



Healthy Beginnings

Volume XXI - Issue 4 - Summer 2019



**mohawk valley
perinatal
network**
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
<http://www.newfamily.org>

NYS Safe Haven Law



**Safe Babies • Safe Place
Safe Haven
Only When Staff are Present**

What is the Safe Haven Law?

The Safe Haven Law allows a mother who cannot or is unwilling to care for a baby (up to 30 days old) to give up custody of the baby without fear of being charged for leaving the infant. This law protects babies from being hurt or killed because they were left behind.

How does the Safe Haven Law work?

A mother may bring the baby to a fire department, police station, nonprofit community health center, hospital, or health department. The mother bringing in the baby must then find a responsible person and tell them they are giving up custody of the child under the Safe Haven Law.

She will not need to give any personal information, including her name, at the Safe Haven location. However, any information you are willing to provide will be taken by staff in order to help the baby the best way they can.

Can I have someone else bring in the baby?

Yes. A priest, friend, family member, teacher, or other responsible person can bring the baby to a safe place.

What happens after I drop off the baby?

The baby will be seen by a doctor or other medical professional and will be given treatment if needed. Child Protective Services (CPS) will then be contacted and will take the baby into custody under the state.

What if I change my mind?

A parent who has safely relinquished an unharmed newborn has 30 days to petition the court to prevent the termination of parental rights and regain custody.

Visit nationalsafehaven.org for more details.

You can also call the NY State Hotline at **1-877-796-HOPE (4673)**.

Source: nationalsafehaven.org, AMT Children of Hope Foundation Baby Safe Haven Program

Theresa Gorgas

Director of Finance and Administration
Ext. 227

Colleen Cavallo

MVPN Administration
Ext. 225

Denicqua Holmes

Perinatal Coordinator
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 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.

Summer Safety

It's finally summertime! You've been told not to stay out in the sun too long because of sunburns, but did you know that some sunlight can actually be good for you and your baby?

Sunlight is a natural mood booster and just 20 minutes a day may provide you with all the Vitamin D you need.

Since important vitamins and minerals get passed to the baby through blood transferal during pregnancy, it's important that expectant moms are soaking up some sun and taking a Vitamin D supplement. Babies need Vitamin D to help build strong bones. Vitamin D can also help maintain natural immunity and prevent diseases such as diabetes and cancer.

Since it is not recommended that newborns under 6 months of age spend time outdoors, you can help your baby get the Vitamin D they need by using Vitamin D drops (also called "D Drops") which can be found at drugstores and supermarkets.

Vitamin D is also a plus for mom as it helps combat depression by increasing mood and producing those feel good hormones that make you feel great in the summertime. Knowing that exposure to sunshine helps to increase our level of Vitamin D encourages us to participate in healthy, outdoor activities. Taking walks helps to clear the head and get the blood flowing. Getting out of the house in *any* way can significantly improve your mood with a change of scenery and some forced social interaction. With depression, it can be hard to want to socialize with anyone, so short, forced conversations can help ease the feelings of fear and anxiety when it comes to longer periods of talking with others. Bringing baby along (in the tummy or not) can also help create relationships with other moms you may not have had a chance to create otherwise.

Be sure to always speak with your doctor before taking supplements.

(source: National Institute of Health: Office of Dietary Supplements)



Child Passenger Safety Week: September 18-24, 2016

As summer vacations come up, families are traveling more and more. Make sure your child is in the right car seat to prevent injury in case of a sudden stop, swerve, or crash. Motor vehicle crashes are the leading cause of death and injury for all children. The American Academy of Pediatrics recommends children remain in a car seat until age 2, however, NYS law states that any child under the age of 4 is to be in a car seat. Children age 4, 5, 6, or 7 must use a booster seat with lap and shoulder belt. Children under 4 but above 40 pounds may use a booster seat with lap and shoulder belt.

Car seats reduce the risk of injury by 71-82% and the risk of death by 28%.

Finding the Right Car Seat

- You can find the right car seat for your child based on type, age and size recommendations, and how easy they are to use.
- Be sure to install the car seat properly. If you need help, there are many videos online that can show you how to install the seat you have.
- **Register your car seat:** Registering your car seat will allow you to receive important car seat and booster seat recall notices. You can also sign up to get e-mail alerts about car seat and booster recalls from the National Highway Traffic Safety Administration.

If you need a car seat, contact the Oneida County Car Seat Program at 798-5747, or your local police department.

Sources: AAA, safecar.gov

Folic acid in breast milk helps build healthy new cells

Folic acid is an important vitamin that helps to prevent birth defects and promotes healthy new cell growth. Most women do not get as much folic acid as they need, even before becoming pregnant. Many women know that it is important to get folic acid during pregnancy, however, many women do not know they need the same amount after pregnancy.

Why do babies need folic acid?

Babies need folic acid to promote quick cell growth in the first trimester and prevent issues that could arise. Since many women do not have enough folic acid before pregnancy, and may not know they are pregnant until 2 months along, it's a good idea for everyone who is or may become pregnant to talk to their doctor about folic acid. The recommended amount women should be taking is 500 mcg. Some women may need more than 500 mcg depending on any health conditions. If you and your doctor decide supplements are right for you, it is best to take prenatal vitamins or folic acid supplements at the same time every day to build it into your routine as you would with other medicines or vitamins.

How can I add more folic acid to my diet without supplements?

You can add more folic acid into your diet by eating food with natural folates such as:

- spinach
- broccoli
- cantaloupe
- eggs
- beans
- Peas

Or in foods enriched with folic acid such as cereals or breads. However, folates found in food are often not enough to meet the recommended amount, so a prenatal vitamin may be a good idea.

Source: womenshealth.gov

Folate-rich Dinner Nachos

Ingredients:

Corn chips
1/3 cup can kidney beans
2 tbsp. chopped olives
¼ cup shredded cheese
1/2 cup chopped tomatoes
1/2 cup shredded lettuce
1/3 cup salsa
1/2 cup Greek yogurt

Directions:

Layer one ounce of corn chips with 1/3 cup kidney beans, 2 tbsp. chopped olives and 1/4 cup shredded cheese. Bake in oven or toaster oven for about 10 minutes or until all ingredients are hot and cheese is melted. Top with 1/2 cup shredded lettuce, 1/4 cup chopped tomatoes, 1/3 cup salsa and 1/2 cup Greek yogurt.

Recipe from www.parents.com

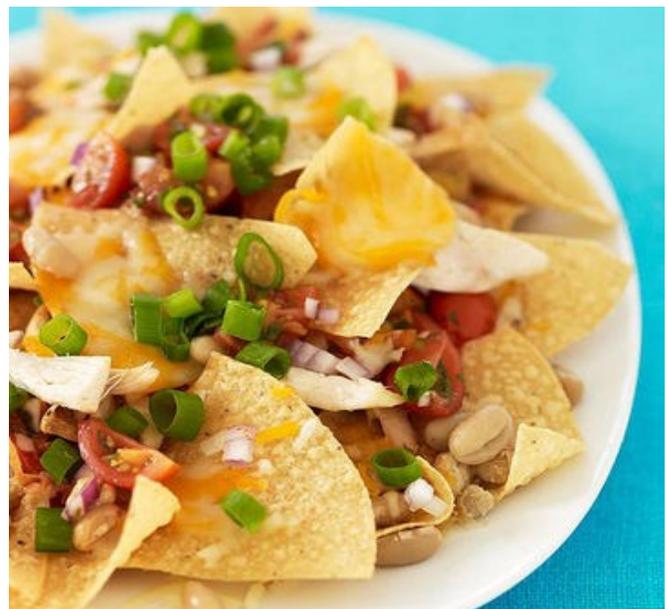


Photo source: Lucy Shaeffer



We'd like to hear from you!
Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 3 Parkside Court, 2nd building, Utica, NY 13502; Fax: 732-5640; Email: dholmes@newfamily.org

Breastfeeding Cafés

A place for pregnant and breastfeeding families to gather for breastfeeding support.

UTICA: Lady of Lourdes Church, 2222 Genesee St.

2nd Wednesdays of the month: 12-2 pm
4th Wednesday with LLL: 5:30-7 pm

Utica Public Library (1st floor, library cafe), 303 Genesee St.

2nd & 4th Fridays of the month: 12-2 pm

Faxton Centering Pregnancy Room
(Bennet St. entrance 1st floor)
1675 Bennett Street

1st and 3rd Wednesday 12-2pm

Call Ania at 315-624-4782 for more information on this Cafe

ROME: 1500 N James St, Rome, 4th floor

2nd and 4th Friday 12-2 pm

Call Laurie Hoke at 315-338-7291

ONEIDA: 607 Seneca St.

1st & 3rd Fridays of the month: 1-3 pm

ILION: Ilion Free Library, 78 West St.

1st & 3rd Tuesdays of the month: 12-2 pm

CAZENOVIA: St. Joseph's Heritage Group, 132½ Albany St.

1st & 3rd Thursdays of the month: 9:30-11:30 am

For more information, visit

mvbreastfeedingnetwork.com/locations

Find us on Facebook!

"Like" our page to keep up to date with information for pregnant women and parenting families—as well as Mohawk Valley Perinatal Network events & happenings!



facebook.com/mvpnbaby

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, housing assistance, nutrition information, food stamps, or finding a doctor, call them today.

(315) 272-2661

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.

Pregnant?

Protect yourself and your baby.

Get early prenatal care.