Connection.

ANSWERS. ASSISTANCE. ACTION.



Frequently Asked Questions

? What is 2-1-1 Mid-York?

2-1-1 is an easy-to-remember telephone number that connects people with community resources and volunteer opportunities, 24/7. It's confidential and free, and multilingual service is available.

? Where is 2-1-1 available?

2-1-1 Mid-York covers Madison, Oneida and Herkimer counties via landline or cell phone. 2-1-1 is available throughout New York State and the U.S.

? How do I access this service?

Simply dial 2-1-1 or 1-844-342-5211, or visit www.211midyork.com.

? How does 2-1-1 benefit the community?

2-1-1 maximizes community resources by:

- Linking callers to resources quickly with one call.
- Providing one up-to-date database.
- Relieving the 9-1-1 system of non-emergency calls.

? Who uses 2-1-1?

Everyone — for everyday needs and critical information during and after a local or national crisis, disaster or tragedy.

? What services can 2-1-1 connect me with?

2-1-1 Mid-York provides information about:

- **Basic needs:** food, clothing, shelter
- **Consumer services:** education, protection, managing finances, making informed decisions
- **Criminal justice and legal:** crime prevention, witness and victim support, legal services connections
- **Disaster management:** storm and shelter information, emergency resources, evacuations
- **Education:** skills, behavior and character building, general competencies
- **Environment:** environmental preservation and protection, accident prevention, public health and safety
- **Healthcare:** prevention, screening, evaluation, treatment, health and substance abuse
- **Employment:** skills building, finding and sustaining employment
- **Income support:** public assistance and support
- **Lifestyle:** social and spiritual development, volunteer opportunities
- **Mental/emotional health:** preventative, diagnostic, and treatment; community- and hospital-based
- **Community:** new resident settlement, travel and tourism
- **Business support:** meeting space coordination, access to equipment, services management



Madison • Oneida • Herkimer

BROUGHT TO YOU BY:



Centering Pregnancy—Changing Prenatal Care for the Better

What is Centering Pregnancy and How Does It Work?

Traditionally, expectant mothers attend 10 prenatal care appointments with their doctor. Often, these appointments are short—leaving the mom-to-be with more questions than answers. Centering Pregnancy is different—it's prenatal care in a group setting that includes individual health check-ups. Participants meet with their healthcare provider and then participate in group activities with women who have similar due dates. When mom attends an appointment, she will receive an interactive health assessment, participate in activities and a facilitated group discussion, and build a community of support. Each appointment (there are 10, to mirror the traditional model) is 90 minutes to 2 hours long, and provides the opportunity to gain information by talking with other pregnant women going through similar experiences. The group is relaxed and fun—a time to share in the excitement of being pregnant while gaining valuable knowledge.

- ◆ Centering Pregnancy has proven benefits for moms, babies, and providers!

→ Better Health Outcomes

Numerous published studies show that Centering moms have healthier babies. Statistics include data on decreased preterm and low weight babies, increased breastfeeding rates, better pregnancy spacing, and better attendance for prenatal and postpartum care. Particularly noteworthy, among Centering Pregnancy groups, racial disparities in preterm birth are nearly eliminated. This means that African American women who are at higher risk for preterm birth in the US can significantly reduce that risk by participating in Centering Pregnancy prenatal care groups!

→ Improved Self-Care

Moms are actively engaged in their own healthcare and their own health information.

→ Increased Self-Confidence

Centering moms are better prepared for labor, deliver, and to care for their infant. Practices report fewer after-hours calls and emergency visits because Centering moms have a better understanding of what is normal during pregnancy and what is cause for concern.

→ Moms Spend More Time With Their Provider

Moms in Centering groups spend 10x more time with their provider than women in traditional care.

→ Support & Friendship

Women enjoy being with other women who are going through a similar experience, giving them an opportunity to support each other. Centering moms create lasting friendships and are wonderful resources to one another during a very exciting but also stressful time in their lives.

→ Learning & Fun

The most common word used to describe Centering is fun. Centering is based on the proven principle that when people are actively engaged and involved in a discussion with their peers, rather than being lectured or given a pamphlet, they will have greater understanding and are more likely to change their behavior.

→ Centering Pregnancy Saves Money

The cost of preterm birth and related conditions is more than 10x that of a healthy baby. Centering could save the healthcare system \$8 billion each year by preventing preterm birth alone.



With all this in mind, it's no surprise that Centering Pregnancy is catching on, nationwide. Recently, Utica's Mohawk Valley Health System initiated a Centering Pregnancy program, and the first group meeting, comprised of 6 women early in their pregnancies, took place on April 10, 2018.

If you are interested in learning more about Centering Pregnancy, or how to implement the model within your practice, visit centeringhealthcare.org.

Source: Centering Healthcare Institute

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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Community Health Worker Services

Do you work with low-income, high risk women within Oneida and Herkimer counties in need of services, but aren't sure where to refer them? Contact a Community Health Worker at the Neighborhood Center! The Community Health Worker program is part of the New York State, Maternal Infant Community Health Collaborative (MICHHC), run through Mohawk Valley Perinatal Network—covering Oneida and Herkimer counties.

The Community Health Workers (CHWs) are maternal and infant health, resource experts within their community – making them the perfect people to call when women of childbearing age have needs that aren't being met. Their services are free and confidential, with the overall objective to promote healthy birth outcomes and healthy families within our local community.

CHWs use a home visiting model—which is convenient for the client, and adds depth to their needs assessment and health screening. During home visits, CHWs conduct an intake, listen to and address their clients' concerns, provide education (safe infant sleep, breastfeeding, oral health, etc.), and make necessary referrals to preventative and primary health care services.

CHWs are able to assist with:

- Obtaining Health Insurance
- Finding a Doctor / Dentist
- Reproductive Health
- Family Planning
- Nutrition / Food Resources
- Breastfeeding Support
- Smoking Cessation
- Counseling Services
- Parenting Support Services
- Postpartum Support

Community Health Workers are dedicated to helping low-income, high-need women and their families. They create a nurturing relationship and empower women to engage in better self-care. CHWs can work with women before having a baby, during pregnancy, after a pregnancy, or between pregnancies.

For more information on the CHW program, or to refer a woman in need, call a Community Health Worker at one of the following numbers:

Oneida County:

315-801-5012

315-801-5014

Herkimer County:

315-801-5011