



Healthy Beginnings

Volume XX - Issue 1 - Fall 2018



3 Parkside Court, Building 2
Utica, New York 13501
Phone (315) 732-4657
Toll-free 1.877.267.6193
www.newfamily.org

Tummy Time for Babies

If you're a new parent, you may have heard the phrase "back to sleep, tummy to play" during your stay at the hospital or at pediatrician visits. The first half of this phrase is used to promote safe sleeping practices for babies (alone, on the back, in a safety approved crib). The second half refers to something called "tummy time". Tummy time is when you place baby on the floor on their stomachs and engage in (supervised) playtime. Tummy time has a lot of benefits for baby, including decreasing the risk for flat head syndrome. When baby plays on their belly, they strengthen their muscles and learn how to navigate on their hands and knees. Tummy time is just as important as remembering to place baby on their back to sleep.

"Tummy time" became part of this phrase because pediatricians noticed that the more often babies were being put on their backs, the higher the chances of flat head syndrome (flat patches on the head that may look alarming, but have no health risk for the baby). This can develop when baby spends too much time on their backs. This is why placing baby on their hands and knees to play is so important. Not only does it prevent flat patches, tummy time helps to strengthen the neck and shoulder muscles and improves motor development. Baby should be placed in a variety of positions so he or she can develop head and neck control – such as on their side. This is especially important if baby spends time in a carrier and car seat.



While on their tummy, a variety of things can be done to help baby grow and learn:

- **Tummy to Tummy:** While still in the hospital, you can position your baby on your tummy or chest while you're awake and in a reclined position on a chair or bed, tummy to tummy with baby. Use this time to engage in eye contact, be animated, and use exaggerated expressions to get baby to look at you.
- **Lap Time:** You can position baby tummy down across your lap lengthwise while providing head support, keeping the head aligned with the body. If he or she falls asleep in that position, transfer her to a safe sleeping area such as a Pack N Play or safety approved crib, and place her on her back.
- **Side Lying with Support:** Placing baby on their side is an alternative to stomach lying for babies who may not tolerate being on their stomach. You can use a blanket or rolled up towel for support if necessary. A folded washcloth will work great for under baby's head.

Tummy time as playtime:

While baby is lying on their tummy, make this time count! Check out the below activities for ways you can help baby grow and learn even more through playtime!

- Place toys close to baby, but just out of reach so he/she will have to reach or crawl for it.
- Roll a ball to baby when he or she is sitting up
- Place toys on a couch and let baby pull himself up to get the toys
- Create an obstacle course with cushions, pillows, and boxes – stay with baby while she completes the course!

Sources: Ten Tips: Tummy Time to Walking, Noodle Soup; The Benefits of "Tummy Time", Perri Klass, M.D. for The New York Times

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**

Midwife and Doula Services—What's the Difference?

There are a lot of different things to think about when you become pregnant; from being comfortable and healthy in pregnancy to making sure your birth goes smoothly. One thing you might be thinking about when it comes to having a baby is if you want to have a midwife or doula to assist. Many people think midwives and doulas are the same, however they are actually quite different. Luckily, they both can be there for you as an added support.

Midwife Services

A midwife is a healthcare professional who provides a variety of services for women. The exact services a midwife provides depends on their qualifications. A Nurse-Midwife (NM), for example, can provide the most thorough array of services. NMs are licensed, independent health care providers and can write prescriptions. NM care is even covered through Medicaid, making it an affordable option for many.

Midwives can provide the following:

- Annual GYN exams
- Family planning, preconception care, menopausal management
- Prenatal care, labor and delivery support, newborn care
- Reproductive education

There are many benefits to having a midwife involved in your care:

- Positive, natural birth experience
- Decreased risk of having a C-section or having a labor induction
- Decreased use of anesthesia
- Decreased infant mortality and preterm birth rates
- Increased chance of breastfeeding



Doula Services

A doula is more like a birthing coach. She is a trained professional who provides physical, emotional and informational support to a mother. A doula can work with a woman before, during and shortly after birth. This continuous care helps women have the healthiest birth possible.

Doulas are with you every step of the way during labor. They provide care based on the basics of labor support (from the textbooks *Best Practices in Midwifery and Optimal Care in Childbirth*):

- **Emotional Support** – helps you feel cared for and feel a sense of pride and empowerment after birth.
- **Physical Support** – helps you maintain a sense of control, comfort, and confidence. For example, soothing with touch (massage), creating a calm environment and assisting with walking to and from the bathroom.
- **Advocacy** – supports you in your right to make decisions about your body and baby.
- **Informational Support** – helps keep you informed about what's going on with the labor; can provide resources about pregnancy and giving birth.

Many women love their doulas, and it's easy to see why. Aside from all the great ways doulas provide support, women can experience a decrease in the risk of a C-section, and an increase in the chance of labor starting on its own, with no doctor interference, when using a doula.

While midwives and doulas provide similar, yet different types of support, it could be beneficial to have one (or both!) at your side while giving birth. There's no doubt an extra person in the room can help to make you feel more comfortable. Think about what you want for your birth experience, and find a midwife or doula whose values match yours and you feel comfortable with.

Sources: "Essential Facts about Midwives", American College of Nurse-Midwives; "Midwives", American Pregnancy Association; "Potential benefits of increased access to doula support during childbirth", Kozhimannil, K. B. PhD, MPA, et al.; "What is a doula?" Rebecca Dekker, PhD, RN, APRN

Long-Acting Reversible Contraception

Long-Acting Reversible Contraception, or LARC for short, is a type of birth control that is inserted once (in the upper arm or uterus), and remains in place for 3-10 years. LARC provides constant birth control without the need to remember to take a pill or get a shot. There are two different types of LARC – the Implant and the IUD. They can be removed at any time if a woman decides she would like to become pregnant.

Medicaid and Medicare cover both types of LARC.

A woman can even receive this type of birth control during her hospital stay after giving birth. This is great for a lot of reasons:

- It prevents the stress of an unplanned pregnancy.
- Birth control can be expensive, and having insurance cover it can be a huge weight lifted for many women.
- Helps to allow for the proper amount of time (15-18 months) for mom's body to heal after giving birth and before getting pregnant again (which will help both mom and future babies to be as healthy as possible).
- No need to worry about remembering to take a pill or visit your doctor, as LARCs typically last between 3 and 10 years.
- Choosing to start LARC while still at the hospital after giving birth is convenient – no need to make another appointment to go back to a doctor's office.

Types of LARC

- **Implant** – a thin rod that goes under the skin of your arm, 99% effective in preventing pregnancy for up to 3 years
- **IUD** – stands for “Intra-Uterine Device” and is a small, “T”-shaped piece of plastic that is put into the uterus to prevent a pregnancy. There are 3 types, and the one that may be right for you depends on your health history and what your plans for the future are
 - Skyla**: over 99% effective at preventing pregnancy for 3 years and made of soft, flexible plastic
 - Mirena**: 99% effective at preventing pregnancy for up to 5 years and made of a soft, flexible plastic
 - ParaGard**: 98% effective at preventing pregnancy for up to 10 years and made of copper (contains no hormones)

Interested in learning more about LARC and which method might be right for you? Talk to your doctor or call Planned Parenthood Mohawk Hudson today at (315) 724-6146.

Sources: Planned Parenthood, Centers for Medicaid & CHIP Services—U.S. Department of Health

Corn and Zucchini Soup

Did you know that farmers markets accept SNAP?

When you go to the market, stop by the table with the “Use Your Food Stamp (EBT) Card Here!” banner, and you'll get tokens to use at the market (these work just like cash would).

Once you get your tokens, be sure to pick up some fresh fruits and veggies and try them out in a new recipe like the one below!



Corn and Zucchini Soup

Ingredients

2 cans (14.5 ounces each) chicken broth
1 onion, chopped
2 garlic cloves, chopped
3 zucchini, chopped
2 cups corn
2 cups chopped tomatoes
1 cup low-fat milk
Salt and pepper, to taste

Steps

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions and garlic. Cook until soft, stirring often.
3. Add zucchini. Cook until soft, stirring often.
4. Stir in corn, tomatoes, and the rest of the broth. Turn heat up to high, and bring to a boil.
5. Turn heat down to low, and add milk. Cook until heated through, stirring constantly.
6. Add salt and pepper to taste.
7. Refrigerate leftovers.

Notes

To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool. To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days.

Source: North Country Region Eat Smart NY



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) 801-5012
(315) 801-5014

New York State of Health Open Enrollment 2019

Do You Need Health Insurance?

The New York State of Health open enrollment period is from November 1st to January 31st. Need coverage for the first of the year? Be sure to set up an appointment before December 15th with our Health Insurance Navigators at (315) 732-4657.

Enrollment in the Essential Plan, Medicaid and Child Health Plus is Open all year.

For more information about NY State of Health, visit: nystateofhealth.ny.gov/

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.